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Feel Young/ Stay Healthy



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Feel Young/ Stay Healthy

Age is a question of mind over matter. If you don't mind, it doesn't matter.

—LeRoy (Satchel) Paige

Chiropractic offers a natural drug-free healthcare system as an alternative to medical overdrugging.

More and more people are living longer and longer. More and more of us are shooting for the Biblical 120 years—which researchers feel is our potential—the age at which Moses died, free of disease, with his faculties intact and full of energy.

Old age doesn't necessarily mean sick age: 85% of people over 65 have no real physical problems. Many studies show that it's possible to live a long, full life, physically and mentally healthy for one's entire lifetime. It is also possible to reverse or slow the process of aging and recover physical and mental strength.¹

You're never too old to become younger.

—Mae West

You can't turn back the clock. But you can wind it up again.

—Bonnie Prudden

For example, nine 86- to 96-year-olds worked out with a weight machine three times a week and increased the strength of their quadriceps by an average of 174 percent. When 92-year-old Dorothy Tishler was first asked to pump some iron she said, "I thought they were cuckoo! But after I started it, I saw what a fool I was. They made a new person out of me."²

Senility is also not a part of normal aging. Study of healthy elderly—as opposed to the sick elderly people medicine habitually studies—reveals 80% of healthy Americans, barring psychological distress such as loneliness, depression or lack of outside stimulation, suffer no significant memory loss as they age. The ability to retain new information can decline but long-term memory actually improves. As Cicero said, “I’ve never heard of an old man who forgot where his money was hidden.”

As long as you stay mentally active, you will remain as intelligent as in youth and middle age.³

What Prolongs Life?

Gerontologists, the scientists who study aging, know that people live longer and better with a less stressful lifestyle:⁴

A long and happy marriage and strong friendships extend healthy life span.... When 73 residents (average age: 81) of old-age homes were randomly assigned to groups that practiced meditation, relaxation, or nothing, the meditation group showed the greatest improvement in blood pressure, memory, and survival. Everyone in the meditation group was alive after three years; 12.5 percent of the relaxation group and 37.5 percent of the control group died.⁵

Religious faith appears to have a role in heart healing and rehabilitation⁶—feeling connected seems to have a powerful effect on longevity:

People, relationships are what nourishes and keeps everyone alive.... That’s why women live longer than men and married men live longer than single men with the same cancers.... If you have connections, you keep going.⁷

Chiropractic For The Elderly

You can’t help getting older, but you don’t have to get old.

—George Burns

Chiropractic offers a healthy non-medical healthcare system for the overdrugged older population. In one study of people aged 75 and older it was found that chiropractic users were:

...less likely to have been hospitalized, less likely to have used a nursing home, more likely to report a better health status, more likely to exercise vigorously...more likely to be mobile in the community...less likely to use prescription drugs.⁸

In a study of elderly patients seeing chiropractors for maintenance care researchers found: *Reduced nervousness with years of maintenance care (MC)...possible reduced symptoms of depression...a 50% reduction in medical visits. Chiropractic MC appeared to replace rather than be complementary to medical treatment. The need for*

hospitalization and the high costs were markedly reduced... only a third of those made by US citizens of the same age.⁹

Stay young and healthy your entire life; chiropractic will help you do it.



Tap into inner health and stay youthful forever.

Accepting that certain medical procedures have a place in our lives, chiropractic care helps people avoid drugs, surgery and other procedures.

No one, of course, knows all the secrets of a long and healthy life, but clearly one of them is that regular chiropractic spinal adjustments should be a part of every older person’s healthcare regimen to help keep them feeling younger and healthier.

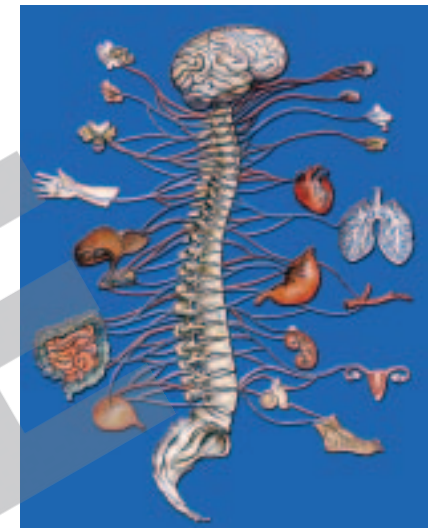
No Set Formula

Stay busy, get plenty of exercise, and don’t drink too much. Then again, don’t drink too little.

—Herman “Jackrabbitt” Smith-Johannsen

There is no set formula for reaching advanced age:

- Centurians have been drinkers and teetotalers, they have been believers in God and atheists, they have been meat eaters and vegetarians.¹⁰
- Flanders Dunbar, MD, told the American Geriatrics Society that “exceptionally healthy” people who survived into old age “rarely consult a physician.” Whether they don’t see doctors because they are healthy, or they are healthy because they don’t see doctors is probably a subject for study.¹¹



Keep your energies flowing over your nerves at 100% for your entire life!

One Last Thing...

Stay young and healthy your entire life; chiropractic will help you do it.

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You are only as young as your spine is flexible.
—Yoga saying

