

52 Health & Lifestyle Tips

by

Dr. Tana Nazar



Proven results
with profound
and lasting
effects for
your personal
wellness

52

Health & Lifestyle Tips



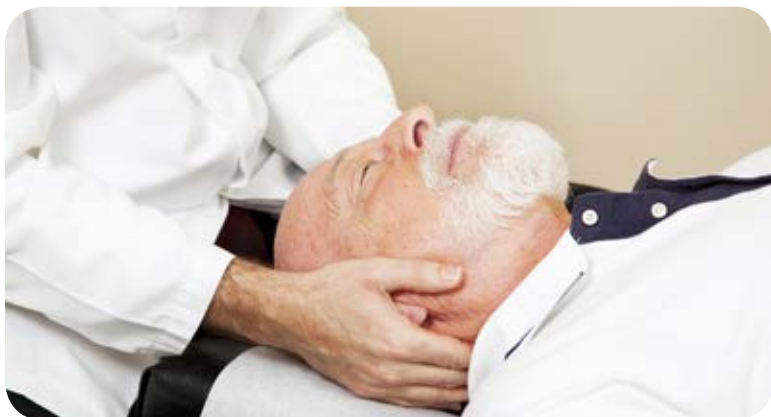
01 If you are trying to lose weight, look at your liquid calories. Beverages now supply more than 20% of the calories in the average diet. Most liquid calories come from soda or alcoholic beverages. Studies show that people who get calories from beverages tend to subsequently eat more than those who get the same number of calories from solid food.



02 Exercise every day. Yes, every day. Your ancestors did it. It's the way our bodies are meant to work. Even 15-20 minutes. How important is it? If an insulin-dependant diabetic does 30 SECONDS of vigorous exercise 4 times a day, they lower their insulin requirements 20%!!! Just DO IT!

03 A thought about the “quick fix” mentality and how it impacts a person’s future. With almost every approach to a quick fix, whether it comes in the form of fast food because one is in a rush or in the form of an aspirin because one wants to “get rid” of a headache; the true cost of those quick fix approaches is a long term reduction in that person’s overall health and well-being. If there truly is that much to be done, get it done by living a longer and healthier life. Make yourself #1.

04 People wrongly believe that health is something that happens TO them rather than something that happens THROUGH them. So they remain stuck in a pattern of self-inflicted sickness and disease while hoping that some other organization, government or health care plan will come to their rescue. Health happens through you when you embrace healthy eating habits, regular exercise, sufficient quality rest, and lifestyle changes that include regular chiropractic care.



05 There it is again: a drug to make you feel better. But there is no drug to make you healthy. Becoming and being healthy are driven by lifestyle and by the lifestyle choices you make every single day. Awareness is the first step. Beyond awareness is desire and discipline. If you desire to be healthy and grow your health, you must be disciplined in deciding what is truly good for you and in your best health interests.





06 According to a recent report in NaturalNews, North Americans spend about 90% of their total food budget on processed foods. And yet we wonder why we have a health care crisis. Processed foods are often crammed with chemicals, including colors, flavors and preservatives. Apparently, many people don't think twice about filling themselves and their children with chemicals.

07 Perhaps one has to get to the point of hoping for better health and believing that it is possible before they are willing to take that extra step. It is common for us to see people with chronic health problems that have been failed by traditional approaches. And, it's common for them to get great results even when other methods have failed. In fact, this happens so much that we actually wonder how much good we could do for people if they came to us first... rather than last.



08 Even an unhurried 30 minute stroll a day may reduce the risk for blood flow related dementia among the elderly. A lot of the things that have been proven to be good for the heart, now show accumulating evidence that these work for the brain.

09 Did you realize that people often come to our office to get rid of a problem that they have and don't want? Sure. But, do you know why some of them make chiropractic part of their healthy lifestyle? Because they found out that we are even more valuable to them in helping them get something that they want but don't have... good health. That's right! Many of our practice's best members are still with us so we can help them grow their health right. What a concept.



10 Studies confirm that regular exercise not only helps maintain good health but may even prevent the onset of chronic diseases, such as heart disease, osteoarthritis and dementia. And, since these are the types of conditions that cost the most to the already strapped sickness care delivery system, an ounce of prevention may be worth far more than a pound of cure.



