

Healthier Living

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Why do we get sick?

- Are we predisposed to illnesses or do our choices create illness?
- Do bad genes create illness or does our genes adapt and respond to our environment and choices?
- Do we have hope? Do we have any control over our health?
- The answer is YES!

Epigenetics

- Research today has shifted thinking from 'genes are independent control centers', to 'genes are activated by environmental stimuli'

Bioaccumulation

- Choices add up over time (e.g. mercury in fish)
- Rocks in the backpack
- Poor choices = more rocks = struggle to stay healthy = eventual illness and disease
- Good choices = removing rocks = body functions better = improved health

How do we become healthier?

- If we are a product of our environment, then we need to put ourselves in the best possible environment
- Need to learn what choices are healthy and what choices move us away from health

Hunter-Gatherer

- Healthier because of the way they Eat, Move, and Think
- They eat natural foods; not refined, processed, irradiated, sprayed, pasteurized food-like substances
- They have constant activity/exercise to stay fit; not desk jobs and TVs.
- They have less stress and work as a community; not as individuals that have constant, excessive stressors

Food

- Our food source has changed more in the last 50 years than 10,000 years before
- And this is not for the better
- \$\$\$\$\$ is the determining factor
- Genetically modified foods, grown on nutrient deficient soil, picked before ripe

Foods

- Genetically congruent foods are natural food that our bodies recognize
- Apple vs. Big Mac
- Organic vs. Genetically modified fruit and vegetables
- Grass fed vs. Corn fed beef
- Fresh vs. Farm raised fish

Eat Right

- Our ancestors ate what they found outside
- Farming started only 1,000 years ago before that only meat, fruits, and veggies.
- So we have 10,000 years of only meat, fruits, and veggies and only 1,000 years of dairy and grain
- Our genes did not change but our food did

Eat Right

- If our diet consists of meats, fruits, and veggies we will have most every nutrient and vitamin our bodies needs to thrive
- There are a few supplements needed due to the quality of our food today

Omega 3 Fatty Acids

- Omega 3 in our beef, poultry, or pork today has been replaced with Omega 6
- Omega 3 from grass, Omega 6 from grains
- Grass fed or wild beef or game is a good source. Majority of beef today is corn fed
- Fish is too toxic with mercury to be a safe daily source

Omega 3

- Omega 3 is vital for neurologic development
- Our ancestor's diet had between a 1:2 or 1:1 ratio of omega 3: omega 6.
- Our modern diet has a ratio between 1:15 to 1:25
- Our brains have decreased by 11% in the last 200 years!

Acidic Diets

- Dairy, grain, refined sugar makes our blood acidic
- Acidic blood is dangerous to tissues and sets up the body for disease and ill health
- The body attempts to neutralize acidity by dumping alkalizing ions into the blood- Calcium & Magnesium

Acidity and Disease

- In a body that is chronically acidic the body takes Calcium out of bone- Osteoporosis!
- It also takes Magnesium from muscles, which leads to cramps and constriction of blood vessels- High Blood Pressure!
- These disease processes are due to Adapting to a Pathologic Environment not because of genetics

Probiotics

- Good Bacteria
- More bacteria in your intestines than cells in your body
- Probiotics are essential for the intestinal tract to process, breakdown, and absorb food
- 80% of your immune system starts in the intestinal tract
- The modern diet promotes excessive yeast and unhealthy bacteria

Grains and dairy

- Create an acidic reaction which strips you of Mg and Ca
- If missing or low on enzyme DDP4 creates gluteo-morphine and caseomorphin
- Minimum time 3 weeks for Dairy 3 months Gluten

ATP

- ATP is energy for our body
- ATP is the result of breaking down sugars
- Without ATP we create inflammation
- Inflammation creates autoimmune disorders

ATP

- ATP is produced in the mitochondria of the cell
- CoQ10 is the catalyst that drives the process
- Statins prohibit the body from making CoQ10

Antioxidants

- I have found that everyone knows antioxidants are good for you but no one know what they do
- I often describe them as fuel injector cleaner
- Mitochondria have waste left over from making ATP, antioxidants clean this waste

Type 3 diabetes

- Dementia and Alzheimer's
- LDL carries nutrients to the brain
- Low LDL the brain suffers
- Sugar will oxidize LDL and make it sticky
- If you have no "bad cholesterol" your brain will suffer greatly

