



## Happy New You!

One of the trillions of things your body does without so much as a conscious thought from you, is to replace dead and dying cells with new, healthy cells. It's happening right now:

New intestine lining every 2-3 days, new stomach lining every 5 days, new skin every 28 days, new liver every 42 days, new bone every 90 days, new red blood cells every 120 days...

Your body creates 1,000,000,000 new cells every hour. Over time, this renewal process replaces the old you with a whole new you. This is what allows us to heal. It's also why continued chiropractic care can be so helpful.

Your body relies on your current pattern and structure as a guide for the placement of new cells. Regular chiropractic care helps establish new, healthier patterns and structures. This is why ongoing chiropractic care, even when you don't have an obvious ache or pain, can be beneficial. This has created an entirely new way to see health that is called wellness.

## Do You Break the Rules?

Turns out, the quality of our health is the result of a set of very simple rules. Play by the rules and you have the best chance for optimum health. Break the rules and you'll pay for it. Not always immediately, but eventually.

Just about everyone knows the rules. Here are 10 of the most obvious ones:

1. You shall breathe. If you stop breathing, breathe in a shallow manner or inhale pollutants, there will be price to be paid.
2. You shall ingest nutrition. Eating quality food is essential to get the raw materials needed to fuel, grow and repair your body.
3. You shall expel wastes. What goes in, must come out. If it comes out too quickly you'll suffer. If it takes too long to come out you'll suffer as well.
4. You shall hydrate. We're mostly water. Drink enough fluids so you never feel thirsty.
5. You shall move. A sedentary lifestyle causes stagnation, poor circulation and hampers the function of the lymphatic system while muscle tone suffers.
6. You shall rest. Your body needs time to renew, refresh and repair. This is done largely at night while enjoying restful sleep.
7. You shall adapt to your environment. Your nervous system orchestrates every cell and tissue. That's why chiropractic care is so essential for good health.
8. You shall love. You are the product of love. Love your Maker. Love yourself. Love others. The more you give away the more you've got.
9. You shall forgive. You will make mistakes. You will hurt others. You will fall short of the mark. Forgive others as you forgive yourself.
10. You shall die. Many try to break this one. Even medicine sees death as a disease state. It's natural. It's inevitable. It's part of the plan.



There's one more: You shall be responsible. Valuing your health and following the rules permits you to live a purposeful life. Life is a gift. Enjoy!

## Living to 100

### Part 2

Year after year, life span continues to increase. Those born 100 years ago would typically live to the ripe old age of 50.2 years. Children born this year are expected to live an average of 80.5 years.

Today, more and more people are living longer than 100 years. A study of these centenarians reveals some general guidelines that can help extend your life regardless of your age:

9. Maintain an ideal posture. Poor alignment and postural deviations may suggest unresolved emotional issues. One more way chiropractic can help you live longer.

10. Shun alcohol and tobacco. Tobacco narrows the arteries and restricts the blood circulation. Too much alcohol can counter any positive benefits.

11. Cultivate your spiritual connection. Those who regularly worship, meditate or maintain their connection to God are shown to enjoy greater life expectancy.

12. Accept what is. Make life the kind of adventure that will compel you to see how it all turns out!

13. Eliminate unnecessary stress. Your ability to accommodate stress is based on the condition of your nervous system. Regular chiropractic care may help you live longer.

14. Keep it positive. The power of our thoughts and emotions are often overlooked. Optimists live longer than pessimists.

15. Avoid hospitals. Between hospital-acquired infections, unexpected drug interactions and just plain mistakes, hospitals can hurt, just as they can help.

Regardless of how long you live or how well you live, it's better to burn out than rust out. Don't take a single day for granted.