11 Chronically sick children often suffer from compromised immune, nervous and endocrine systems, predisposing them to more illnesses as adults. It's an issue that extends beyond health, but touches on self-esteem, productivity and economics. We suggest looking at how we all can add to the quality of our children's lives through healthy lifestyle choices!

12 It should be clear... the further we get from a natural environment and natural foods that are unaltered either in their cultivation or preparation, the more problems we create for kids today and for future generations. The further we get from a healthy lifestyle that includes both proper nutrition and proper and adequate amounts of exercise, the greater the potential negative effect on their health. When we start promoting healthy lifestyle habits, we will get healthier kids.



13 To make sure you have an adequate supply of omega-3 fatty acids in your diet, adding fish is a good start. While all fish have omega-3's, they are found in the highest concentration in salmon, sardines, herring and mackerel. Other food sources of omega-3's include walnuts, flaxseeds and pumpkin seeds. Obviously a good omega-3 supplement could also contribute to a heart healthy and long life.

14 Junk food appears to be almost as addictive as heroin, according to a study conducted by researchers from the Scripps Research Institute and presented at the annual meeting of the Society for Neuroscience this March, 2010. The report said, “This is the most complete evidence to date that suggests obesity and drug addiction have common neuro-biological foundations.”



15 How many more articles will have to be published? How many more news stories will have to report that the drug companies have their earnings ahead of your health? How many lawsuits will have to be filed? How many more drug companies will have to be found guilty of ghost-writing articles for publication in medical journals, promoting off-label (unapproved) uses of drugs, and making lavish gifts to doctors? Stand up and say, “No,” to drugs and, “No,” to Pfizer!



16 We've said it before and we'll say it again... your health is your responsibility. It is more important to you and those you love than it will ever be to the insurance company or the government. Why not do what you can to grow your health? In fact, the Rand Corporation found that elderly people under regular chiropractic care were healthier, spent fewer days in nursing homes and hospitals, and were more mobile in their communities than their non-chiropractic counterparts.

17 Is it any wonder that as spending on "sick" care skyrockets, all the government can do is try and determine different ways of paying for it? Imagine if resources were allocated to BOTH educating the public, taxing poor health choices like fast food, and supporting/subsidizing the production and consumption of healthy foods. Imagine taking steps to grow people's health rather than paying for poor health choices!



18 People who are at the end of their rope are often surprised that we can do as much for them as we do. And then they become curious... they begin to wonder and question why no one suggested chiropractic care to them before. And so our best patients see us as adding to their life rather than simply helping to alleviate their problem. From here we become engaged in helping people have a higher quality of life; become more productive; and ultimately find they are happier because they are healthier.

19 According to recent surveys people are more stressed out now than a year ago, with a third rating their stress level as “extreme.” But the bottom line for this health tip is that it is not the stress that is the problem, but our ability to adapt to the stress that is the issue. It’s when stress beyond your ability to adapt becomes chronic that all systems of the body are affected. Chiropractic widens your body’s ability to adapt to stress that’s in your life by keeping your nervous system in check.



20 Consider the conscientious medical doctor... what a dilemma! Aside from questioning whether or not the conditions they treat with drugs result from not enough of that drug in the patient’s system, now they have to contend with thinking every time they sit down to write a prescription: “Is the patient actually going to get the right stuff? Is the patient getting the right drug? Is there something natural (like niacin) that would do just as good a job and cost way less?”

21 Do you really know what's in fast food made by popular restaurant chains? KFC food, for example, is made with MSG, partially-hydrogenated oils, high-fructose corn syrup, sodium nitrite and other such ingredients. Don't blindly eat anything without knowing what's in it first!



22 Eat more fresh fruits and vegetables and you are lowering your risk of cancer. Exercising regularly and maintaining a healthy weight will also lower cancer risk. Be happy and lower your risk of heart disease. Having a healthy nervous system improves health on every level. One would think these are common-sense bits of information that almost everyone “knows” about.

