

5 Things Your Body Wants You to Do

by Andy Rosser, D.C.



What I'm going to share with you here is not ground-breaking information. In fact, you've probably already heard many of the things on this list before (from your mother, perhaps?) **I've found that we all need to be reminded to take care of ourselves.** We're all prone to forget, get too busy, and become lazy when it comes to treating our bodies right. I picked these items, because they're the ones I repeat to my patients over and over. Each heading has *Tips* to help you focus on doing the "big things." Enjoy the process.

Clean Up Your Diet (Garbage In/Garbage Out)- Poor dietary habits can cause you loss of energy, weight problems, loss of mental abilities, chronic pain, illness, and an untimely death! Need I say more?

- Tips:*
1. Limit the number of highly refined "white things" you eat (flour, sugar, salt)
 2. Avoid Trans-fatty acids, MSG, artificial sweeteners, and preservatives
 3. Eat 5-9 servings of fresh vegetables and fruits daily

Exercise Daily (Use It or Lose It!)- Your body is designed to perform vigorous movement. Good exercise provides us with endurance, coordination, good posture, and an efficient metabolism.

- Tips:*
1. Set a goal to exercise some amount every day (5 min, 20 min, 1 hr.)
 2. Vary your exercise to avoid monotony and overuse of certain muscle groups
 3. Find someone to exercise with you

Reduce Chronic Stress (Chronic Stress Leads to Disease)- When stresses add up, our bodies undergo physiological changes that can damage our healthy tissue and ultimately lead to illness and disease.

- Tips:*
1. Determine what, exactly, causes your stress (work, family, finances); make a plan to reduce them
 2. Choose activities that are calming... Prayer, meditation, breathing exercises, reading, etc
 3. Seek professional help if you are unable to limit stress by yourself

Feed Your Mind (Variety is the Spice of Life)- Left on its own, the brain would be perfectly satisfied with boredom. But, to keep it healthy and vibrant, we need to keep challenging and surprising it.

- Tips:*
1. Listening to classical music balances brain wave patterns better than any other music
 2. Create variety in your daily routine that surprises your senses
 3. Seek the Magnificent Input from studies of the arts, music, literature, and science

Avoid Toxins (Chemical, Emotional, Physical)- Toxins are things that poison us. As our world becomes more "man-made," we become exposed to things that our bodies were never designed to handle. Learn to avoid them.

- Tips:*
1. Avoid the neurotoxins found in food additives and preservatives
 2. Eat only Certified Organic foods when possible
 3. Quit or limit smoking and alcohol abuse



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"The doctor of the future will give no medication, but will interest his patients in the care of the human frame, diet and in the cause and prevention of disease."

- Thomas Edison