

Vital Life News



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Summer-Time: Are You Feeling It?

Now that it's summer and many of us have been doing summer-time activities, has it given you more pain than you remember?

Does golfing hurt your back? Does yard-work cause you more than

mental anguish? Does your children's presence cause your stress-levels to rise?

Get your back fixed and realize how wonderful you can feel and how low your stress can be if your body can handle it

properly.

Call Dr. Pritchett for a consultation, or a tune-up. Remember, there's no "twisting or popping or thrust."

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Balance Your Life! Have a Ball!

We all have our regimens...as long as it gets done. No, I don't mean housework, although experts say that at a fast pace, it counts. Exercise can be daunting when we aren't sure what physical activity really works for us. We could do windmills, jumping jacks, squats, leg lifts, or crunches, which all help, but to which degree and how long before we see results?

You see them on TV, in gyms, and your best friend has one. They take up space and are scary toys for small dogs. An exercise ball is a great tool for gaining core strength, strengthening the back and abs, increasing stability, and toning up. When used consistently, it can also

help reduce low back pain, and can help to keep low back pain from returning.

When choosing an exercise ball, be sure it's the right size for your height. Choose one that is 55cm if you are between 4'11 and 5'4. If you are between 5'5 and 5'11, choose a ball that is 65cm. If you are between 6'0 and 6'7 select one that is 75cm. You can purchase them in most sporting goods stores and online.

For abdominal training, try a twisting motion or crunch movement to add creativity to your workout. For a weight training scenario, use the ball to add a challenge to include muscles in your abs, legs and buttocks. Don't

forget that stretching is great in yoga movements as well. To improve your posture, try sitting on the ball while reading, or using the computer. You can check out exercises such as lifting one leg at a time in the air and trying to balance.

Exercise or balance balls can help lower blood pressure, increase the flow of blood to your heart, and provide energy to everyday life. An array of routines and positions on the ball will attain different outcomes. There are classes offered, and exercise DVDs available to help attain the goals you desire.



Special Points of Interest:

- *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 and TMJ pain.*

‘Jogging’ Your Memory

Jogging...one of the best all-around exercises carries the good news that you don't need a cute outfit to reap the healthy benefits!

Jogging might be preferred over running to stick to a slower pace, not to expend so much stress on your body, weight loss, or merely to keep fit.

Jogging originated in the seventeenth century when the term was referred to as a form of exercise even then. In the 1960's the term 'jogger' was coined and in the 1970's, the term, 'roadwork' referred to athletes who trained and jogged several miles each day. From

then on, jogging was deemed a sport to keep fit and to socialize.

Jogging is known for its attributes in improving cardiovascular health. As we know, bone density takes its place in line as a super benefit to jogging. This sport is also known to decrease stress. Moving at a 'jog-pace' can be a great mood booster, makes you think clearer, and it decreases depression. Some say that jogging or running builds confidence, perhaps in the simple act of challenging yourself, in distance and endurance.

Jogging requires strong ankles and leg

muscles, so do your diligence in stretching beforehand. The right athletic shoes are a must for comfort and to avoid an array of foot problems in the future. Also, where you jog is important. A smooth cushioned surface would be ideal, such as a school track. This lessens the shock to your feet, legs, and spine. More advice from the doctor; keep hydrated, and wear sunscreen.

While it's not necessary to wear the outfit that will attract attention, if it will boost your mood and keep you moving in the right direction to enhance your health; I say go for it!

I'm So Blue... Berries

Antioxidants...a healthy buzzword for our generation. It has been reported repeatedly that if we keep a healthy diet consistent with blueberries, our immune system stands a better chance to be protected against compromise.

The compound *anthocyanin*, which gives blueberries their dark color, just may be the solution to the antioxidant and anti-inflammatory mystery. These popular cereal-toppers and muffin favorites are already guilty of protecting us against cancers, and high cholesterol. We know that they are rich in

Vitamin C and are also being tested for diseases linked to the aging process. Research experts are finding that adults, who eat one cup of blueberries per day, also show improvement in motor skill function.

A naturally sweet wild berry sometimes called "huckleberries."; blueberries also hold an abundance of bioflavonoids that influence positive brain activity. They have been attributed to quieting coughs, and also being good for our blood. There is a smorgasbord of attributes we can gain from including wild blueberries in our diet.

When using blueberries in recipes, be sure to incorporate the skins as well to profit from the full advantages of *anthocyanin*.

Blueberry trivia: The blueberry Jelly Belly was produced particularly for actor, and past-president, Ronald Reagan.

Pineapple Elixer

- 3/4 cup freshly juiced pineapple juice
 - 2 cups mint tea
 - 1 inch piece fresh ginger root, scraped with spoon
 - 1-2 drops mint extract (optional)
1. In blender container, combine pineapple juice and mint tea.

2. Throw in chopped ginger root and mint extract, if desired. Blend on high.
3. Strain and serve immediately.

Serves 2.
(You can substitute other fresh squeezed juices, even vegetable juices, in this beverage.)

*Dr. Mercola's Total Health Cookbook

