

Westerfield Health Center
www.denawesterfield.com
www.WesterfieldHealthCenter@yahoo.com

Body Awareness

“Let’s face it we are aging!”

- Our hair gets brittle and grey
- Our skin gets lose, dry/wrinkle. (Our skin is our largest. Organ system)
- Our arteries and veins lose tone (decreasing our circulation)
- Our nerves age by losing the slippery stuff that coats them (Myelin Sheath) and makes communication fast.
- Our bones get weak; joints get stressed and inflamed causing **ARTHRITIS = Faster Degeneration** (aging of the bones)!!!!

We can slow all of these aging processes down with the following:

1. Proper Posture (our vehicle)/ Stress Free Spine (all info)
2. Rest (only time we repair)
3. Proper Eating Habits:
 - A. Supplementation
 - B. Hydration
4. Exercise

Let’s talk about “**How Supplementation and Hydration effect the Muscles and Bones**”

1. Supplement
 - a. Omegas-
 - b. Primrose Oil-
 - c. Vit. E
 - d. Vit. C
 - e. Vit. D(some from sunlight)
 - f. Fiber

2. Hydration

a. % of body comp water

Total Body Water = 60% of body weight

Intracellular fluid = 40% of body weight

Extracellular fluid = 20% of body weight

b. Disc hydration

c. Muscle dehydration

Recap Last Week 6/6/2010 (Stand Up Straight)

Posture is so important **BECAUSE**...we have to maintain our **Spinal Curves** (our shock absorption system, spring of life). These curves help us balance 24 blocks (Vertebrae) on the base of a triangle (Sacral Base).

2 main reasons we will **ALWAYS** have to think about our posture:

1. **Forces of gravity** pulling us forward into a “C” shape
2. We live our lives in a **FLEXED** “Bent Over” position
 - a. compresses the discs and nerves
 - b. pulls our spinal curves in a big “C” (instead of “S”)
 - c. causes chronic pain and disease

OK... Body Awareness

- Poor posture causes the **Triangle to tilt** (sacrum) a **High Hip** on the opposite side(Pelvic Distortion), and **High Shoulder** opposite that hip... and more and more pull against (fig.1)
- Now our left and right sides are not working together but **against each other**. This is like carrying bricks in a cart with one big wheel and one small. You can get the job done... but not easily. It Causes Wear and Tear= INCREASED AGING
- **Flattened** arches of the **foot** make our walk (gait) put extra force in the body. (Fig.1)
- The 3 **Arches** of the foot **work together** so we can safely distribute force through our (heel, ankle, knee, hip and shoulder) **Body**.

Like a 12 step program: you must **become aware of your habits** before you can start correcting them.

I call them **Nail Biting Habits** (poor posture habits). You don't realize how many times a day you do it.

Common Nail Biting Habits

- Most of us ARE NOT sitting, standing, walking or sleeping in proper posture.
 1. Bad standing habits
 - a. Standing with locked knees
 - b. Hip Slinger
 - c. Sexy Stander
 2. Bad sitting habits
 - a. Leg Sitter
 - b. Toes behind
 - c. Feet not touching floor (take high heel shoes off)
 - d. Sloucher

* The feet should rest flat to the floor, allowing the legs to move freely with the chair in different positions. Calf muscles in the legs are relaxed. The knees need to be positioned slightly below the hips.
 3. Side Sleeper
 - a. Use top quarter of pillow
 - b. Pillow b/w legs (maintain the "H")
 4. Back Sleeper
 - a. Pillow under knees (so hamstrings don't pull the low back flat)
 5. Walking with a flat foot
 - a. Gait pattern is heel, mid outside foot, toe off
 1. Think about how you are walking.

2. Reach out with that forward leg landing on the heel, but not aggressively.
 3. Once your heel hits the ground you pull back with the hamstring.
 4. Think about it!!! Feel it!
- b. Lead with your chest not your head (Nipple Rings).
 - c. Remember you **DO** want some curve in the lower back (lumbar lordosis)

