

The Wellness Express™

Jump on the train to good health

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Chiropractic & Weight Loss

Presented by: Total Health Systems

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Introduction

Weight gain and obesity are major problems in our society and are a leading cause of illness, lost work time and reduced quality of life. According to the Harvard School of Public Health, excess weight, especially obesity, has a negative effect on almost every aspect of health, from respiratory function to reproductive health to mood and carrying excess weight can increase your risk for diabetes, stroke, heart disease and certain cancers.¹ Weight gain and obesity can also increase your risk for certain musculoskeletal disorders - a particular cause of concern for your chiropractor.

When most people think of weight loss strategies, chiropractic care may not be the first thing that comes to mind but your chiropractor is well educated about this important health issue and can offer you a unique perspective on weight loss and how to achieve it. By helping you achieve a healthy weight, your chiropractor is accomplishing a major goal that all manual medicine practitioners strive for; that is, to get your muscles, bones and other tissues and organs working smoothly and efficiently to keep you active and free of health complications.

An Obesity Epidemic

The United States, Canada and many other countries are now facing an obesity epidemic that is having a profound effect on public health.



According to the Centers for Disease Control and Prevention, or CDC, over 33 percent of American adults are now obese and about 17 percent of children and adolescents between the ages of 2 and 19 are obese. Since 1980, notes the CDC, the prevalence of obesity among children and adolescents has nearly tripled.² Rising obesity levels in children are particularly problematic, states the World Health Organization, as obese children have a greater chance than non-obese children of premature death and disability.³

How Chiropractic Care Can Help

Chiropractic care can help combat this obesity epidemic and encourage weight loss in several important ways. First, your chiropractor can help eliminate physical barriers that may be keeping you from being more active. Pain is a significant factor keeping many people from enjoying the weight-regulating effects of physical activity. Having your chiropractor resolve your longstanding musculoskeletal complaints can create new opportunities for you to be active and burn calories. Second, your chiropractor can help support the physical changes that occur in your body during weight loss. When you lose weight,

Exercise of the Week

Lumbar extension – “lazy cow”

Difficulty: Beginner to Moderate
(Consult your Chiropractor before starting this or any other exercise)

Start: On hands and knees. Be aware of position of spine – start with a neutral spine or a flat back.

Exercise: Allow spine to sag toward floor, bringing lumbar spine into full extension. Also extend neck by bringing chin up toward the ceiling. Hold for 10-15 seconds.



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your center of gravity shifts, which changes the demands on your spine, hips, knees, ankles and feet. And finally (and perhaps most importantly), your chiropractor can advocate for a healthier lifestyle and help you chart a path to your ideal weight using natural approaches.

Focused Dietary Recommendations

Every chiropractor has a unique perspective on diet and weight loss but all chiropractors agree that it is important to consume a healthy diet rich in nutrient-dense foods. More focused dietary recommendations are a key part of any chiropractic treatment plan designed to combat obesity and weight gain. Your chiropractor understands the importance of nutrition in weight loss and can help you make informed decisions about your diet, including what strategies may be most beneficial for you. Dr. John Douillard, a well-known chiropractor, author and ayurvedic practitioner, recommends the following natural approaches for losing excess pounds and maintaining your ideal weight: eat foods appropriate to each season, adjust your diet to your body type, exercise without triggering a survival response and eat your largest meal at the optimal time of the day (i.e., mid-day).⁴



Your Chiropractor is a Health Coach

Your chiropractor is a musculoskeletal health expert, but he or she is also your health coach - a person who can counsel you on the best strategies to promote wellness, balance and an active lifestyle. Your chiropractor will work closely with you to formulate a diet and exercise plan to help you achieve a healthy weight. Your chiropractor will also counsel you on the many factors (e.g., age, genetics, gender, environment, stress, illness and medication) that can affect your ability to lose weight.

Disclaimer: Information contained in The Wellness Express™ newsletter is for educational and general purposes only and is designed to assist you in making informed decisions about your health. Any information contained herein is not intended to substitute advice from your physician or other healthcare professional.

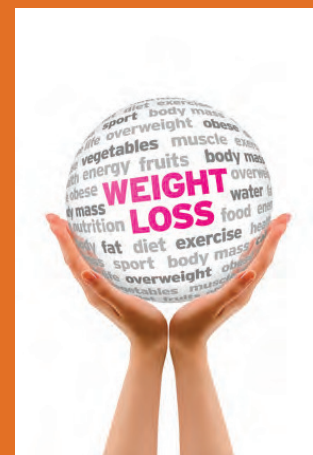
Quote to Inspire

“Successful weight loss takes programming, not willpower”

Dr. Phil McGraw

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3. World Health Organization. Obesity and overweight. <http://bit.ly/XVzw2k>.
4. Douillard, John. *The 3-Season Diet: Eat the Way Nature Intended: Lose Weight, Beat Food Cravings, and Get Fit*. New York: Random House, 2000.



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