



# Chiropractic Miracles

Delivering You the Best Word in Wellness and Natural Health Care

## Dr. Bennett's Breakthrough Patient Newsletter...

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Dear Patient and Friend,

Your children are subject to more stress in school than ever before. Most kids experience the physical stress of sports injuries or sitting at uncomfortable one-size-fits-all student desks and chairs. They carry unbalanced too-heavy backpacks, they bend their necks forward texting or playing video games, and that all puts a lot of strain on their young bodies.

Most kids suffer the chemical stress of a poor diet, opting for sugary and salty snacks instead of fresh wholesome foods. And most kids bear the emotional stress of academic pressure, not to mention the social issues of competing with peers, seeking approval of friends, ugliness with bullies and trying to develop the tools for young romance.

And that's only the average stuff that affects most school children. On top of that, each kid will have certain areas where he or she has magnified problems, like with their families, their health, food cravings and addictions or just feeling like they don't fit in. Add in a few bad health habits, like juvenile smoking, keeping late hours and fighting, and our kids face tremendous stress every single day.

When you find an effective way to reduce or eliminate those stresses, you'll be exposing them to a worldview of health and wellness they might not have otherwise known about.

## Twenty-One Tips for Better Posture

What parents haven't caught themselves telling their children to "stand up straight?" My parents said it to me, your parents said it to you, and there's a good chance if you have kids you've said it too – but why is it important to stand up straight in the first place?

Your posture is the way you hold your structure, whether standing, sitting or lying down. It's the way that you position yourself in space, and because of the constant, never-ending downward pull of gravity, any flaws or imperfections in the way you stand, sit or lie down can become serious postural conditions, which invariably lead to health problems.

Developing the habit of good posture not only helps you to look better, but it helps your body to work better too. It's not difficult, but it does take a bit of self-discipline to raise your standards and make your spine healthier.

How do you reset your posture to begin with? What does good posture look like in the first place?

The American Posture Institute recommends seven tips for good standing posture.

1. Keep your shoulders back and relaxed
2. Pull in your abdomen
3. Keep your feet about hip distance apart
4. Balance your weight evenly over both feet
5. Let your arms and hands hang naturally at your sides
6. Try not to tilt your head forward, backwards or sideways
7. Make sure your knees are relaxed, not locked

They recommend these seven tips for good sitting posture.

1. Pick the right height chair, where your feet rest flat on the floor with your knees level with your hips.
2. Have a footstool or yoga block available to prop up your feet if it's more comfortable, or if your seat is too tall.
3. Sit back in your chair.
4. If you need more support, put a rolled-up towel or pillow behind your low back.
5. Stretch the top of your head toward the sky and tuck your chin slightly.
6. Keep your neck and upper back comfortably straight.
7. Keep your shoulders relaxed, not hunched, rounded or pulled too far backward or forward.

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## Twenty-One Tips for Better Posture

And here are seven tips for better lying down or sleeping posture.

1. Aim to lie in a neutral and natural position.
2. It's best to sleep on your side with a pillow supporting your neck.
3. Place a cushion between your knees, again to retain proper alignment. This takes pressure off your spine, discs and nerve system.
4. You can also lie on your back with a pillow supporting your knees.
5. Sleep on the right mattress and pillow, not too soft or firm, to comfort.
6. Mattresses and pillows wear out over time, so replace them when needed.
7. If you can't get comfortable in any position, see your family chiropractor to check your spinal alignment.

You've probably seen a child struggling with a big heavy backpack, leaning forward to balance the weight and putting strain across the entire spine. You've probably also seen ladies toting heavy handbags, pulling one shoulder down significantly below the other one. These are examples of activities of daily living that interfere with normal healthy posture.

It's essential that we become more conscious of improving and preserving our posture. The function of our brain and nerve system depend on healthy spinal movement, and poor posture prevents normal movement.

Every person has a slightly different spinal structure, and for that reason we may need some additional coaching and guidance on keeping the whole family's posture as healthy as possible. Your chiropractor is your neighborhood posture expert – schedule exams for the whole family to catch problems early and promote health and wellness.

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## The Real Reason for Scoliosis Screening

Schools are opening their doors to students worldwide, and families are already mobilized to prepare for the upcoming school year. They know they need to buy books and supplies, to arrange for bus transportation or car pools, to coordinate meals either on site or from home, to select new wardrobe items and other typical pre-school matters.

They also plan a yearly physical and a dental examination as well. But many families don't yet realize that an examination of the brain, spine and nerve system might be the most important check-up of all.

Parents in the know are paying attention – brain health is front and center in every family's needs, but our neighbors are only now waking up to the pressing need to reduce brain stress to improve overall health.

So, include a chiropractic exam as part of those preparatory steps before the school year kicks off, and you'll be covering one of the most significant issues affecting your family's health and wellness.

In many places, scoliosis screening is mandated by law, and in others it's strongly recommended as a solution to a serious public health issue – but most people don't yet understand the relationship between the spine's movement and brain health.

Nobel prize winning scientist Roger Sperry stated without reservation that the movement of the spine supplies 90% of the stimulation and nutrition to your brain – clearly, a chiropractic check-up should be part of your family's health and wellness routine to start each school year.

After all, what kind of results can we reasonably expect from children in school if they neglect their brain health? It's common sense, the healthier your brain, the better you'll do in school.

But the brain does a lot more besides learning and cognitive function – it runs all the subtle mechanisms of your body, helping you breathe, digest food, move, and so on – it's reasonable to say that a healthier brain leads to a healthier life, and one of the best ways to get your brain healthier is with safe, all-natural chiropractic care.