

3 New Years Resolutions to Keep You & Your Spine Healthy

1) **Laugh & Give More Hugs:** Laughter and big hugs really are the best medicine! Both a giggle session and long embrace cause a release of a flush of endorphins to flood our bodies and leave us feeling happier. Amazingly, endorphins act similarly to morphine in the brain helping reduce our perception of pain. Make sure to give and get 365 days of laughter and love!



2) **Get Moving:** Ahh... the tried and true New Year's Resolution, exercise. We're not suggesting aiming for that perfect summer six pack, start with taking a 30 minute walk every day! Studies show that walking is one of the healthiest methods of exercise. Walking supports spinal health by building the muscles around the spine, increasing circulation of both blood and cerebrospinal fluid bringing nutrition to the spine, increasing flexibility and supporting good posture.

3) **Visit Your Chiropractor:** Regular chiropractic adjustments are vital for keeping your spine and nervous system healthy. A chiropractor is a spinal specialist, their job is to remove interference impeding the nervous system from functioning optimally. Regular chiropractic adjustments not only can

reduce our aches and pains but work to support our bodies on a higher level. Studies show that regular chiropractic adjustments can reduce the release of cortisol, a stress hormone, and support our immune system, improving levels of infection fighting antibodies.

May 2018 be a year full of laughter, love, adventure and vitality!