



February is Heart Health Month



Healthy aging...

What can you control

By Dr. Lisa Scott

Healthy aging is a hot topic. Whether you're concerned about weight gain, sex drive or chronic diseases, the key to healthy aging is a healthy lifestyle. Eating a variety of nutritious foods, practicing portion control and including physical activity in your daily routine

can go a long way toward promoting healthy aging.

Looking at your relative's medical histories is like peering into a crystal ball. You get a glimpse at your future but not the whole picture. You can't change the genes you inherited, but you can avoid habits that contributed to your family's health problems.

Some people have a family history of heart disease, but it's actually a history of smoking, overeating and an inactive lifestyle. Thus, if you adopt that lifestyle, you're going to run into the same problems your parents did.

Take preventative action now to help make sure you're healthy into your 60s,

necessities of aerobic and resistance exercises, a balanced diet that is low in saturated fat and high in fruits and vegetables. It is also important to engage in brain games and to maintain social contacts by getting out and doing things locally or abroad.

Staying Forever Young

We've all seen 70- and 80-year old's who look and act decades younger. How do they do it? Here are a few secrets.

Refuse to take it slow. There's a sort of "societal expectation" that you're supposed to slow down as you get old, and I think you should fight against it. **Get up and mow your own grass. Do it yourself. Don't stop doing the things you enjoy and stop saying "I'm getting old."** If you have a "bucket list," there is no time like now to start checking it off. Go ahead and try that kayak lesson or paddle board class!

Take a daily walk. This is a minimum for physical activity. Break a light sweat or even if your pace is gentle and the distance is short, the time spent on your feet will help keep your bones strong. Physical activity has been shown to be key in warding off dementia. **Sitting around and maintaining a sedentary lifestyle is shown to increase all health risks. Maybe pick up the new craze "Fitbit" and see how active you really are and this could motivate you do more.**

Read the newspaper with your morning bowl of oatmeal. Keeping your mind engaged could ward off the brain changes that lead up to Alzheimer's and other forms of dementia, while the whole grains (unprocessed) in your bowl will help prevent heart disease.

Downsize your portions. Overeating leads to obesity and diabetes, which can shorten your lifespan. An overstuffed plate has also been linked to memory loss in people 70 and older.

At our clinic, we can help you with preventative chiropractic care that helps keep all your joints healthy and moving. In addition, if you have an interest in supplements to help in achieving your goals, let us know. Get moving...keep your brain active...let's see you reach healthy goals for 2017!

Traditional Chinese Medicine holds much knowledge in regards to boosting the immune response and preventing illness. For example, rubbing one's nose before going out in cold weather can help to reduce the chance of catching a cold. This is because there are some points surrounding the nose that function to strengthen the immune system and to reduce nose discomfort, according to Traditional Chinese Medicine documents. Thus, rubbing the nose helps to activate these points, as well as the nerves.

For thousands of years, the Chinese have recognized the importance of increasing immunity to prevent disease. As such, they have built a systematic means of doing so, including the practice of Acupuncture. With globalization, more researchers and medical practitioners have demonstrated an interest in acupuncture treatment, and have initiated research experiments culminating in positive results. For example, an article entitled "Acupuncture and Immune Response" (Kwang Kim & Bae, 2010) in *Autonomic Neuroscience* states that "An increasing number of studies have demonstrated that acupuncture treatment can control autonomic nervous system functions such as blood pressure regulation, sphincter oddi relaxation and immune modulation." Another study in *American Journal of Chinese Medicine* (Arranz and Guayerbas, 2007), noted that the most favorable effects of acupuncture on immune function appear 72 hours after a single session and persist one month after the end of the complete treatment. Further they reported that acupuncture has a modulating effect on the immune functions of anxious women, diminishing an over-active immune response and increasing impaired immune functions.

As an experienced Chinese Medicine Doctor and teacher, I welcome you to make an appointment with me if you are interested in using acupuncture as a tool to increase your immunity.

[February is Heart Month!](#)

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NATIONAL HEART MONTH

HEALTHY HEART TIP
 Get regular, moderate physical activity! It helps lower blood pressure and helps your body control stress and weight. Start by doing what you can, even 10 minutes can make an impact on your heart.

Fresh Ideas
 Food Service Management

Eat healthier: eat more nuts, olive oil, coconut oil and fish. Eating fish at least three times per week such as salmon, cod and bass because they are high in omega-3 fatty acids. Omega-3 fatty acids reduce bad cholesterol – the cholesterol patches in our blood vessels. If you don't eat fish three times per week then take a fish oil supplement.



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