



MAY 2007

Issue # 07-5

Newsletter Date: May 2007

Correct Posture Tips

Correct posture allows us to stand, walk, sit, and lie in positions that have the least amount of strain on the supporting muscles and ligaments. This correct posture has many positive benefits including:

- Helping reduce degenerative arthritis and joint pain caused by abnormal wearing of the joint surfaces
- Decreases the risk of injury due to minimizing the stress on the ligaments that hold the spinal joints together
- Reduces muscle fatigue by allowing the muscles to work more efficiently
- Preventing muscle

strain, overuse disorders and back pain

Common factors that contribute to poor posture include stress, obesity, pregnancy, weak postural muscles, abnormally tight muscles, and high heeled shoes. Other factors include have decreased flexibility, poor work environments, and unhealthy sitting and standing habits.

A few simple tips to keep in mind about posture include:

- When sitting—do not cross your legs, ankles should be in front of the knees; keep feet on the floor or on a footrest if they do not

reach the floor; knees should be at or below the level of the hips; keep forearms parallel to the ground; avoid sitting in one position for long periods of time

- When standing — put the majority of the weight on the balls of the feet; keep knees slightly bent; place feet about shoulder-width apart; stand straight and tall with shoulders pulled back; tuck the stomach in; keep head level; shift weight from toes to heels and from one foot to another if standing for long periods of time

- When lying — find a comfortable mattress; use a pillow; try not to sleep on the stomach; if sleeping on a side, put a pillow between the legs; if sleeping on the back, put a pillow under the knees

Poor posture can be corrected over time with conscious awareness and active effort to practice good posture. The supporting structures have had time to learn how to adapt to poor posture, therefore, it will take significant time and effort to correct the posture. Seeking proper guidance from a chiropractor can greatly help with postural correction.



Family Wellness

May is family wellness month. A popular phrase spoken by many family members is: "we put the 'fun' in 'dysfunctional'", however, as tongue-in-cheek as this statement it, it does carry a lot of truth to it. Many family relationships tend to suffer at the hand of our busy lifestyles. Therefore, make a point to reunite with your family this month and learn how to have "fun" without the "dysfunctional" part.

With the weather getting

warmer, the days getting longer, and school about to end for another year, there should be ample opportunities for families to spend some time together. Even with the hectic schedules that we all place on ourselves, there is still time to share with the family.

Family time can be something as simple as actually sitting down to a meal together—without the TV on, without the phones

ringing or texting, and without other outside distractions. If the schedules are hectic and you can't have dinner, take a family walk around your neighborhood or a park.

The point to family wellness is not to force families to spend 24 hours day together, but to spend some time together to reconnect. Discuss what is going on in your lives, and what your dreams are for the future.

On the other side:

The busy month of May
Meditation

LifeArts - Howard Chiropractic, PC

110 South 6th Street
Plattsmouth, NE 68048

Phone: 402-296-2196
Fax: 402-296-2197
E-mail: lifearts@alltel.net



Website:
Lifearts.8k.com

Office Hours:

Monday:
7:30-4:00

Tuesday:
8:00-6:00

Wednesday:
9:00-3:00

Thursday:
8:00-6:00

Friday:
9:00-5:00

Closed from
11:00-12:00 for
lunch

Referral Incentive Program: Dr. Howard will reward you for your referrals! Send 5 new patients to begin care at LifeArts—Howard Chiropractic, and receive either a free acupuncture treatment or a gift certificate for a free massage!

May is a busy month!

Each month I like to check out www.brownilocks.com to see what kind of fun and interesting national and world holidays and observances there are in the month. These are in addition to the more well-known holidays. Some months there are more than others, but each month there is usually at least one or two items that relate closely to chiropractic care, health care, acupuncture, etc. Well, May is a very busy month it seems. Here is the brief listing that I noted while I was browsing the website:

May is:

Family Wellness Month

Fibromyalgia Education and Awareness Month

National Correct Posture Month

National Meditation Month

National Physical Fitness and Sports Month

Women's Health Care Month

National Nurses Week = May 6-12

National Nurses Day = May 6

National School Nurses Day = May 9

Teacher Appreciation Week = May 6-12

Teacher Appreciation Day = May 8

National Running and Fitness Week = May 15-21

World No-Tobacco Day = May 31

Meditation

The purpose of meditation is to make the mind calm and peaceful. If the mind is peaceful, we are free from worries and mental discomfort, and can then experience true happiness; but if the mind is not peaceful, it is very difficult to be happy, even while living in the very best conditions. In learning to meditate, the mind will gradually become more and more peaceful, and we will experience a purer form of happiness.

It is difficult for many people to control their mind. Thoughts are constantly popping up and our mind then focuses on those thoughts. If the thought is of a happy experience, we feel a brief wave of happiness, however, if a negative thought

surfaces, we have a brief episode of negative feelings. Through meditation, however, we can learn to "filter" these stray thoughts quickly and not allow them to greatly influence our emotions and daily lives.

While many different techniques and styles of meditation exist, the main theme of meditation is relaxation. This relaxation can help quiet the mind, reduce stress, and provide pain relief to the body.

In the past 20-30 years, researchers have been studying the effects of meditation, attempting to understand how the mind affects the body. Studies do show that daily meditation can have long-lasting effects that can reduce high blood pressure and reverse heart disease.

Dr. Herbert Benson has studied and published a report that illustrates that during meditation, "there is a striking quietude across the entire brain which was documented through MRI. The areas of the brain that became active were those that control metabolism, heart rate, etc."

Dr. Benson also states that meditation creates a relaxation response that is the opposite of the stress response. The relaxation response causes a decreased metabolism, heart rate, blood pressure, breath rate, and slower brain waves. He goes on to state that yoga, tai chi, Lamaze breathing, and repetitive prayer can do the same thing.

The key to achieving the beneficial effects of

meditation is to practice it on a daily basis. Allow it to become part of your daily routine. This will help combat the daily effects of stress that occur.

Some very simple guidelines to follow to begin meditating include:

- Find a quiet place that is free from TV, phones, etc.
- Work to empty the mind of the daily distractors (laundry, housework, family, etc)
- Learn to breathe deeply and effectively

Meditation does not have to be difficult to be effective. Simply allow yourself the time to relax and enjoy the peace and quiet of your mind.

