

InsideOut

A Chiropractic Patient Newsletter

“Health, Fitness and Chiropractic Tips That Will Help You Master the Art of Being You.”

Fast, Cheap & Easy...

I don't know if you have ever been to a seminar or not. Typically, you fly into a city, find your way to the hotel and park yourself in a freezing cold conference room for an entire weekend. Most seminars aren't very exciting. I would compare them to a really boring church service...that happens to last 2-3 days.

All seminars are not bad. Some of them are a lot of fun. In fact, years ago I remember going to a seminar that was unlike any I had ever attended. During one of the sessions, we actually left the conference room and went on a hike. Pretty cool.

I don't know if what we hiked would be considered a hill or a mountain. I'm a flat-lander from the midwest, so pretty much everything looks like a mountain to me. But whatever it was, it was higher than anything I had hiked before, so I was excited to give it a go.

The hike was a lot of fun. But the hike itself isn't what I wanted to talk to you about. I wanted to talk about something that was said before the hike even started.

We were all standing around at the foot of the hill and I overheard an older doctor having a conversation with a few young docs. The young doctors had been asking him

for some advice and talking to him about their professional goals. Eventually the older doctor took one of the young guys, put his arm around him and faced him toward the hill.

He pointed to the top and said, "Look up there. That's where we want to go, and that's where we are going to go. But the only way to get there is to start with the first step. We aren't going to get there any other way."

Wow. So simple, but yet so powerful. Now I don't know about you, but I know I can be a pretty impatient guy. It doesn't matter how far I am away from a goal. It doesn't matter whether the goal is personal or professional. Typically, I wanted it done yesterday.

So when I was 40 lbs overweight and it took more than 2 weeks to lose, guess what I did? I got upset about it. When I started my chiropractic practice without a single patient, I got annoyed that I wasn't at maximum capacity after 12 months.

But I KNOW I'm not alone. Even my 6 year old is impatient and always looking for shortcuts. When we are in the car, he frequently asks me, "Dad, are we taking the shortcut?" NO son...I try to spend as much time as possible stuck in a car with 3 kids. YES, I'm taking the shortcut! But thanks for asking, buddy.

It's most likely that YOU are impatient, too. Maybe you think you should be able to get in the best shape of your life in 30 days or less. Maybe you expect to go to the chiropractor and have him/her fix a lifetime of back problems after just one visit, but that's NOT how things work.

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Random Trivia

Q1: What was the title of the historical epic from 1959 which won more Oscars than any other film, before or after?

Q2: Who was the movie voice of E.T?

Q3: The largest artery in the human body helps carry blood from the heart throughout the body. What is it?

Q4: In 1996, Tom Cruise produced and starred in which film?

Q5: Based on average income, what is the poorest nation in the Western Hemisphere?

Anything of substance (whether good or bad) takes time to develop. It takes time to get fat and out of shape. It takes time to get fit and in shape. It takes time to completely wreck your spine. And it takes time for your body to heal.

The best things in life are NOT usually fast, quick and easy. Otherwise, everyone would be fit. Everyone would be wealthy. Everyone would be healthy. Everyone would have a great relationship with their spouse and their kids. Everyone would be happy, but that's not the case.

Many times it's NOT because people don't know what to do. It's because they started doing the right thing, didn't think the results were happening fast enough, and they quit. They were impatient.

So what do you do? Most importantly, get started ASAP and stick with it. But also...

- 1. Write out your goals:** It's important to be clear about what you are shooting for.
- 2. Write out your habits:** Write out healthy habits you would need in order to achieve those goals.
- 3.**

- 1. Conquer the day:** Start those habits today. Don't worry about tomorrow or 6 months from now.
- 2. Celebrate the wins:** You have to lose 2 lbs before you lose 20. One step at a time, remember?
- 3. Modify your habits:** Most people don't get everything right the first time. If things aren't going the way you want, modify what you are doing. Find a new way. Just don't quit.
- 4. Partner up:** Find a friend to partner with. You are much more likely to stick with your healthy habits and achieve your goals if you are NOT doing it alone.

Chiropractic 1 Medicine 0

I'm not one to medical bash. Even with all of their nasty side-effects, medications do save lives. But there is no doubt that medicines are over-used, over-prescribed and taken by most with far too little caution.

Due to the unwanted and often unpredictable side-effects of medications, it is always best if your body can heal without them. After all, your body is designed to heal itself, and for the most part, it does a bang up job.

It's especially important to be cautious of medications when the medications are only masking symptoms and are in no way helping the body heal. This is a dangerous situation because the underlying problem is most likely going to get worse if ignored and could eventually become chronic.

Take for example neck pain and back pain. The underlying cause of most neck and back pain is structural. Spinal misalignments, muscle imbalances

Questions? Comments?

The Inside Out Newsletter is about providing valuable information to you. If you have any suggestions, comments or questions, email me at InsideOut@drjerrykennedy.com.

- Dr. Jerry Kennedy (Inside Out Newsletter Author)

and joint dysfunctions are most likely to blame. This is why, in the long run, neck and back pain respond so much better to chiropractic care.

In fact, you would be hard pressed to find any study comparing chiropractic care to medications for neck or back pain relief that doesn't have chiropractic care as the clear winner. The most recent of these studies was published by the Annals of Internal Medicine.

The study followed 272 neck pain patients for 12 weeks. 32% of the ones that received chiropractic care reported becoming pain free. Only 13% of the people taking medication made the same claim. That's less than half as effective! Chiropractic 1, Medicine 0.

