

Vital Life News



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Health for the Holidays!

It's officially fall... that means that Thanksgiving and Christmas are right around the corner. **Does your stress level increase? Does your low back complain about cleaning or cooking for your relatives? Do your shoulders ache after shopping or wrapping presents?**

If so, you are definitely

not alone! Don't ignore it! Deal with it through NUCCA, the gentle, effective spinal correction that improves your posture and helps you better deal with stress. NUCCA helps relieve your pains, so you can stay active during the beautiful fall weather. Plus, it'll help you have a better attitude during the upcoming festivities!

Make an appointment for a complimentary consultation—this is for you! Do something for yourself this fall. You won't regret it!

Andrea Pritchett, D.C.

NUCCA Upper Cervical Doctor

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Biking Benefits

You know it's in there somewhere. There it is... your bicycle. While the weather is still nice, a relaxing bike ride, the best seat in town, is a great way to exercise this fall.

Before you set out on your trek, be sure to give your bicycle a good tune-up, especially if it's been awhile since your bike has seen the street. Check the air capacity in the tires, check and grease the chain, if appropriate and seat elevation. Be sure to wear a helmet and reflective gear if appropriate.

From school-age to

seniors, bicycling has some great advantages. It not only offers some of the best cardio, it offers peace of mind, relaxation, energy, stress relief and an overall feeling of joy.

While reaping the benefits of sitting down while exercising, cycling raises your resting metabolic rate and at a high rate, will burn more calories. It increases strength, endurance,



balance & flexibility, as well as developing muscle. Your 'core' will be strengthened, including a stronger back and abs, while bolstering calf, hamstring and thigh muscles. Your heart becomes stronger and because it's a vigorous sport, and stress reducer, could decrease blood pressure.

There are many reasons for bike riding, whether it is for distance or time contests, commuting, or just plain fun, avid cyclists or leisure riders, you'll never 'tire' of the payback you'll receive.



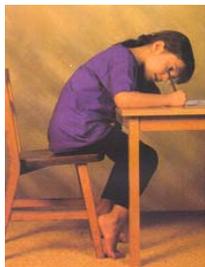
Special Points of Interest:

- *Make note of my new name—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.*

Damage, Yes... Irreparable, No

Ever since grade school, we have been training our bodies to hold the sitting position. Long periods of sitting actually shorten certain muscles and lengthen and weaken others, even with an ergonomic work environment. Slowly but surely we have created an unbalanced body and the aches and pains that go along with it. This will cause accelerated wear and tear on the body especially if you're an athlete.

Poor posture may also lead to an improper breathing



pattern and core dysfunction along with more well known symptoms like migraines, carpal tunnel and bunions, to name a few.

So what can we do? Well we can't just quit our jobs, or take long recesses throughout our work-day like we did in grade school. What we can do is to learn the specific postural corrective exercises to counter the effects of our sedentary lifestyle.

My name is Paul Behne and I specialize in helping people rebalance their bodies using Postural Corrective Stretching, Core Activation Therapy and Advanced Massage.

With any of the above, we start with an assessment to identify your muscular imbalances. Then design a program to help with your specific needs. You may just use one or utilize all three therapies to maximize your results. I can also work with you your trainer or other health care provider to help improve your current Fitness programs. This work is the next step on your journey to health and is a perfect complement to your NUCCA care.

For more information please call Paul at 925-918-0749 or visit:

www.family-sports-massage.com

Autumn Gardening

You see it as a chore. Standing over that pile of leaves, you are reluctant to grip that rake! Just remember that raking is for a good cause; you! The health benefits are too numerous to count!

Now that you gave in, and the yard looks great, you think you are done. Autumn gardening offers cardio exercise and muscle strengthening beyond compare.

You can figure that mowing your lawn is a comparable action to that of a treadmill. Digging in the dirt to plant bulbs could be similar to lifting light weights. (And the rewards you will

receive in the spring are good for your happiness quotient and overall decrease in stress).

According to a study at Harvard University, heart attack risk is much greater (up to 100 times), in those who choose to be sedentary. Those leading an active exercise lifestyle are less likely to experience cardiac episodes.

Thirty minutes of moderate exercise will help lower your cholesterol, diminish your chances for diabetes, and osteoporosis, while lowering your blood pressure. All major muscle groups are worked, including legs, buttocks, neck, shoulders, arms, hips, and calves.

For greater health benefits, work into your routine slowly and build on it. If you were to do some weeding for 10 minutes, push a lawn mower for 10 minutes and chop tree branches for 10 minutes, you are getting the same exercise equal to that of a workout routine for 30 minutes that most do at a gym. What could give you greater workout surroundings than your own backyard!

I say head outdoors and reap the healthy rewards at any age!

Fall Butternut Squash Soup

- 1 ½ T Butter
- 1 small tomato-stewed
- 1-2 short chopped celery stalks
- 1-small yellow onion
- 1 med or 2 small chopped carrots
- 1 med butternut squash-peeled, with seeds removed, cut into cubes
- 32 oz chicken stock
- Salt and pepper

1. Melt butter in large stockpot and cook together onion, celery, carrots, potatoes, tomato, and squash for 5 minutes or just until lightly browned.
2. Pour broth over vegetables, just enough to cover.
3. Bring to a slight boil, reduce heat to low; cover, and simmer for 35 minutes or until ingredients are easy to pierce.
4. Pour ingredients into a blender (optional) and blend to desired consis-

tency. Mix in any remaining broth and return to pot to keep warm; salt and pepper to taste.

