

Healthy living pays off in old age

CTV.ca News Staff

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Avoiding unhealthy habits may not show immediate health benefits, but a new study suggests **smart lifestyle choices can pay off later in life.**

According to the results of a Statistics Canada study of long-term well-being, smoking, drinking and physical inactivity are not significantly related to poor health among middle-aged adults.

In fact, the agency says, socio-economic factors such as household income are greater determinants of health in that age group.

As Canadians get older, however, **earlier decisions** to avoid such unhealthy habits as smoking, physical inactivity and obesity **begin to pay off.**



"The benefits of healthy behaviours are cumulative through time and benefit people in the long term," StatsCan said.

One explanation for the lag, the agency said, could be the time it takes for related diseases to develop.

Overall, the agency also conceded that, among both middle-aged people and seniors, **better educated individuals were more likely to remain healthy** over the eight-year period of the study.

"This is probably because people with a high level of education tend to be more aware of health risks and use medical services more effectively," Statscan said.

Based on data collected for the National Population Health Survey, the study followed individuals over a period of eight years.

For the purposes of the study, being healthy was defined as achieving four criteria: two related to physical health, one to mental health and another related to self-perceived health.

Five Factors to Optimum Health & Healing:

1. **Have a good attitude.** Find joy in all. There is always something to learn from the situations and circumstances you find yourself in. You can choose to react or respond, to blame another or take responsibility. Choose to find "joy" in all things.
2. **Get enough rest.** You need to regularly recharge the Power within. (Your Power is in your brain & nerve system for they control all your muscles, joints, and organs.)
3. **Exercise regularly.** You need to strengthen the Power within. (Exercise should include stretching, strengthening and cardiovascular).
4. **Good nutrition.** You need to feed the Power within. Good nutrition is easy. You should eat good stuff daily. Eat when you're hungry and stop when you're not.
5. **Keep your Nerve System functioning as close to 100% as possible.** The Power within you originates in your brain. The brain releases the "Life force" (the expression of neural impulses-electrochemical transmissions) over the nerves to every one of your 100 trillion cells. The spinal vertebrae protect these nerves, and if they become misaligned they stop the flow of "Life". Chiropractic has as its major purpose and objective to adjust and realign the spine so the flow of "Life" can return allowing the body to heal itself and maintain optimum health.



**THE POWER THAT MADE THE BODY IS THE
POWER THAT HEALS THE BODY.**

Have a good attitude.

There is always something to learn from the situations and circumstances you find yourself in.

You can choose to react or respond, to blame another or take responsibility.



Choose to find "joy" in all things.

We can learn to change our ***physiology***

“The best thing for a sluggish mind is to disturb it’s routine.”

Stop worrying about the potholes and celebrate the journey.

Get enough rest. You need to regularly recharge the Power within.

(Your Power is in your brain & nerve system for they control all your muscles, joints, and organs.)



It has been estimated that disturbances of sleep afflict more than half of the people 65 and older who live at home.

Among those who rate their health as excellent or very good, 38% say they have one or more symptoms of insomnia, but nearly double (71%) have such symptoms if they report their health as fair or poor.

Good Sleep Hygiene

Practice the following for good sleep hygiene:

1. Sleep as much as you need to feel refreshed and healthy the following day, but not more. Excessively long times in bed seems to be related to shallow sleep.
2. Try to get up at about the same time EVERY morning, regardless of when you retired the night before. This helps establish a sleep/wake rhythm of cycle and will eventually help you feel sleepy at the same time each night.
3. Exercise the same amount each day, preferably in the early morning or early evening. Occasional exercise does not necessarily improve sleep the following night. Too much activity late in the evening can stimulate your body and make it difficult to relax for sleep.
4. Make sure the bedroom is quiet and dark. Occasional loud noises, like aircraft fly-overs, disturb sleep even in people who are not awakened by noises and cannot remember them in the morning.
5. Keep the temperature comfortable -- neither too warm or cold. 65 degrees fahrenheit is recommended.
6. Don't go to bed until you feel sleepy. If it's bedtime but you're not tired, do something to relax (like reading) until you feel sleepy.
7. A light snack may help sleep. A heavy meal will not.
8. Avoid napping. Usually naps do more harm than good; you will be less sleepy when you want to sleep.
9. Caffeine in the evening disturbs sleep, even in those who feel it does not.
10. Alcohol helps people fall asleep more easily, but that sleep is fragmented.
11. Don't smoke. Chronic tobacco use disturbs sleep.
12. Don't rehash today's problems or worry about tomorrow's schedule.
13. If you can't sleep, go to another room, and do something relaxing. Reading or a light snack may help.

