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

References

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

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.

You’re never too old to become younger.— Mae West
You can turn back the clock. But you can wind it up again.— Bonnie Prudden

Examples of healthy elderly abound. In one study 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%!

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.”

“Any fool can die — it takes guts to live... Old age is always 20 years away.” — Jack LaLanne, DC (born September 26, 1914, age 95 in 2009)
Alzheimer's disease and other forms of dementia are not inevitable, as had been suspected. For example, a Dutch woman who reached 115 years of age and remained mentally sharp throughout life also had a healthy brain when she died. The psychological tests revealed that her general performance was above average for healthy adults of 60–75 years while almost no atherosclerotic changes were in her body.7

Senility is also not a part of normal aging. A study of healthy elderly (as opposed to the sick elderly that medicine usually studies) revealed that 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 you were in youth and middle age.8

What Prolongs Life?

Gerontologists, the scientists who study aging, know that people live longer and better with a less stressful lifestyle.9 In fact 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% of the relaxation group and 37.5% of the control group died.10

Religious faith appears to have a role in heart healing and rehabilitation—feeling connected seems to have a powerful effect on longevity. As Bernie Siegel, MD writes: “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.”

Secrets Of Living To 100

“Centenarians tend to be independent, assertive, funny and gregarious,” says Boston University Medical School geriatrician Thomas T. Perls, Director of the New England Centenarian Study in Boston, who has studied more people over the age of 100 than anybody else. “They also seem to manage stress very well, which makes sense, since we know that not handling stress predisposes you to cardiovascular disease and high blood pressure.” “It’s not a matter of ‘the older you get the sicker you get’ but rather ‘the older you get the healthier you’ve been.’”

And don’t blame it on genes. According to Dr. Perls only 30% of how well you’ll age is in your genes. The rest is up to you.11

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 over-drugged 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.12

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.13

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 care should be a part of every older person’s healthcare regimen to help keep them feeling younger and healthier.

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