

You Are What You Do

MARCH

2022

Quote of the Month:

"Today is the only day, Yesterday has gone."

John Wooden
(American Basketball Player & Coach)

Clients often come with pain related issues and are frustrated because they are unsure what they have 'done'. They are getting on with the busy rush of life when suddenly an attack of pain comes on - neck and shoulder pain perhaps, accompanied by a throbbing headache.

The simple fact is that we are designed to have a varied physical role, to have a balance of hard physical work and rest. We also have a psychological need to be involved, valued and needed in society.

When these areas are out of balance for too long, your body's physiology (the chemical processes, blood vessel function and many other internal processes) begins to change in an attempt to cope.

For a while your health may be reasonable, but after a while your body becomes pushed to its limit. Suddenly and seemingly out of nowhere, lower back pain with pain radiating along the leg to the foot.

We know that 'we are what we eat,' but it is also true that 'we are what we do.'

Recently a client asked, "why are these problems still underlying after 12 months? I have made great progress but it can be easily aggravated."

This is a really great question. Consider Arnold Schwarzenegger. He won 'Mr Universe' at 20 years of age and 'Mr Olympia' seven times. This is a very difficult achievement. If you go online you can obtain copies of his weekly workout routine.

Unsurprisingly, he was in the gym seven days a week.

In fact, he put in 50 to 60 hours a week of training **for decades**; that is real commitment.

We could also refer to his diet, which is always a big part of such training.

What would he look like if, instead of his dedicated training, he sat at a computer for 50 hours a week and ate pies?



Just as Arnie's body changed to adapt to his training schedule, our bodies adapt to the position that we sit in daily for many hours, the poor air that we breathe and the excess calories that we eat.

The client who wanted to know why her injury could be easily aggravated works in a sitting role, writes daily reports on a computer, drives to appointments and sits for hours in meetings. Whilst she exercises several times a week, the toll of over 30 hours sitting each week is punishing and hard to counteract.

When I meet clients for the first time it is immediately apparent if they sit for a living, if they like or dislike exercise, whether they eat well or if they eat whatever is quick and convenient.

Our activity levels, exercise, sleep and diet tends to be constructed by what else is going on in our lives. Rarely do we stop and construct our daily or weekly routine around the provision of good food and nutrition.

Parents of young children are good at this. They have to plan meals in advance, know that they cannot send crisps and chocolate to school and ensure that there is cooked food in the refrigerator ready for when their child needs to eat.

If we can prepare good food for our children, we can also do it for ourselves.

Walking Aids Heart Function

Whilst most clients accept that we should be moving rather than sitting all day, I thought I would share an illustration of how important this is.

The heart pumps blood around the body by using the following process; it fills with blood at a low pressure known as diastolic blood pressure, and then contracts and forcefully squeezes the blood around the body at a higher pressure known as systolic blood pressure.

The blood vessels that take blood away from the heart (arteries), are under greater pressure and therefore do not have valves to prevent return. The veins are under much lower pressure however and have valves to ensure that the blood flows only in one direction.

If we consider just your legs for one moment, the heart cannot receive the blood return efficiently by relying solely on the lower diastolic pressure, so the body has another system of blood return.

Many veins are located in skeletal muscles and the slightest movement of a limb squeezes the veins and drives the blood toward the heart. The one-



way valves ensure that the blood flows in the correct direction.

Movement and walking are essential for efficient venous return and overall health of the cardiovascular system.

The hugely powerful leg muscles are engines of metabolism and within the

muscle cells are factories that produce enzymes and other chemicals necessary for vibrant life.

Sitting all day lowers the nerve stimulation and causes muscle firing errors that chiropractors correct. Walking helps turbo charge metabolism and healing. Sitting leads to vascular congestion.

In other words, sitting all day leads to stress on your cardiovascular system and prevents normal function.