23 According to Joanne Murphy of The Stroke Association, depression is already a risk factor for heart disease and stroke. She said, “Everyone can help reduce their risk of stroke by making lifestyle changes, such as reducing their blood pressure, giving up smoking, reducing alcohol intake, improving their diet, and getting plenty of exercise.”

24 Harvard Medical School research provides new evidence that maintaining a healthy lifestyle significantly decreases a person's lifetime risk of high blood pressure and heart failure. While this implication is not new, it is significant in that the research tracked nearly 100,000 health providers.



25 Those seeking health answers from outside the realm of their own decisions are looking in the wrong place. Health doesn't happen by accident. Lasting health results from a lifetime of informed, deliberate lifestyle decisions aligned with nature's principles of health, not the distorted version of health promoted by mainstream medicine.



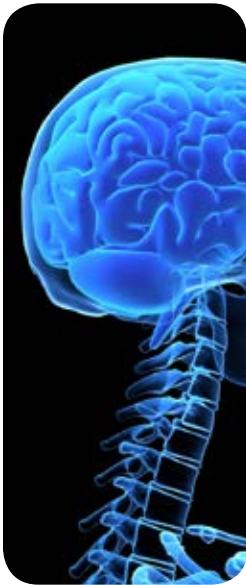
26 Health is something that must be pursued by taking personal responsibility. Health is not and can not be achieved with the flick of a magic (drug) wand. It cannot be injected into you with a needle. It can only be achieved by you taking control over your own health. Take responsibility for the results you create with each and every decision you make: decisions about food, stress, sleep, the use of your mind, the use of your free time, personal care products, chiropractic, etc.

27 With regard to your own health, you could be your own best friend or your own worst enemy. There are no miracle cures... there haven't been any yet and there aren't likely to be any. There are no pills that will make you healthy. Good health takes discipline. To be your own doctor you don't have to be an MD. Just know your body and tune into it.



28 The traditional medical approach to health is in attempting to deliver relief, not in health development or the elimination of disease.

Treating symptoms endlessly with pills, powders, potions, lotions, surgery and chemicals has never brought about a cure, let alone addressed a cause. The people are becoming more and more disenchanted with this approach and are finally beginning to demand that the cause of disease be addressed and eliminated.



29 The chiropractic paradigm: so simple, so powerful, so misunderstood. The brain houses the control centers for the function of every single cell, tissue and organ in the body. The control centers of the brain communicate with and receive information from the body by way of the nervous system. If that communication system is interfered with in any way, the body CAN NOT function the way it was designed to function.

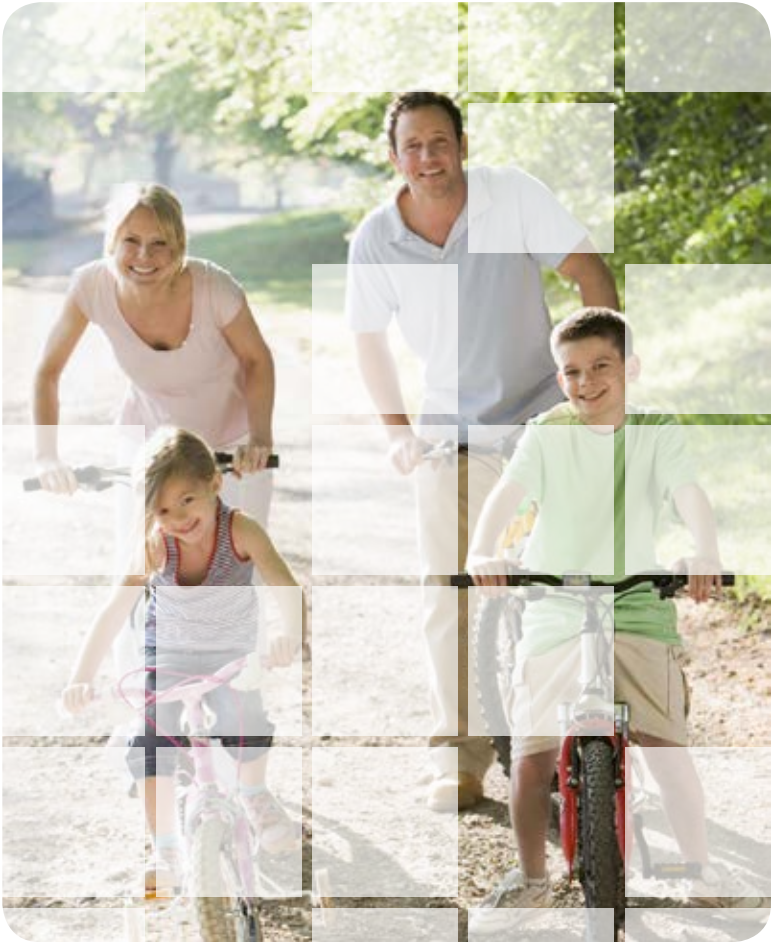
30 A recent study, published in the British Journal of Psychiatry, found that among 3,486 middle-aged women and men, those who ate a diet primarily composed of vegetables, fruits and fish were significantly less likely to be depressed than those who primarily ate refined (“white”) grains, processed meats, fried food, sweetened desserts and high-fat dairy products. A good diet leads to good health and a “junk” diet leads to “junk” health.



