

Healthy LIVING

Spring Cleaning for Your Health

Regardless of the notion that predictable weather patterns and seasons seem to be a product of the past, the concept and need for a good 'Spring Cleaning' perseveres on. It's an opportunity to unclutter and purge the seemingly endless build up that invades our lives, distracts our focus, and drains our energy. But where to start is what paralyzes us all leaving us static, stale, and inevitably ok with one more piled collection of needless paper, one more storage container full of clothes you refuse to wear, and one more drawer/closet you wouldn't allow your closest friend to open.

Similar to the blockade that allows the 'hide it under the rug' mentality to pervade in the home, we neglect our own makeup, that which physically constitutes our form and that which could use a good purifying. And as the science advances reinforcing the notion that we are more than a product of our genes but rather our environments influence on our genetic expression, it's time we took this 'spring cleaning' idea for our health a little bit more to heart.

Our bodies are inundated daily by toxins: pesticides, heavy metals, plastics, factory residues, and coal

burning to name a few. It is not arguable the influence that the build up of these harsh chemicals has on health related disorders such as allergies, acne, weight gain, thyroid dysfunction, cancer, or autoimmune disease. And it is no secret that our detoxification organs like the liver, kidneys, and colon are struggling to maintain pace, being bombarded faster than they can rid.

As a teenager I struggled immensely with what I labeled the 3 A's: allergies, asthma, and acne. The pharmaceutical strategy we implored initially failed miserably. Thus, we made the obvious alteration, change to new pharmaceuticals. Of course when this again provided not the slightest hint of success, you got it, we chose the next discernible modification and simply latched on once again to comparable yet offbeat prescribed potions. As imagined and experienced by many of you reading this, hopeless patterns such as these can persist for years. Looking back, it's difficult to conceive that my folks and I adhered so rigidly to a strategy that proved useless time and time again, 'doing the same thing over and over again and somehow expecting different results.'

It wasn't until college that I began

to understand this concept of 'spring cleaning' when it came to my respective health. Absolving the contaminants in me through environmental changes in my food, my house, my exercise, my sleep, and my thoughts were all crucial to ridding the toxic overload that allowed the 3 A's to persist with such longevity in my life.

I regularly run into folks who say, 'Dr. Rex, I know where you are going with this and I simply don't have it in me to do a "detox" program or a cleanse. The process seems too intense and I know myself, I just won't stick with it.' Although cleanses for so many are restorative, they aren't for everybody and being honest with yourself and what you are willing to commit to is vastly more important. Although I am a strong proponent of an annual cleanse, it is not what got me out of the spiraling health disaster I'd been trapped in for years.

So lets forget about all the peer pressure and marketing ploys to take the latest and greatest magic "detox" program that cures every disease imaginable, and rather choose a less daunting task of selecting simple 'spring cleaning' strategies that are attainable, sustainable, and that increase the probability that you will be taking your body closer to optimum health.

Say 'No' to Plastic – Never, ever store food or water in anything with BPA or phthalates. Stainless steel and glass are our only options when desiring to stay 'clean'.

Say 'No' to Pesticides – Choose only 'clean' fruits and veggies, those grown without pesticides or chemical fertilizers. Simplest answer here, start a garden where you are now in control of what you plant, where you plant, and how you harvest.

Say 'No' to Antibiotics and Growth Hormone – Eat only free range organic meats and eggs not exposed to this practice. And while you're at it, avoid all processed and charred meats as well. 'Clean' out the deli meats drawer immediately.

Walk – Make time to walk every day. Your lymphatic system is dependent

Dr. Rex Stevens is a chiropractor and passionate educator at SLO Wellness Center where he utilizes his experience in chiropractic neurology and performance enhancement to create an atmosphere centered around a patient's personal desire to obtain optimal health.

on musculoskeletal movement. If you remain static, so to does your lymph and as a result your likelihood to manifest sickness. It is remarkable to think that just a few hundred years ago and beyond that the average human was estimated to walk over 10 miles per day. Estimates in the US today equal a frightening less than a quarter mile on our feet in average/day. Folks, if you want a good 'clean out', start walking.

Water – Although critical, this is certainly not the forum for discussing forms of water purification so let's keep it simple. Begin and end everyday with a glass of filtered tap water. Initiating our day ramping up on caffeine stimulants and concluding our day with alcohol depressants is not only addictive, but brings with it a toxic overload that eventually will crush your health. The addition of water both early and late is sure to reduce your intake of other toxic beverages and is pivotal to a good 'clean out'.

Feasible? Obtainable? The implementation of these five practical, accessible, and viable modifications to your lifestyle will transition you seamlessly through a 'Spring Cleaning' sure to restore your vigor and leave you giddy over the most favorable of results. ❖



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Increasing Our Happiness

By Michele S Jang



"Be Happy" – Great, but how do we become happy and why is happiness important? In general, those with a happier demeanor or positive outlook tend to fare better with rehabilitating from illness or injury. No one gets through life without some struggle. However, unweighting ourselves from unnecessary burdens and embracing a happier attitude changes our chemical makeup and physiology, which in turn can aid in healing.

Here are some simple ways to add happiness in your life that don't take much time out of your day:

Dance- Of course I had to include my favorite! Dance is an incredible workout of cardio, strength, and coordination. Any kind of dance you enjoy doing gets you up and moving, allows you to be social with others and awakens the joy for life within.

Sing- Okay, I admit that I don't have a great voice, but doesn't everybody sound much better in the

shower? There is a definitive link between singing and the release of the hormones endorphins and oxytocin in your brain. Singing with others creates trust and bonding, which lessens depression and loneliness.

Play- Playing with your children, your pets, your partner, spouse or friend is actually serious stuff! Laughter lightens your mood, oxygenates your blood, and helps with circulation.

Friends- Stay connected with friends and dear ones. Statistically those who have friends are happier than those who are alone.

Saying you're sorry- Have you ever held the burden of doing something wrong and regretting not saying anything? It's amazing how letting someone know that you were sorry can bring great relief.

Help Someone- Open the door for a stranger. Help an elderly person with their groceries. I'll bet that will put a smile on your face. ❖

MICHELLE HAMILTON L.A.C.

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