

Small Change Can Produce Big-Time Results

By: Dr. Sharon Wagener DeWolf

I find it encouraging that so many people I meet in my practice want to improve their health and are seeking direction about where to begin. The changes needed in a person's daily habits are usually simple, but they're not always easy. The simple truth is that eating fruits and vegetables leads to improved health. Most of us know that -- the hard part is doing it!

Many people lose their motivation when they are confronted with this simple truth. They think it won't be easy to change and begin replacing "dead foods" (pasta, bread, sweets, junk) with "living foods" (fruits, vegetables, nuts, seeds, meat, and dairy). You may feel that you are not capable of getting eight servings a day of healthy foods, so instead you say "forget it!" and throw in the towel.

Consider that you can begin improving your health by making just one small change. Ask yourself "what's easy for me?", then begin by making a single change, like deciding to eat one piece of fruit each morning in addition to the usual cereal, bagels, or eggs. Adding one living food a day can add up to 30 living foods a month, greatly improving your overall lifetime nutrient quotient. Wow!

The rules for healthy living include getting adequate mental rest (from hobbies) and exercise, which is the body's distributing agent, along with 8 hours of sleep, 8 glasses of water, 8 ½-cup servings of fruits and veggies, and 8 ounces of protein daily. In the chiropractic profession, we are also very interested in providing a healthy functioning spine and nervous system, which supplies every cell in the body, orchestrating and maintaining physiological function, known as *homeostasis*.

The truth is that all cells need nerve supply, nutrients, water, oxygen, movement for distribution (exercise), and rest to allow time for repair. When any of these are lacking, cell functions weaken. If you improve any of these, you also improve homeostasis. Understanding health versus disease is really that simple. The more the body must adapt to adverse circumstances, the further it deviates from health toward disease.

We may think that we are getting away with poor health habits as long as there are no red flags. However, many common symptoms—such as headaches, anxiety, fatigue, digestive distress, and neck and back pain--are actually your body's red flags. These symptoms are your Check Engine light coming on to tell you that your body is not maintaining homeostasis. They are a call for motivation to change some simple habits, one at a time, until you are in a truly better place.

One step at a time is all it takes. Eat a piece of fruit in the morning. Go to bed a little earlier. Small changes can add up to significant health improvements. Be inspired – you own that body!

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