Does that new study change anything? Not really. Chiropractic care worked well before this latest study came out, and it will still work well after it. In fact, chiropractic care has been helping people for over 100 years. Neck and back pain are just the tip of the iceberg.

If you are a neck pain or back pain sufferer, and you are receiving chiropractic care...hopefully this latest study will help assure you that you have made a good choice. Chiropractic care is most likely your best option for becoming pain free. For those neck and back pain sufferers who aren't under chiropractic care...hopefully this latest study will be the push you need to give chiropractic a try. It could absolutely change your life just like it has for so many others.

Exercise Quick Tip

Avoid walking or biking along busy streets, where levels of pollutants tend to be significantly higher.

By moving just a few feet away from the road, or preferably avoiding busy roads altogether, you can significantly lower airborne particle inhalation.

Courtesy of QuickAndDirtyTips.com

3 Simple Workouts for Gym Newbies

For gym newbies, the gym can be a scary place. There is a lot of equipment. There are a lot of things going on. Some of it is super intimidating. If you aren't in very good shape to begin with, just getting the courage to walk in the door can be difficult. Asking for help may even seem impossible.

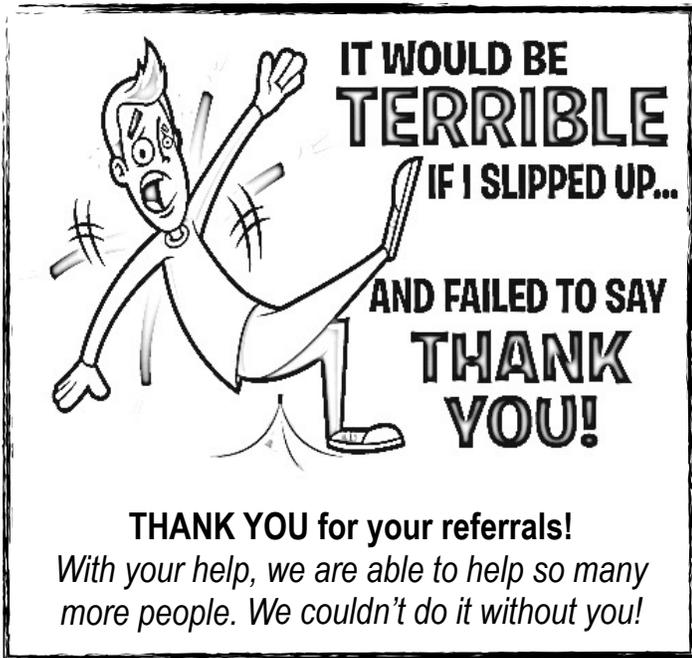
Just being in a gym doesn't make you fit any more than just being in a church makes you a good person. You have to actually workout if you want to start seeing results. It's also a good idea to try and avoid some of the typical gym newbie mistakes.

Gym newbies have a tendency to make a couple common mistakes. Don't feel bad if you do any of these. I said they are common for a reason. They are common.

Gym newbies often use treadmills and/or ellipticals exclusively. There is nothing wrong with treadmills and ellipticals, but they should never be used as a crutch because you are too nervous about trying other things.

Gym newbies often walk around trying weight machines with no rhyme or reason to what they are doing. Once again, nothing wrong with using weight machines. If there is no method to your madness, you aren't going to be happy with your results.

Gym newbies often suffer with paralysis by analysis. Basically, they over-think everything. Too many choices ends up resulting in no choice at all. They will look at a lot of stuff. Mess around on a few machines. Think about trying something new. Then end up leaving because they've been there about an hour but they really haven't done much.



Fail sets: Pick any 6-8 exercises. Do 3 sets of each. 10-15 reps for your first 2 sets. On your last set, go until failure, or as I like to say, succeed until you can't succeed any longer. That means do as many reps as you can until you physically can't do any more.

Tabata: Tabata is a timed exercise style that can be used with weight machines, free-weights, bands or body weight exercises. Pick any 6-8 exercise. Do as many reps as possible for 20 seconds, followed by 10 seconds of rest. Repeat the 20/10 cycle for a 4 minutes. That should equal 8 sets in 4 minutes. If you can't finish the full 20 seconds, lighten up the weight you are using.

Tabata timers can be downloaded for free on most smart phones. They make keeping track of time much easier.

Now I don't want you to get stuck in any of the gym newbie ruts, so I'm going to give you 3 simple exercise plans that will help you get great results at the gym. I'm NOT saying these are easy. I'm saying they are simple and can be done by both gym newbies and gym pros.

But before I do that, I want to share an important workout rule for you to follow.

Workout Rule: The sweat spot for your workout difficulty/intensity is the place where you either barely did it or you barely missed it. So if you can't get close to finishing, make it easier by decreasing weight, reps, distance or intensity. If you finish your workout without much difficulty, make it harder by increasing weight, reps, distance or intensity. It's as simple as that.

With that said...here are the 3 simple ways for gym newbies to get a great workout.

100's: Pick any 4-8 exercises and do 1 set of 100 reps. Don't do anything else until you get to 100. Try to do as many as possible without stopping. If you need to rest, rest. If you can't do at least 15 reps after your rest, lower your weight. 100's can be done with weight machines, free-weights, bands or body weight exercises.

Trivia Answers

- Answer 1: Ben Hur
- Answer 2: Debra Winger
- Answer 3: Aorta
- Answer 4: Mission Impossible
- Answer 5: Haiti

SEE YOU AGAIN SOON!

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