

## **How to Stay Young the First 100 Years...**

### **Watch Your Back!**

**It's a Fact: We Are Living Longer**

Average life span in 1900: 49

Average life span today: 77.6

**By 2050, 800,000 Americans will be over 100  
and many will live to be 150!**

*--University of Texas Report  
on Today Show, 4/11/2006*

**Today, there is a great chance that *you will live to be 80!***

### **WHAT HAS LONG LIFE HAS REVEALED?**

- The onslaught of aging baby boomers has shown us serious flaws in our health care.
- We are more aware of mental diseases, like Alzheimer's.
- It has revealed many cosmetic changes that we now work hard to reverse.
- It has also revealed the effects of neglect on our structural

**The Most Common Cause of Functional Disability in  
Persons Over 50 Years of Age is Spinal Disorders!**

**If we lose our mobility at the age of 65  
and live to be 105, we will experience  
40 years of immobility and pain.**

***FACT: If your Spine was on your Face  
you would take better care of it.***

You don't wait until your teeth fall out before you decide to maintain them. You take many preventive steps to make sure you have a healthy, attractive smile.

Should you wait until your BACK "goes out" before you begin to take care of it?

***Plan for the fact that you are going to live past the age of 50 and take preventive steps to maintain your spinal health, so that you and your family can continue to work and play hard.***

***Why is PREVENTIVE care so important?***

***Because there is no such thing  
as a spine transplant!***

You can get a new set of teeth.

You can get a new heart, liver, or kidney.

***But if you don't take care of your spine, there is  
no turning back - you can't get a new one.***

***This Isn't Limited to Back Pain***

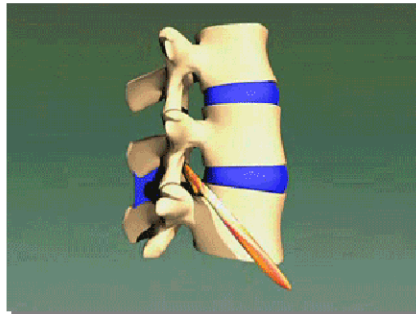
- In a study of 10,000 adults, one in every three adults suffered from neck pain.
  - 85 of every 100 adults will suffer with low back pain and one in three will have neck pain.....***because everybody waits until they are IN pain before they take action to take care of their spine.***

***The key is Preventive Chiropractic Care***

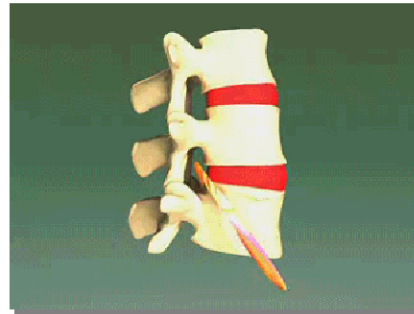
## PAIN AND RELIEF

***Subluxations*** are the cause of your pain and other related health problems.

***Subluxations***, the misalignment of vertebrae in the spine, cause nerve interference - by pinching the nerve - which can impact many areas and organs of the body, causing dis-ease in ways that you might never relate to a “back problem”.



Subluxation



Degeneration

## PREVENTION

- When lifting, bend at the knees and *do not rotate* your body.
- When entering a car, sit into the seat first, and then bring your legs inside.
- In bed, lie on your side with a pillow between the knees, or lie on your back with a pillow beneath your knees.
- When getting out of bed, turn on your side and push up with your elbow.
- Don't keep a wallet in your back pocket.
- See a good chiropractor at least four times a year to maintain good spinal health.

## ➤ EXERCISE

**“A Sedentary Life is more HARMFUL Than Smoking!”-*World Health Organization* - 8/2002**

- **Choose an exercise that is appropriate and enjoyable.**

## ➤ DON'T FORGET TO DRINK WATER

- **Your body is 60% water and must be replenished constantly.**
- **Flush toxins, maintain blood volume and prevent body salts from getting too concentrated.**
- **Don't mistake hunger for thirst.**
- **Lack of water causes fatigue and can affect your thinking process**

## ➤ LIVE WELL WITH VITAMINS

- **Medical research reveals that many serious health problems in America, such as some cancers and heart diseases, are due to a lack of proper nutrients.**
- **Even when we eat properly, a great deal of the nutrient value in our food is lost due to the way it is prepared and cooked.**
- **In June of 2002, The Journal of the American Medical Association stated emphatically that everyone should be taking a supplement or a multi-vitamin.**
- **Be sure to take a whole food or natural supplement or vitamin rather than synthetic vitamins.**

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