LOW STRESS EATING

Good nutrition. You need to feed the Power within. Good nutrition is easy. You should eat good stuff **daily**. Eat when you're hungry and stop when you're not.

1. Eat whole food, as provided by nature; vegetables are especially beneficial.
2. Eat ***raw foods with every meal***. The best are salads.
3. Eat **small meals**, but eat as often as hungry. Overeating will overload your digestive system; the same amount of food eaten in smaller quantities, several times per day would not impose a burden.
4. Best between-meal-snacks; raw vegetables. Best desserts-fruits.



To improve a poor appetite and normalize excessive appetite or loose weight, *eliminate sugar and starches*.

5. Avoid combining sugars and proteins.

Desserts, fruits, etc. are best eaten several hours after a meal or between meals.

6. The less *sugar and refined carbohydrates* you eat, the healthier you will become.

7. Drink *lots of pure water* (free of chlorine and flourides)-1/2 your body weight in ounces every day, ex. 150 pounds divided by 2 equals 75 ounces of water, which is about 2 quarts (32 ounces per quart).

IMPORTANT! ELIMINATE FOODS THAT CONTAIN:

- Hydrogenated or partially hydrogenated fats
- Preservatives

****This system can be followed for life****

Exercise regularly.

You need to strengthen the Power within.
(Exercise should include stretching, strengthening and cardiovascular).

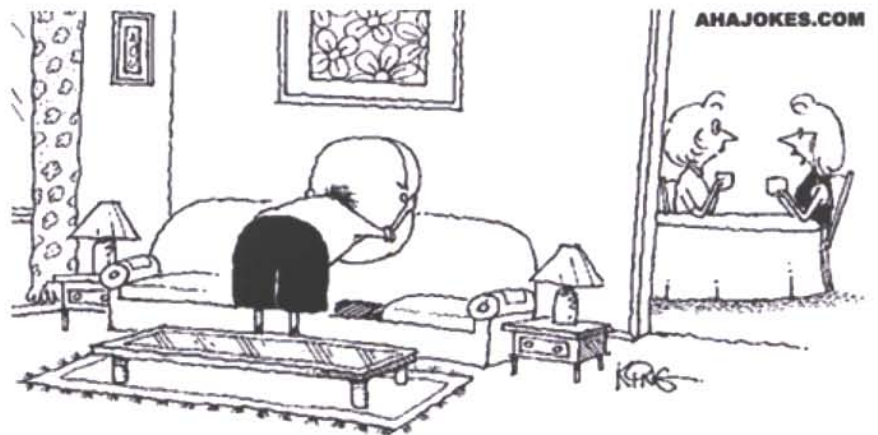
Build activity into the daily routine

Do them more often

Find activities you enjoy

Try a class in the community

Prevent bone loss



The doctor said he needed more activity. So I hide his T.V. remote three times a week.

Reduce the risk of: heart disease, obesity, high blood pressure, diabetes, osteoporosis, stroke, depression, colon cancer.

Benefits include: more energy, fewer aches and pains, better physical and mental health, better posture and balance, Keep muscles and bones strong.

*Keep your **Nerve System** functioning as close to 100% as possible.*

The Power within you originates in your brain.

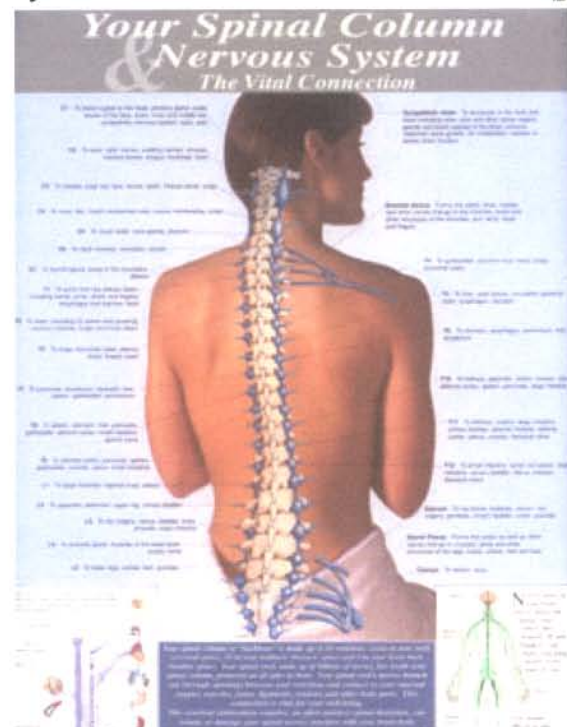
The brain releases the "Life force" (the expression of neural impulses-electrochemical transmissions) over the nerves to every one of your 100 trillion cells. The spinal vertebrae protect these nerves, and if they become misaligned they stop the flow of "Life".