31 Have you ever heard that health problems often run in families? Sure. Everyone has and we think we've figured out why. Everyone knows that chronic stress often lays the foundation for health problems and everyone in a household is typically subject to the same stress as one another. Think about it—you all breathe the same air, drink the same water, and eat the same food. When one of you is “stressed out” doesn't everyone feel it? You bet! Don't wait for health problems to develop—let us see how stress is affecting your family.



32 We've noticed something interesting in the office and that is when one member of the family is having a health problem; it often affects everyone else in the family. Remember: not only colds are contagious. And, if and when the health problem resolves, we still have a family full of people who have been impacted... and not in a good way. That's one of the reasons you see families coming to our office together so they can be healthy together.



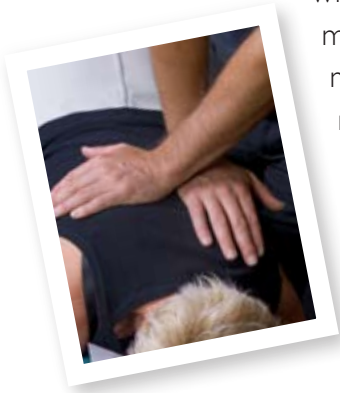


33 Everyone knows the side effects of drugs. Did you know chiropractic has an entire list of side BENEFITS? It's true. We often hear from our practice members during the strengthening and stabilizing portion of their care that they are experiencing things like more energy, fewer aches and pains, a greater resistance to colds and flu, and improved digestion and elimination. In addition, they're more productive at work and more loving in their relationships. Now what could be bad about that?

34 In this day and age, do you really want to count on your insurance company to have your best health interests in mind? How about the government... do you think they're really looking after you? And, what about the junk food industry and the drug industry... people or profits? Profits. So, what's left for you and me? Well, isn't it time we took our own health into our own hands and did everything we could do to grow our health over a lifetime? Let us help you grow your health!

35 Why do our practice members almost universally agree that they have more energy since starting care in our office? Because

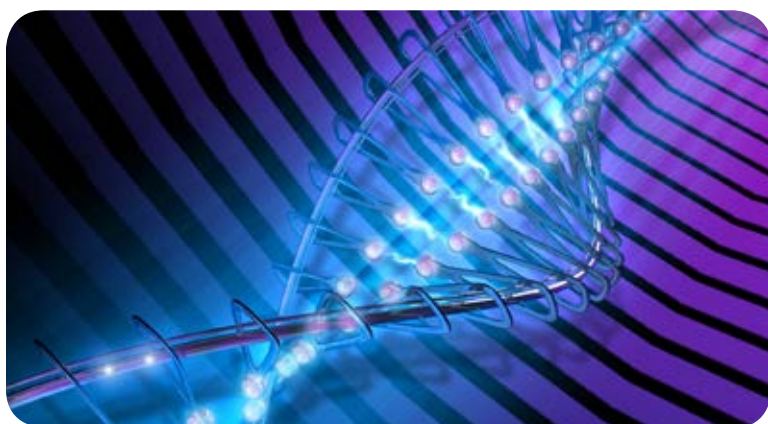
when the nervous system functions more efficiently, the body functions more efficiently and the natural result is more energy. An interesting side benefit is that when the brain functions more efficiently, you have a person who thinks more clearly and makes better decisions. Now, who wouldn't want that?