Balancing of the Spine

- The spine and lower body strategically balances our **Center of Gravity** (plum line, EOP {center of skull}, Vertebral Prominence {C7 Spinous process}, Sacrum [S2 tubercle].
- **Anti Gravity Muscles** (Glutes, Hams, Calves)
 - Built in chair
- In order for you to **Balance** this, you **must**:
 - 1. **Unlock your knees**
 - You will feel weight shift to heels.
 - 3. Slightly **arch lower back** (push butt back like a horse jockey). This will allow you to balance the unlocking of the knees. Practice on the feeling of that. Make the neurological connection.
 - 4. **Chest high** (Nipples up) **lean slightly forward from the hips** (keep lower back ached and butt pushed back the whole time).
 - * Bet if you are trying this you are having trouble balancing this simple task.
 - 5. **Pelvic Spinal Stabilizers** (Orthotics= shoe inserts= preferably custom 636-527-2608). I'm sure can feel your **Instability**. It is **Pertinent** you support the arches of the foot to maintain balance within the **ENTIRE BODY!**

Daily Body Mechanic Exercises

1. **Pre-Shower exercises:** (3 Sets/ 10 Reps 1/day) before shower in your glory (so you can see you body working). Make the connection!!
2. **Traffic Light Exercises:** (every traffic light! You'll eventually realize that this position feels better to drive in). Make sure your knees are straight and not opened. Right leg usually will rest on center console. Don't let it do that.
3. **Standing exercises:** (when you do this you are training the small "core" fibers, joint and muscle receptors and reprogramming the brain! That is why it is so hard and takes concentration!)
4. **Sitting Exercises:** (Same as above)

Yes this hurts your back!!!! Because it is weak!! Theses exercises are like training your biceps all day long... how would they feel??? Look at these muscles:

- Serratus posterior (Fig.2)
- Erector spinae muscle group(fig.2)
- Rectus Abdominus (holds the rib cage up)

Next Topic in 2 Weeks

How Can Chiropractic Benefit Your Life Even If You Don't Have Pain

- If you have a Spine and a Nervous System ...
 - YOU NEED CHIROPRACTIC CARE!!!
 - Stay tuned in 2 weeks and I'LL TELL YOU WHY!!

