

FOUR PILLARS OF HEALTH

HOW TO INCREASE YOUR ABILITY TO ADAPT TO STRESS

Stress alone is not a bad thing. It has to do with change, and imagine how awful life would be if you never had any change. The question is, how do you adapt to stress? If you are able to adapt and adjust to stress, then it is good stress and makes your life more fulfilling. If you are unable to adapt to stress, then it is bad stress and makes you sick. Therefore, the key to health is minimizing the negative stress, and maximizing your adaptability to the stress in your life. With that understanding, there are four dimensions of health – physical, biochemical, psychological, and neurological. Here are three things you can do in each area to stay healthy and adapt to the stress in your life. If you need any guidance on any of these topics, please ask one of our doctors.

PHYSICAL

- 1. Exercise:** Two types of exercise are important: cardiovascular and strengthening. For cardiovascular, find some form of non-stressful exercise you can enjoy doing three or four days a week, such as brisk walking, low impact aerobics, swimming, etc. Do this at least 15 to 30 minutes and make it fun. For strengthening, pick a way to do some regular strengthening exercise using free weights, weight machines, or exercise bands. Do this for 20 minutes, three days a week.
- 2. Stretching:** Have a daily routine of stretching your body. Make sure you move and stretch your spine in every possible direction, as well as your neck, shoulders, hips, and legs.
- 3. Breathing:** Deep breathing into the diaphragm is very important to get efficient oxygenation of our blood. When you breathe using your diaphragm, it feels like you are taking a breath into your belly. When you breathe in, your belly will expand and your chest will relax. When you exhale, your belly will flatten. Whenever you are relaxing, make sure to breathe into your belly and not just into your chest.

BIOCHEMICAL

- 1. Water:** Drink distilled or purified water. It is best to get your own reverse osmosis filter at home. Drink at least 2/3rds of your body weight in ounces a day. For example, if you weigh 150 pounds, then drink a minimum of 100 ounces a day. When you are tired or emotional, nothing will pick you up quicker than drinking 2 glasses of water, even if you aren't thirsty.
- 2. Diet:** Eat as much food in the unprocessed state as possible. The more processing, the more of the natural vitamins and enzymes have been destroyed. Eat organic fruits and vegetables whenever possible. Avoid commercially prepared foods that are high in preservatives, hormones, chemical additives, sugar, salt, etc. Make each meal a combination of protein, fat, and carbohydrate. Most people eat too much carbohydrate, so cut back on the portions of bread, pasta, and other grains and beans.
- 3. Lifestyle:** Quit smoking. Any amount of tobacco or marijuana is very toxic to the body. Do not eat caffeine, sugar, or alcohol on a daily basis. Once in a while is fine, but if you are eating these things daily, then you are addicted to them and need to make a change. Avoid all recreational drugs, and only take medication as a last resort when natural means have not succeeded. Medicine may be necessary to save your life, but it never heals the underlying health problem or imbalance. Even when you are taking medications, always look to improve your lifestyle so at some point you may no longer need these medications.

PSYCHOLOGICAL

- 1. Meditation:** Spend some time every day by yourself relaxing and breathing deeply. As you breathe, meditate on inhaling unconditional love from the world around you, and exhaling your fear, anger, resentment, frustration, and grief.
- 2. See life as a challenge:** When we are faced with a problem, we face both the challenge itself, and also how we feel about the problem. Does feeling victimized, overwhelmed, irritated, picked on, etc, help you solve the problem? Of course not! So make a choice to feel positive and uplifting thoughts towards yourself and others. Feel empowered and responsible, instead of victimized and powerless.
- 3. Love yourself:** Remember to love yourself and forgive yourself daily. Do good things for yourself on a regular basis. This is not being selfish, it is taking care of yourself, because you are worth it.

NEUROLOGICAL

1, 2, and 3. Chiropractic care: When your body/mind is confronted with stress that is beyond its ability to adapt, it causes a reaction in the spine called vertebral subluxation. This creates interference with the normal communication between the control centers in the brain and the body. The chiropractic adjustment restores normal communication and function of the nervous system. Then the body's innate intelligence is able to heal whatever has gone out of balance. That is why chiropractic care is essential for all people, whatever age or health condition, to help them adapt to and rise above the many stresses of life. Make sure you and your family get regular chiropractic check ups!