36 Most people are waiting for something to go wrong rather than recognizing that the body is striving for 100% health all the time as that is its normal state. What if we were waiting around for something to go right? Like not having to think about breathing or keeping our hearts beating or digesting our food to make a living, thinking us! That's right—so many things are happening right every moment that most of us don't pay our wonderful bodies any mind. You were born to be healthy!



37 Is pain always a bad thing? What could the purpose of pain be? What good could it possibly serve? Have you ever thought that perhaps one purpose of pain just might be a normal and natural response to let you know that damage is present and that the potential for even greater damage is on the horizon and could be avoided? Think about this: the pain you get from hitting your thumb with a hammer isn't because you hit the thumb. The pain exists because it is in your best interest to not hit the thumb with a hammer AGAIN!



38 Did you ever think about the idea that having 100% health is the rule not the exception? We have been conditioned to believe that we are frail creatures who are weak and susceptible to all kinds of disease and infirmity and therefore always in need of the doctor or a pill, powder or lotion. Yet, weren't we created from 2 cells in 280 days from an inborn wisdom all of us possess? Sure. Your body knows how to heal itself... given the chance. It helps to have a healthy nervous system to coordinate the healing process.



39 How many elections can you remember where the politicians promised more money for health care? And, are people healthier now than they were 10 years ago? Every news report says the answer to that question is a resounding, “NO!” So more money doesn’t equal better health. In fact, as our country spends more money on health, our health as a country is declining. Could it be we should be focusing our attention on the causes of health rather than simply ineffective and more expensive treatments for disease?

40 What direction is your health moving towards? Because we can’t necessarily feel it from day to day, most people do not know if they are getting healthier or getting sicker over time. Because symptoms are often the last thing to appear in the disease process, how you feel is not a good indicator of how healthy you are. How your body is functioning is a much better way to tell if your health is growing or deteriorating. We have the technology to determine how your nervous system is functioning and whether or not it is improving over time.



41

So what drug are you or your family member taking that will later be proven to cause more harm than good? Isn't it time to seriously take a look at what you believe and why? Isn't it time to invest in health rather than waiting for some insurance company or drug manufacturer to "save" you from disaster? Isn't it time to take personal control over your health rather than hoping the government will? You bet!



42

Did you ever think about how the freeway and your nervous system were similar? We use the freeway to get from where we are to where we want to be and, for many of us, it is the fastest and most efficient way of doing so. The nervous system is also the most efficient way for the control centers in your brain to communicate with all the tissues, cells and organs in the body. A freeway with potholes slows down traffic. A nervous system with communication interference slows down the relaying of vital information causing the body to function poorly.

43 Change starts by people choosing to invest their money in health, and I'm not talking about health insurance. Why? Because health insurance really should be called crisis insurance or sickness insurance because true health never resulted from it. Health is always cheaper than sickness. An ounce of prevention is worth a pound of cure. Start investing in your own health and well being NOW, TODAY!

44 Are you a bargain shopper? That may not be a bad thing... depending on the item for which you're shopping. No one really wants to be a "bargain shopper" when it comes to their health... or the health of their children. One really has to ask, "What kind of person would want the cheapest doctor that they could find?" For my family and myself... we feel as if we deserve the best and we want the best. How about you? The cheapest form of health care ultimately becomes the most expensive—have you ever priced a Tylenol in a hospital?





45 Get a headset! Stop cradling the phone between your ear and shoulder. It's easy to get into that bad habit and it WRECKS your neck! Once you use a headset, you'll love it and so will your spine and nervous system. Plus your posture will be better.

46 Make it a daily challenge to find ways to move your body. Climb stairs if given a choice between that and escalators or elevators. Walk your dog; chase your kids; toss balls with friends; mow the lawn. Anything that moves your limbs is not only a fitness tool, it's a stress buster. Think 'move' in small increments of time. It doesn't have to be an hour in the gym or a 45-minute aerobic dance class or tai chi or kickboxing. But that's great when you're up to it. Meanwhile, move more. Thought for the day: Cha, Cha, Cha... Then do it!