Remember that our bodies contain a huge amount of fluid and this fluid must circulate and refresh for us to stay healthy. Movement, activity and exercise form the main method of moving this fluid from place to place.



Normal vein

INTERNET: www.inspiredchiropractic.com

Newsletter



Address:

29 Prince of Wales Road
Norwich
NR1 1BG

TELEPHONE:

01603 764777

How Do You Deal With Trouble And Strife?

Two colleagues work together in the same office and periodically, each has a stressful series of events to handle.

They both attended the same school, both did a marketing course graduating with good marks and both were offered employment at the same prestigious firm.

This is where the similarities end. As young men they were similar, same tall frame, same medium build and both played for the local football team. Today, 15 years later they have little in common.

This is in no small part connected with how they deal with stress.

After a particularly acute day at the office both men can be stressed. One goes home via the gym, a quick 20 minutes on the treadmill followed by a shower and 15 minutes in the pool.

The other joins his mates at the pub and enjoys a refreshing pint of his favourite beer.

Both describe a reduction in their stress and both turn up to work the next day for more of the same. This pattern has been maintained over many years.

Now we know about how they deal with stress we should ask ourselves some questions:

What do they look like?

How well do they sleep?

Who is fat and who is slim?



Who gets more aches, pains and headaches?

Who will have better long term health?

Who will live longer?

We are the sum of our parts. Those who give their bodies a positive experience have a better outcome in the long run.

The gym has provided many hours of challenging but rewarding experiences for one of these men. He learnt early on that the effort is not really pain, and that when he pushes his body it responds by adapting and growing to accommodate the exercise that he enjoys.

Visible muscles are just a small part of his body's improvement. His veinous system has become more efficient, creating new pathways, widening and strengthening the blood vessels to make him more efficient in the gym and also in daily life.

We know that chiropractic care delivers great results but you can turbo charge these outcomes by changing the way you live.

Choose to change the way you react to difficult days and hard experiences. Try new things, walk more, listen to music, try online exercise classes and start to live life with increased gratitude.

You Must Train To Fight

A very common question I am asked is what is the best type of exercise for an individual.

It is an interesting question and to best answer I need to know two important principles. Firstly the 'best' exercise is one the client will continue in the long term, therefore doing exercise you enjoy is key to success. Secondly what is the client looking to improve, or maintain, about their body?

If the best exercise for repair of the lower back is a gym programme, it is important to understand that only a few people will maintain this in the long term. Many people don't like gyms and over time will look for ways to avoid it, eventually being too busy to go.

It is better to use the principle that it is always better to 'Train for the Fight'. This means asking ourselves what it is that we want to be able to do better in the coming years.

If you are to have a boxing match then it is important to put a lot of effort into boxing. Likewise if you are to swim the English Channel then you need to be swimming.



Functional and dynamic exercise that are headed towards our interests and goals are always more important than specific exercise routines.

This is why walking, light running, working on flexibility and overall fitness is most important.

Some people focus heavily on 'metrics.' For example their weight, size of clothes, BMI or how much they can lift.

This is great for goal orientated people but most of us don't respond to such targets. Finding an exercise that is challenging but that you enjoy, and can enjoy with others, is key to success.

One example is when I see individuals who have declined to such an extent that they are unable to perform simple movements.

Some cannot rise from the ground or are unable to get up from the chiropractic couch without help. These clients need to spend time seated on the ground stretching and using their hip muscles and abdominals.

Staying fit for life is a long term commitment and as such, it is key that we enjoy our pursuits rather than seeing them as a chore.

"Today Is The Only Day, Yesterday Has Gone"—John Wooden

We've all done this far too often; we take yesterday's baggage with us to sleep. We wake up and our new day is already tainted. Then we collect more baggage. We repeat until we've submerged ourselves with yesterday's weight.

John Wooden didn't make this mistake because he left yesterday in the past. He learned what to avoid from mistakes, what to repeat from success and then put yesterday to bed. Learn to live a new day everyday.