Reference

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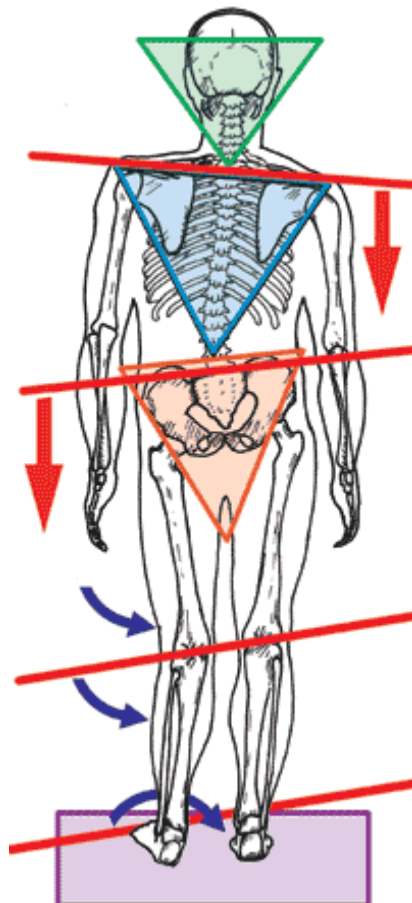
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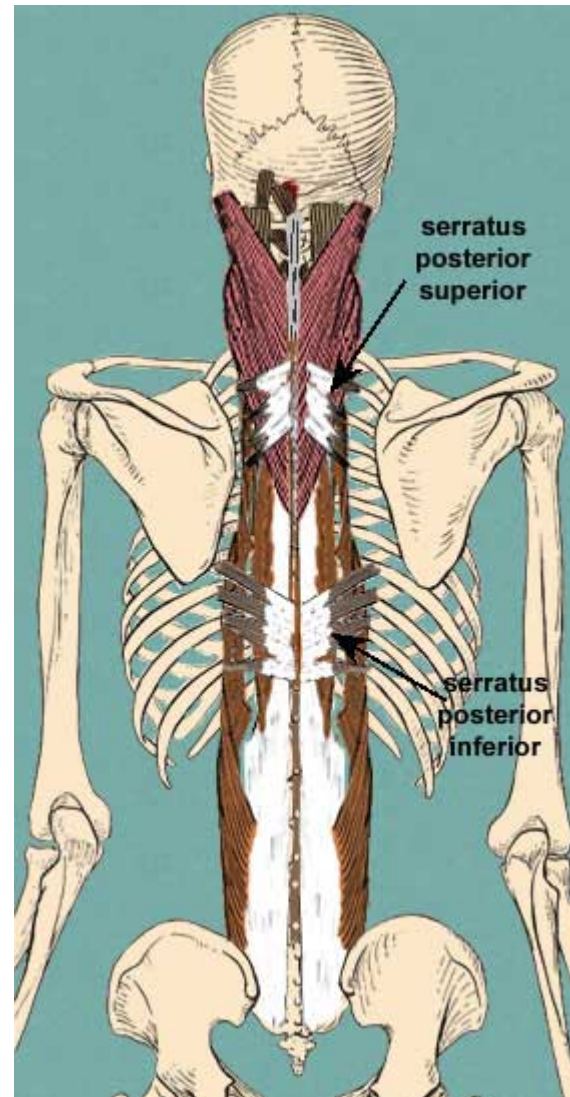
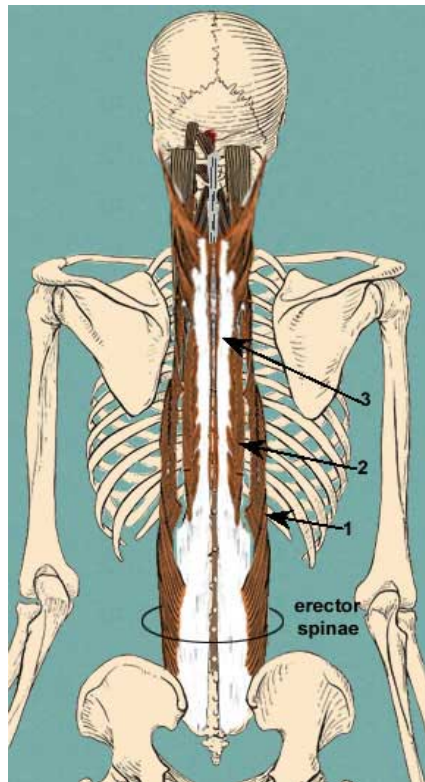
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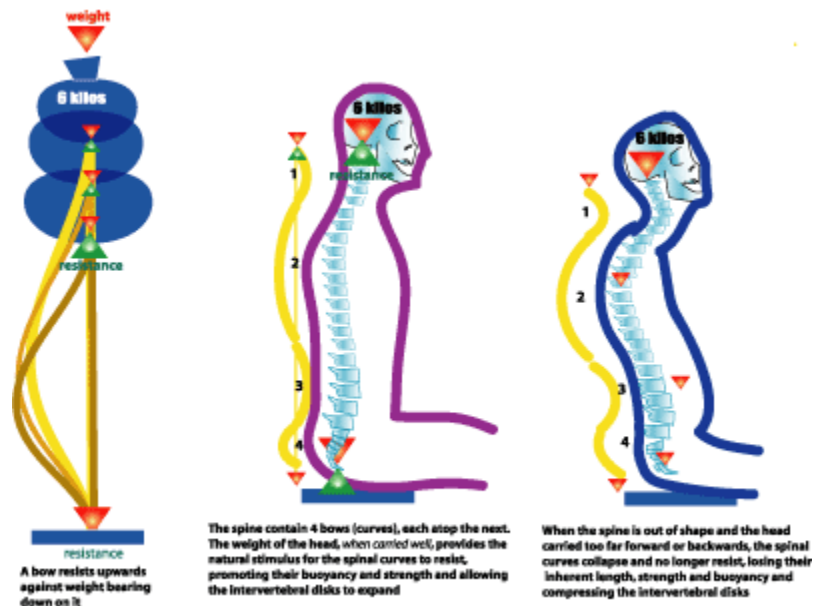
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(Fig.1)





(Fig.2)



(Fig.3)

Supplement Review

Vitamin E is an important *****antioxidant**. Helps scavenge free radicals.

Vitamin C

- I. Important *****antioxidant**.
- II. Component of collagen (connective tissue).
- III. Aids in absorption of iron.

Calcium

Calcium is needed for the formation and maintenance of bones, the development of teeth and healthy gums. It is necessary for blood clotting, stabilizes many body functions, and is thought to assist in bowel cancer.