47 Easier said than done, stress busters come in many forms. Some techniques recommended by experts are to think positive thoughts. Spend 30 minutes a day doing something you like. Soak in a hot tub; walk on the beach or in a park; read a good book; visit a friend; play with your dog; listen to soothing music; watch a funny movie. Get a massage, a facial or a haircut. Meditate. Count to ten before losing your temper or getting aggravated. Avoid difficult people when possible. Thought for the day: when seeing red, think pink clouds... then float on them.



48 Keep a Positive Mental Outlook There's a definitive connection between living well and healthfully and having a cheerful outlook on life. Thought for the day: you can't be unhappy when you're smiling or singing. REMEMBER: it's not the stress—it's your reaction to it that matters!!! Chiropractic care can't eliminate stress, but it can help increase your capacity to accommodate it.

49 Your health is your responsibility. Not your doctor's or your insurance company. What you do (or don't do) today determines the quality of your life and your children's lives tomorrow. So start moving, and stop treating your body like a trashcan with a hairy lid!



50 Make sure you get 6 to 8 hours of good sound sleep. Restorative sleep is key to good health. If you aren't getting good sleep then look at your habits. Take the TV out of the bedroom. Turn off the TV. Read a positive book. Write in your journal. Pray. Drink Sleepytime Tea. Avoid caffeine after lunchtime.

51 The way you view the aging process, whether it be positively or negatively, is going to affect your quality of aging. Those who fight aging, age better. Start exercising, its never too late to start. Keep a positive attitude. Be social by staying busy and having fun with regularly scheduled activities. Have a spiritual connection with God, seek company of friends and family, pick new hobbies and interests, and if you're blue, talk to someone. Of course, having a healthy functioning nervous system to control and coordinate how your body functions and to keep up your immunity is a good idea no matter what your age.



52 Exercise, proper nutrition, adequate rest, and a positive attitude are being touted by experts and lay people alike as ways and means of leading a happy and healthy life. And, it's about time! Think how many TV commercials there are these days promoting a pill for every ill and contributing to the common attitude that my lifestyle doesn't matter... when there's a problem, medicine will fix it. That attitude is just not working, folks. Time to look at lifestyle!!



The information contained in this booklet is a compilation of health and lifestyle tips collected from many different healthcare providers for educational and entertainment purposes only. It is not intended as a substitute for professional advice of any kind. 2nd Cousin, Inc., its partners, clients, and associates assume no responsibility for the use or misuse of this material. It is intended as a sharing of knowledge and information only. We encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.

“in their OWN words”

I was referred to Dr. Nazar by a friend at work. I came in for back and hip pain. I woke up everyday in pain for years. I thought that was normal. She has made my life PAIN FREE! The change is unbelievable! —**Rebecca B.**

My wife told me about the chiropractic adjustments helping with her migraine headaches so I came. I found out I had a herniated disc. Since Dr. Nazar's treatment, I have regained painless movement, the strength in my hands and the numbness is gone. Also, Dr. Nazar has helped me in time of need. I work 100% now! —**Troy S.**

Since receiving adjustments from Dr. Nazar and nutritional counseling, my headaches have been reduced significant in severity and frequency. It's nice to be normal again. Since I can function normally now, I've increased my income 20%! —**Bobbi S.**

I was curious about the natural healing benefits of Chiropractic care. My first visit helped alleviate the anxiety and depression I suffer from. Through bi-weekly care, my migraines, lower back pain and sleep have improved as well. Now my entire family is under care, including my autistic son. And, we are eating better as a result. I have even begun working again. I just can't thank you enough Dr. Nazar! —**Jackie B.**

**Begin your own success story—read and
adopt 52 Health & Lifestyle Tips today!**

NAZAR CHIROPRACTIC FAMILY HEALTH CENTER, P.C.
4800 Derry Street
Harrisburg, PA 17111-3440

717-564-1550
NazarChiro@aol.com
<http://www.dratanazar.com>