

## Want More Energy?

In the business of most fast paced lifestyles, we wake at the crack of dawn, get the kids ready for school, rush to get to work on time, then after meeting deadlines at work, we hurry to get our kids to practices and extracurricular activities. We try to make the most of every minute of the day. No matter how you slice it, there are still only 24 hours, right?

At first glance what I'm about to suggest may not seem very significant, however it may be one of the most powerful things you can do to increase your overall energy and health and reduce your stress all at the same time...

### **Improve your alignment and posture!!**

When you have poor posture, it is a direct reflection of your alignment and the fact your body's biomechanics have changed. Your body's efficiency is lowered and with its altered alignment it has to use more energy to get the same results. If the reverse was applied and you improved your alignment, your body would be more efficient, you would have more energy to spare, and you would be healthier. Do you think this would make a difference in your workouts and exercise? Absolutely!

Take a moment and look at the people around you and notice their posture. The mall is a great place to do this. Be careful not to stare too long, you may get some strange looks back. Is someone's head stooped forward in front of their shoulders like they've been sitting at the computer for the last 10 years? Does someone have a shoulder higher on the right or left? Are you seeing the "Hunch Back?" Or how about the way someone walks? Does one foot flare out compared to the other? Have you ever wondered why the wear patterns on the heels of your shoes seem so excessive or one shoe sole has a different wear pattern than the other? Do you realize their health and yours is being compromised and the aging process is being accelerated?

Posture is the "window" to your spine. So, the person you saw with their head stuck out in front of the shoulders has Anterior Head Carriage (AHC). An AHC of 3 to 5 inches adds hundreds of pounds of stress to the neck. The weight of the head, as perceived by the neck muscles, is multiplied many times over. Your neck muscles were not designed to hold that much weight and under this increase of stress they will knot and become extremely tight...this is wasted energy!

If you have ever driven your car over a curb, had a fender bender or hit a pot hole, you know that it is likely that the front end alignment of your car is off. This would result in the car pulling to the right or left. If you do not have this repaired the result will be uneven wear on the tires and further mechanical problems for your car. Guess what? The same is true, from a structural viewpoint, of your body. If misalignments in your spine exist, this will accelerate wear and tear on you spinal joints and promote arthritis, decreased flexibility and ... you get the picture.

It is very important to understand that your body's structure is directly related to your body's function.

I would like to emphasize all the health benefits to good alignment and posture, but unfortunately research has shown that you are more motivated and pay closer attention if we talk about what the consequences are. So, with this in mind, I will point out several of the many unfortunate health consequences due to poor alignment and posture. Headaches, decreased flexibility, TMJ problems,

loss of fitness (decrease in height and energy), degenerative joint disease and degenerative disc disease, fatigue, a decrease in lung capacity, poor digestion, and decreased muscle strength are examples. You may be saying to yourself that you already have a few of those things going on right now.

The important thing to know is that the answer to poor alignment and posture can be a simple one. This same answer will increase your energy and stamina through your hectic day and the relief you desire from your unwanted health challenges may have a natural solution.

Your Doctor of Chiropractic can suggest adjustments, exercises and stretching recommendations to improve your alignment, posture, and ultimately your health and energy.

In my next segment we will discuss the one sure fire method to reducing stress and improving your health.

About the author: Dr. Adam J Williams of Optimal Health Chiropractic is a board certified chiropractor and has been actively in practice for over 10 years helping hundreds of people each week live happier and healthier lives naturally. Located in Clemmons, NC, he can be contacted at 336-712-4100 or visit his website at [www.ohchiropractic.com](http://www.ohchiropractic.com)