There is only **one system** in your body that controls and regulates ALL the cells, tissues and organs. It is your ***nervous system***, and it is the key to your HEALTH. You are made up of 100 trillion cells (100,000,000,000,000)!

Your *nervous system* knows what all these cells are doing at all times. How can it do this? You have an inborn (INNATE) intelligence that

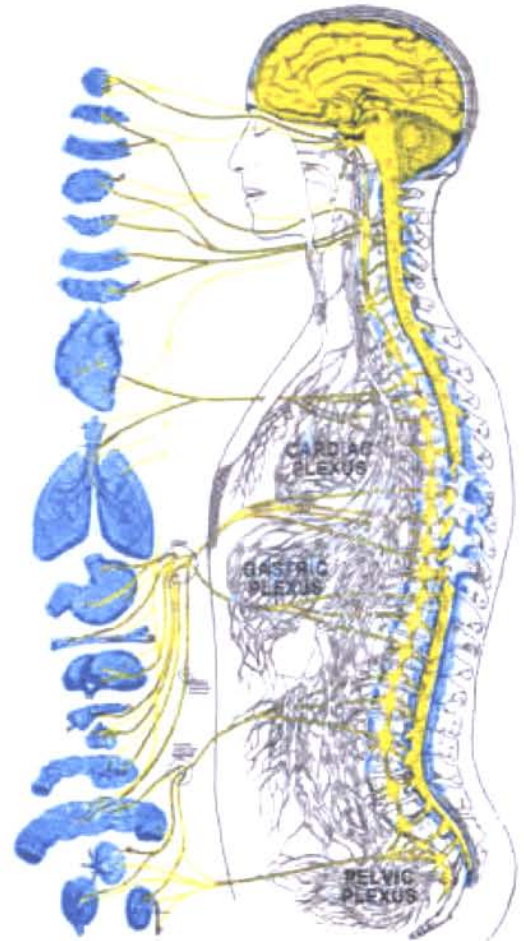
controls your *nervous system*. Think of INNATE like perfect computer software--it never makes a mistake and keeps you working properly every day!



If your *nervous system* is being interfered with, it cannot control your cells properly, and sickness or disease will result. This can result in **abnormal** cellular development and organ system malfunction.

Most people are unaware of all the tasks that their bodies are performing at the same time.

The **INNATE** intelligence in your body regulates your blood pressure, monitors and controls your breathing, digests your meals, and performs millions of other tasks, all without you even thinking about it!



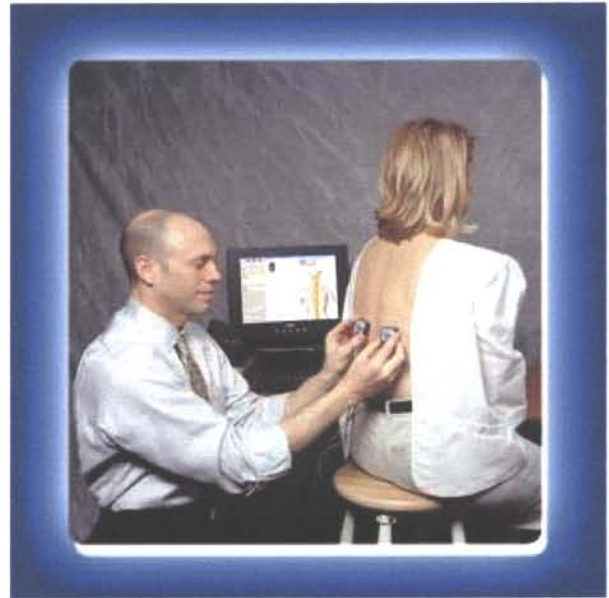
Sickness in the human body will result when the *nervous system* is not working properly.



Ensure a properly working system with a regular spinal checkup.

That is why you need to ensure that you have a properly functioning nervous system.

EMG Spinal Scan



Rolling Thermal Scan NCM Comparison, (8/22/01 12:36 PM)
5 Degrees Fahrenheit