It has a natural *calming* and *tranquilizing* effect and is necessary for *maintaining a regular heartbeat* and the *transmission of nerve impulses*. It helps with *lowering cholesterol*, *muscular growth*, the *prevention of muscle cramps* and *normal blood*

clotting. Recommended dose: 1200mg per day (should be taken with equal amounts of magnesium) **1200mg Calcium: 1200mg Magnesium** —Maintains homeostatic balance

SAMe (S-adenosylmethionine) - Lessens arthritis-related pain and inflammation.

The eventual breakdown of SAMe in the body yields substances that help to keep the gel-like cartilage that cushions joints intact. In the common degenerative joint disease osteoarthritis, cartilage wears down over time. Studies in thousands of osteoarthritis sufferers have demonstrated that SAMe can be as effective at increasing joint mobility and reducing swelling and pain as such NSAIDs (nonsteroidal anti-inflammatories) as ibuprofen and aspirin. Moreover, SAMe doesn't pose the risk of

Evening Primrose Oil

Recommended dosage: 3-9grams per day

The therapeutic power contained within this seed oil comes from the essential fatty acid (EFA) called **gamma-linolenic acid (GLA)**. Once processed in the body, GLA, an *omega-6 fatty acid*, exerts *anti-inflammatory* and other healing actions. **Relieve the**

discomforts of PMS (premenstrual syndrome), menstruation, endometriosis and fibrocystic breasts. By interfering with the production of inflammatory prostaglandins released during menstruation, the GLA in evening primrose oil can help to lessen menstrual cramps. It may also minimize premenstrual breast tenderness, irritable bowel flare-ups, and carbohydrate cravings, and help to control endometriosis-associated inflammation.

Ease the joint pain and swelling of rheumatoid arthritis. Supplementation with evening primrose oil and other sources of GLA has been shown to lessen the joint pain and swelling of this crippling disease. A six-month study reported fewer signs of inflammation in rheumatoid arthritis sufferers taking capsules containing GLA than in those taking a placebo. In another trial, the number of tender joints and swollen joints dropped significantly with GLA but not with a placebo.

Prevent diabetes-associated nerve damage. Research indicates that the GLA in evening primrose oil can help prevent--and in some cases even reverse--the nerve damage (neuropathy) so commonly seen with diabetes. In a year-long study, such symptoms as numbness, tingling, and loss of sensation in participants with mild diabetic neuropathy were less marked in those who took evening primrose oil than in those who took a placebo.

Lessen numbness and tingling. By helping to keep the myelin sheaths that cover nerve fibers healthy--and communication between the brain and nerve cells functioning smoothly--the essential fatty acids in evening primrose oil may help to reduce or prevent numbness and tingling in the feet, hands or legs.

Protect against the effects of aging. As the body ages, it loses its ability to convert dietary fats into GLA. Because this essential fatty acid is involved in so many body processes, taking evening primrose oil can help to compensate for any deficiencies in GLA.

Nourish nails, scalp, and hair. The rich stores of essential fatty acids in evening primrose oil not only prevent nails from cracking but also help to keep them generally healthy. In addition, the essential fatty acids nourish the scalp, making the supplement potentially valuable in treating a variety of hair problems.

Omega-3 Fish Oils Recommended dosage: 3-9grams per day

According the American Heart Association (AMA), the ways that omega-3 fatty acids reduce cardiovascular disease (CVD) risk are still being studied. However, research has shown that they

- decrease risk of arrhythmias, which can lead to sudden cardiac death
 - decrease triglyceride levels
 - decrease growth rate of atherosclerotic plaque
 - lower blood pressure (slightly)
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- (1) Reduce inflammation that promotes weight gain.
 - (2) Enable burning of dietary fats by transporting fatty acids into the mitochondria of our cells for burning as fuel.
 - (3) Enhance “fuel efficiency” by exerting positive influences on the process of fuel partitioning.
 - (4) Improve blood sugar control by increasing insulin sensitivity.
 - (5) Stimulate the secretion of **leptin**, a peptide hormone that is produced by fat cells. *Leptin acts on the hypothalamus to suppress appetite and burn fat stored in adipose tissue (fat cells).*
 - (6) Improve fatty acid balance by *reducing* conversion of dietary omega-6 EFAs to arachidonic acid.
 - (7) Influence key anti-obesity genetic switches that govern both inflammation and conversion of food to body fat.
 - (8) Omega-3 and omega-6 enhance the body’s ability to transport glucose from the blood to our cells via an “insulin responsive transporter” called GLUT4; they do this by optimizing the fluidity of cell membranes.