

The Wellness Family

Dr. Sheehan Keeps You Informed

Living in Balance

Balanced living is not just about managing your time better but about making positive changes in every area of your life. The body was created to function at its best when every part is working properly and in unison. If just one area of your life is out of sync then the result can be a feeling of disconnect. Minor changes applied over time in the area where you feel disconnected may refresh and restore your balance.

Balanced Diet

When thinking about healthy living, the first step is always going to be a balanced diet. More than just the fuel our body needs to keep moving and growing, a balanced diet has been shown to positively affect mental clarity and decreases fatigue or brain fog. It's not uncommon for feelings of hunger to result in crankiness or a foul mood.

Find your balance with a balanced diet. Six small meals spread out about 2 hours apart will keep your body fueled throughout the day and help you avoid dips in blood sugar that could cause mood swings or fatigue.

Of course, what you eat in those six small meals is equally important. Lots of protein and healthy fats with dark green vegetables are vital for meal times. Snacks should be nuts and seeds or berries. Fresh fruit is good as long as it's moderated. Don't make every snack a piece of fruit because even natural sugar is still sugar and can spike your blood sugar.

Balanced Exercise

Exercise is a vital part of a balanced lifestyle. It helps to maintain a healthy, normal skeletal system which gives the body its shape, form and mobility while protecting sensitive organs. Regular exercise will help to maintain your fitness level and provide musculoskeletal balance.

There are three basic types of exercise: strengthening; stretching or flexibility; and aerobic. Whichever of these you choose, it's important that they be performed slowly and at your comfort level. Remember not to hold your breath while exercising. A good rule of thumb is to breathe in during relaxation and out with exertion.

If you have been living a mostly sedentary lifestyle, definitely start out small; but your goal should be to exercise a minimum of 30 minutes a day at least 3 days a week.

Balanced Time

This is definitely one of the more difficult areas to balance since many responsibilities that cause this unbalance can't be avoided.

Finding a way to carve out just 20 minutes of down time can begin to restore a healthy balance in this area. Either wake up earlier in the morning or dedicate yourself to taking a portion of your lunch time but, whatever it takes, begin to give yourself 20 minutes a day to just focus on you.



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Chiropractor restores
the spine to a healthy
and natural balance
and helps the body
to function better.”*

Be sure not to use that time to dwell on things that are worrying you or try to figure out the meaning of the universe. This time needs to be dedicated to positive thinking, perhaps meditation or another type of spiritual reflection or activity.

Consider counting all the things in your life for which you are grateful. It could be that you take this time to journal about the good things you're experiencing as a way to develop an attitude of gratitude.

Whatever you choose to do with this time, it's important that it is focused on you and that it is positive and uplifting. The fact is that there is probably no way to eliminate the negative draws on your time or to perfectly balance your time to the point that at the end of the day you feel like there wasn't a moment wasted in your day and you fall into bed completely pleased with how you managed your time. However, by giving yourself time each day to focus on the positive things in your life you can at least go to bed each night grateful for another day.

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Balanced Emotions

Those who are balanced emotionally are better in control of their reactions and behavior. An unexpected experience won't throw them for a loop. They can better handle life's challenges, more quickly recover from upset and develop healthier relationships. However, stress or unexpected emotional upsets can unbalance everyone occasionally.

To expect to be so emotionally balanced that nothing ever fazes you is unrealistic. Yet, you can have a healthier emotional balance by learning to govern overwhelming stress and find healthier reactions to unexpected setbacks.

When caught off guard by a bad day, there are things that you can do to help more quickly restore your emotional equilibrium.

1. **Take a break** – walking away from the source of the stress for just 5 minutes can give you time to reset and come at it from a different (less emotionally driven) angle.
2. **Focus on the positive** – close your eyes and think about something more positive for a bit until you feel yourself calming down and moving back into balance.
3. **Get lost in music** – it's been said that music soothes the soul; it can also take your mind off what is bothering you and give you a needed break from the negative.
4. **Physical Exertion Distraction** – stretching or doing some jumping jacks can raise your endorphin levels which can lower your blood pressure, reduce stress hormones and generally help to bring your emotions back in balance.

5. **Fake it 'til you make it** – Studies have shown that plastering on a smile, even when it's plastic, will often lead to a better mood. Smile and the world smiles with you, and your mood will improve, too.

Remember that increased stress results in a rise in cortisol (the stress hormone) which can result in weight gain and other interferences to your balance you don't deserve.

Balanced Body

The most important area in need of balance is the spine. Each vertebra is stacked on top of the next and, just like a when building a tower of blocks as a child, if one vertebra is slightly off center one or two above or below will need to be off-center in order to keep the balance. When a vertebra, through either a micro (small) or macro (large) trauma, is even minutely moved off-center the body will compensate by shifting to compensate and keep the balance.

This misalignment in the vertebrae is called vertebral subluxation and results in nerve interference. The nervous system controls all of the other systems in the body such as: the immune system; the respiratory system; the endocrine system (i.e., hormonal); digestion and elimination; and more. Nerve interference can interrupt the signals being sent from the brain to the muscles, organs and glands that make up these important systems. The result of nerve interference is a lack of balance in the body and spine which may result in a lack of balance in every other area of your life.

Your Family Wellness Chiropractor doesn't cure disorders but, by restoring the spine to a healthy and natural balance, may help the body to function better or no longer manifest symptoms of unbalance.

Dear Patient,

Dr. Sheehan is dedicated to providing you with the absolute best in family wellness care. So take a moment today to discuss with your Family Wellness Chiropractor any concerns you may have regarding your family's overall health and wellness.

This newsletter is provided to you by:

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