

# Tips For A Healthy Long Life (and Spine) From Your Chiropractor



- **Avoid sleeping on your stomach** - it twists your neck; avoid sleeping in a fetal position - it reverses your spinal curves.
- **Lose weight if you need to.** Losing one pound takes 10 pounds of stress off your lower back.
- **Quit smoking** - smoking decreases blood supply to the discs between the vertebrae, so they degenerate faster. Smokers are more likely to suffer from spinal disorders.
- **Keep your wallet out of your back pocket** when sitting, especially when driving.
- **Eat organic, unrefined foods and drink at least eight glasses of pure water** every day.
- **Take a walk after dinner** - it aids digestion, weight loss and is a nice time to spend with others.
- **Exercise every day.** Even moderate exercise promotes health and long life. Stretching exercises such as yoga give your spine strength and flexibility.
- **Avoid drugs**, whether pushed or prescribed, including alcohol and caffeine.
- **Give your baby a peaceful birth.** Studies show that midwife-coached births are safer, healthier and more natural for most deliveries.
- **Breastfeed your baby** for at least one year for improved baby's and mother's physical and emotional health.
- **Take time to relax.** Meditate, pray and appreciate nature every day; hundreds of scientific studies show that the effects on your wellbeing can be profound.
- **Take time for laughter**, humor and play every day (and every night).
- **Finding fulfillment and creativity at work** improves your physical and emotional health.
- **Connect to others.** Keep old friends and make new ones. The more relationships and love in your life, the healthier, happier and longer you will live. It's a scientific fact.
- **Visit your chiropractor regularly** to better connect to your source of health and healing.

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