

# Vital Life News



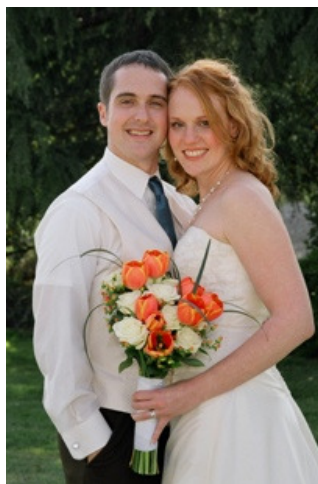
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## Difficulty Breathing?

Happy Summer! This summer is a surprise with the alternating heat and the fires. I'm sure you have been disturbed by the ash in the air. If you or your child has been suffering from breathing difficulties during this fire season, please call to schedule an appointment. NUCCA can help open the airways and increase the quality of

your breathing. Don't waste time... breathe better!

I was asked by a several people to include a wedding picture in this next newsletter. They looked for a picture last time and were disappointed! Do not fear! The picture is here! I hope you enjoy it. Also, note my new website and my new name.



## Just 'Fore' You!

Whether you are a golf enthusiast or not, it's wise to know just healthy this leisure time sport is for you! So many muscles to use, so little time!

What better excuse to walk than to chase a tiny ball around a course! Don't we love to watch Tiger on TV?

From a healthy standpoint, when you stop to think of just how many parts of the body we use while in play, the list would be endless-considering our heart and limbs alone-how much of our torso we use to twist, turn and stretch while hitting the ball, might move us to purchase golf clubs, don golf gloves, and call for a tee time.

A quick synopsis-we use

both hands to properly grip the club, both arms to swing the club, and our back, waist, neck, shoulders, legs and feet, to turn and twist to hit the ball down the fairway. Adequate eyesight is needed to see where the ball has landed after hitting, and our brain to figure out our score-(now, now, that took four strokes not three!). **To improve your body's ability to move in this way, see Dr. Pritchett to improve your posture and reduce your back pain!**

If walking the course brisk enough, the game of golf could actually be the ultimate sport. To some it is. Many people cannot perform vital cardio

exercises due to some ailments, so golf is ideal. As we know, golf for many men is a staple in life, for health and social reasons. Its how many men and women are keeping fit. Little do they know that the social benefits can be just as important to promote a good state of mind and we've been reminded how good laughing is for us.

While golf might sound tedious, for most who play, the game is a fun and quite social way to get exercise.

All golf courses offer golf lessons to all age groups. Golf pros are available to work with you one-on-one or in a group. Tee Time!

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### Special Points of Interest:

- *I've changed my name; my new name is Andrea Pritchett.*
- *NUCCA can help reduce your stress levels and improve your attitude!*
- *NUCCA can reduce high blood pressure, says a study in a peer-reviewed journal.*
- *NUCCA can relieve insomnia.*

## It's Summer... Swim for your Life

Swimming is hailed as one of the oldest; however best cardio workouts, bar none. You will find strengthening benefits for your heart, back, spine, arms, legs, and the list goes on. Public pools including neighborhood community pools and cabana clubs make it easy to enjoy this exercise, offering free time, adult swim, and public swim times. Swim lessons are also offered for a fee if you do not know how; water aerobics classes are also popular at some locations. If you're not a fan of the water, easy...grab a buddy you trust to get wet with you!

If you have a sit-all-or-most-of-the-day

job, swimming is an excellent release for the pent up stress compressing your spine. Dr. Pritchett can review all of this with you as she reviews the importance of stretching and strengthening your torso.

Swimming is a great way to interact with your children and grandchildren during the warm months as well. For safety reasons, it is advisable that children be considered for swim lessons. Exercise, smart heart health, and life-saving issues are among the top reasons to start small ones as early as six months, in preliminary lessons.

Enjoy the summer and the benefits you'll reap simply by getting wet!



## Take Away Stress... Add Yoga

To round out your life, for healthful living, and relaxation...the art of yoga has been classified as a great practice in exercise. This practice offers an improved immune system, relief from daily stress, and a more relaxed physique.



Yoga, as you may know it, is not just a stretching exercise. The term 'yoga' has several meanings-among them are "to control", and "to unite." This

makes sense as yoga facilitates to channel your positive thoughts, create balance, and to unite mind, body and spirit through 'poses' or stances. These poses will help provide a sense of self, while offering increased flexibility and improving strength.

Yoga, originating in India, is now practiced worldwide. There are several paybacks from this artful discipline-one of which is back pain. Though the respite will not be instant, sufferers will, on a constant regimen, notice a decrease in pain and an increase in comfort and mobility.

While learning about yoga, and the

array of traditions, you may want to begin gradually. A beginning class might be appropriate and there are also specific classes for women who are pregnant and also those over 50.

If you are interested in learning more about the practice of yoga and the many advantages, Dr. Pritchett, will be happy to refer a 'yogi' or 'yogini' to you. She can be reached at 925-829-7900.

## Fruity Summer Berry Smoothie

- 6-8 large organic strawberries
- One handful of organic raspberries
- 1-8 oz. container of low-fat lemon yogurt
- 1/3 cup organic orange juice (pulp optional)
- 1 frosty glass

1. For a 'chilling' smoothie,

freeze strawberries in blender container for 30 minutes uncovered

2. Whip all ingredients until blended (might be slightly lumpy).

3. Pour into a chilled glass; serve with a fresh strawberry and straw.

4. Enjoy!

