



May 2023 Issue

Newsletter published monthly by Kunz Chiropractic

(402) 614-5677

Holding your tune

Most people believe that our health is our most prized possession and all of us keep a balancing act of decisions we make daily to stay healthy. Things that make me laugh out loud, LOL, or some emoji with a crying face are health gimmicks or hacks that people come up with. There is always some new pill, potion, or lotion that is going to cure or magically turn back the clock to make you feel like the people on the commercial.

There are tactics for staying healthy that can be very simple and are proven over time. The first being a balanced diet. I am not going to go far into this topic as there are so many different perspectives on what a diet should or should not look like. My advice for the long term is to stay away from the extremes. That means evaluate your fruit, vegetable, meat, and carbs and ask yourself do they balance out. I believe that a good quality multivitamin is also important to sustaining a balanced diet. Also, just so I don't forget you need to drink plenty of water. This means water, not flavored whatever, coffee, or whatever else we try to pass off as water.

The next tactic is exercise. Oh man that's another can of worms to open as there are so many different views on what, where, when and how to do exercise. Let's keep it simple and say you need some cardio, and you also need

weighted exercise. Plus, I believe it is fantastic to challenge yourself a couple times a month just so your muscles don't get used to the workload you have been doing. If you do the same type of exercise over and over your body will get used to it so it is always great to change it up a bit.



Next, we move on to keeping your body in tune. Think of a symphony with a conductor that makes music in harmony. That is your nervous system where the brain is evaluating and processing information to counteract stress that you incur. How well we make the music will determine how efficiently we can counteract or adapt to the stress applied. The better we adapt to changes the healthier we will be. That is when the chiropractic adjustment steps in. It allows the music to be dispersed to our symphony so that each instrument can do its part and make something special. When we stay in tune continuously the better our symphony sounds. Like a symphony the more we practice our music the better the outcomes on performance night.

Contact Kunz Chiropractic to make an appointment

(402) 614-5677

<https://www.kunzchiropractic.com>

This month's recipient of our giving back campaign is Partnership 4 Kids which is a favorite of Tricia L.

During the month of May all new patients will receive a full exam and any x-rays needed for \$55. All the proceeds will be donated to Partnership 4 Kids. Please help spread the word so we can raise as much as possible.

Government funded insurance carriers not included.



We are a youth development nonprofit with over three decades of experience providing college-bound mentoring and goal-setting programs to Omaha's youth. We cultivate the community's next generation of leaders through academic support, postsecondary exploration, and career readiness. Dedicated staff, AmeriCorps Service Members, and community volunteers help place P4K students on a pathway to lifelong success.



Kunzchiropractic.com

402-614-5677