Coconut Oil

- Makes ATP with out insulin
- Tablespoon daily diabetics tablespoon per meal
- Medium-chain Fatty Acid that you find naturally total different that Saturated fat
- Great for skin

Sugar is the bad guy

- Statins attack sugar
- Sugar in all forms
- Don't eat any 6 hours before bed for weight loss
- Sugar in nature was only found in the spring and fall - Uric acid

Detox

- Glutathione is antioxidant and removes metals from your system
- Grapefruit seed extract is anti-yeast and fungal - goldenseal root

Vitamin D

- Sunshine vitamin
- Has been linked to the Flu, Cancer, Multiple Sclerosis, Autism, Chronic Pain, recently suicide in returning troops
- Through skin or with a fat

Healthy Fats

- Diet should be high fats low carbs
- Vitamin C capsules great for Scurvy

Anti-inflammatories

- Curcumin and Resveratrol
- These two inhibit NFkB nuclear factor Kappa beta
- Very good at stopping and preventing chronic inflammatory diseases like Alzheimer's, cancer, cardiovascular plaques, and even allergies

Strong Anti-inflammatory

- Exercise

Move Right

- In modern society we lack appropriate and/or adequate movement
- We lack total body movement (exercise) as well as segmental movement (spinal subluxations)
- Our exercise/energy expenditure has decreased significantly since the industrial revolution. 50-65% lower

Sitting

- Creates a major health issue
- We are designed to move not sit
- With the Industrial Revolution and now the Technological Revolution we sit more and more
- Sitting is decaying our spines and effecting our nervous system -
“Sitting is to your spine what sugar is to your teeth”

Sitting and Posture

- Sitting creates spinal subluxations
- Creates improper pelvic tilt
- Exerts extra stress on the lumbar spine and discs
- Leads to Upper Cross Syndrome- rounded shoulders and Forward Head Posture (FHP)
- FHP- for every inch forward from normal , adds 10 lbs. of force to muscles & ligaments of posterior neck

Balance

- Exercise ball
- Bosu ball
- Standing on one foot
- How do elderly people get hurt
- Foam roller

Chiropractic

- Helps restore proper alignment of vertebrae, reduces nerve irritation, and provides segmental movement
- Movement is imperative, both globally and segmentally, for proper neural function and stimulation
- Chiropractic adjustments are a crucial part of a wellness lifestyle in order to have maximum function

Inactivity: The not-so-slow killer

- With excessive inactivity and poor diets, children are now acquiring what use to be adult diseases: obesity, high cholesterol, high blood pressure, headaches, diabetes, heart failure, and strokes
- This is one reason we are seeing a rise in health care costs.... and it will continue to rise

Exercise for Health

- Improves neural connections
- 50% reduction of Alzheimer's
- 37% reduction of dementia
- 20% reduced risk of gall bladder removal
- 63% reduced mortality in patients with mod-severe CHF
- 50% reduction in colon cancer

How much Exercise?

- The majority of the previous studies were conducted with moderate exercise
- Moderate exercise is defined as 30 minutes of brisk walking, 5 days/ week
- The health benefits only increase with higher levels of exercise!

Stretching

- Stretching should also become a key component of your exercise routine
- Flexibility helps prevent injury and retain mobility
- Stretching can help rejuvenate fatigued muscles
- It can also help reduce tension and stress that builds up in our muscles

Stress

- Emotional well being is often overlooked as a key component of health
- Need to limit or eliminate as many stressors in our lives that we can
- Emotional stress creates the same stress response that a sympathetic “fight or flight” response does

Stress Response

- Specific nerve pathways are activated and release Cortisol, Adrenaline, and Epinephrine
- These are catabolic hormones that break your body down to components that can be used for immediate energy
- In an emergency situation it is good, but in a chronic state leads to illness and disease

The Three T's

- Thoughts, Traumas, Toxins
- Chiropractors know that one of the biggest reasons for recurring spinal problems is high stress
- Very common for patients to have spinal subluxations and subsequent flare-ups during times of high stress

Stress Management

- Reduce, Eliminate, Manage
- We need to identify stressors and remove ourselves from that environment
- If we can't get out of the environment that is stressful we need to learn to manage the stress more appropriately

How do you De-Stress?

- Prayer
- Meditation
- Hobbies or activities you enjoy
- “ME Time”
- Yoga- also good for exercise, flexibility, and balance
- Exercise- great stress reducer