

# InsideOut

A Chiropractic Patient Newsletter

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

## 3 Headache Busting Tips

I used to tell people all the time that I’m the headache guy. That doesn’t mean I love headaches. I hate them just as much as anyone. I am a former headache sufferer, and those headaches were the main reason I became a healthcare professional. It’s the combination of my personal experience as a headache sufferer, and my professional experience with treating headaches naturally that make me the headache guy.

In the beginning, I didn’t know anything about headaches. I thought headaches were normal, and I didn’t mind downing Tylenol or Excedrin in an attempt to kill them. Eventually that stopped working. There weren’t enough over-the-counter drugs in the world to make my headaches go away.

What is a person to do in that situation? What if you aren’t like most people, and you don’t want to fill your body full of pills? What do you do about your headaches then? Are there any good options?

You are in luck. **Most headaches DO respond very well to conservative treatment if you know what you are doing.** There isn’t just one thing that works perfectly for everyone, so you have to be willing to try a few things.

Most likely, if you are going to effectively eliminate your headaches without using drugs, your neck is where you are going to want to focus the most energy. It’s going to give you the most bang for your buck.

Even if you don’t have any neck pain, most headache sufferers have a tremendous amount of muscle tension in their necks that is at least contributing to the problem. I don’t know that I have ever met a headache sufferer that didn’t have an issue with their neck. If you live with reoccurring headaches, it is likely you have neck issues as well.

With that in mind..here are 3 non-drug tips that will help you teach your headaches who’s boss.

**Improve Your Head Posture** – Most people have what’s called “forward head posture” or what has more recently been dubbed “text neck.” The head is out in front of the body instead of being directly over the shoulders where it belongs. Forward head posture is the most common posture imbalance, and it causes a lot of stress to the muscles in the back of the neck. That muscle stress often causes headaches or at least, will make them worse. If you are a headache sufferer, you need to make sure you have proper head posture.

**Stretch Your Neck** – When I say stretch your neck, I DON’T mean CRACK IT! Regularly take your neck through its normal range of motion. Stretch any muscles that feel tight or restricted. As a general rule, you should hold your stretches for 10-15 seconds. Only stretch to the point that you are comfortable. Don’t try to force your neck further than it wants to go. If you get any sharp or shooting pains, be sure to consult with your

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chiropractor or therapist before doing any more stretching. You don't want to hurt yourself while trying to do something good.

**Get Your Neck Checked** – I know what you are thinking, “Here we go...the chiropractor thinks I need to get adjusted.” You're right...I do. **Most people who have headaches could benefit from the care of a chiropractor.** Spinal misalignments of the neck reeks havoc on those who are prone to headaches. I know. That was my primary problem, and I'm glad I had it taken care of. You will be too!

# It Doesn't Have To Be So Complicated

If you are like most people when you are given too many choices, you just get overwhelmed. Sort of like when you go to a restaurant and they give you a menu that looks like the food version of War and Peace. **WAY TOO COMPLICATED!**

Health and fitness is often overcomplicated as well. There are a million diets to choose from. Every other day there is a new exercise craze. And supplements...oh man...don't get me started on supplements. The supplement companies would have you believe that right now there is a guy in the darkest pits of Africa discovering a berry that no one knows about but the locals who all happen to be 150 years old and have six pack abs. Come on! That's just stupid.

So what do most people do when faced with too many health and fitness choices? They typically do nothing. They end up taking the path of least resistance which is what I call the “Walmart Lifestyle.” Whatever is fastest, easiest and cheapest. If you want to know what the Walmart Lifestyle gets you...go people-watch at Walmart. It's not pretty.

## Random Trivia

**Q1:** Which has more calories, or are they about the same: a cup of apple juice, a cup of orange juice?

**Q2:** If you draw one card from a normal deck of cards, what is the probability of drawing a jack, queen, or king?

**Q3:** When water passes through the gills of fish, the fish get what?

**Q3:** What company is the largest producer of computer software for the personal computer?

The good news is that health and fitness doesn't have to be complicated. In fact, 99% of the time health and fitness problems come down to either toxicity or deficiency. Simply put, your problem is the result of having too much of something or too little. If you figure out what that something is, you will discover the key(s) to your success.

Let's use being overweight as an example. If you are overweight, is there something that you have too much of that is contributing to the problem? Maybe you are eating too much food or too many empty calories. Is there something that you don't have enough of? Maybe you don't get enough exercise on a regular basis. Maybe the problem is that you have too much sugar in your diet and not enough fresh vegetables. Regardless, somewhere in your life you have too much of something and/or too little of something that is causing you to be overweight.

The same is also true for other problems. Why are you winded when you walk up a flight of stairs? Why do you get sick when other people don't? Why does your back

### 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@drjerrykenedy.com](mailto:InsideOut@drjerrykenedy.com).

- Dr. Jerry Kennedy (Inside Out Newsletter Author)

hurt? Why do you have bad posture? Why are you depressed?

The root of each one of those health and fitness problems is too much of something bad and not enough of something good. To correct them, either cut out the bad or add the good. Usually the answer lies in a combination of the two, and you will most likely only get long term results if you take care of BOTH.

**Final Thought:** What area of your health and fitness would you like to see improvement? The formula is simple. Reduce the bad things that are contributing to the problem, and increase the good things that will take you in the direction that you want to go. You will be blown away with your results.

# 18 Tips To Help You Cut Out Sugar

Several years ago someone asked me if I would be willing to do a “sugar fast.” Basically all I had to do was cut out sugar from my diet for 21 days. **Sure! I can do that.** After all...I don't eat a lot of sugar, or so I thought.

Turns out I was wrong. I never realized how much sugar was in the stuff I was eating every day. Bread, pasta, fruit, sauces, drinks and the list goes on and on. When I got the list of things I couldn't eat during my 21 days, I was floored.

To make a long story short, I made it the 21 days. The first two were the worst. But after that...I felt GREAT! I lost about 10 lbs, I was sleeping better and my energy went way up.

That 21 days was when I realized that I was addicted to sugar and that my body didn't like it. Ever since then, I have been conscious of my sugar intake. I'm back to my college weight, and I feel much better. I have also been sharing my sugar fast story with others and encouraging them to take the plunge.

You will definitely feel a lot better when you do it. If you don't know where to start, it can be frustrating. Here are 18 simple sugar eliminating tips that will help you get started.

1. Put on your big-boy (or girl) pants and decide that you CAN do it.
2. **Don't buy sugary junk.**
3. Read labels. (if it ends in “ose” and rhymes with “gross”...it's SUGAR)
4. **Eat more meat.**
5. If someone offers you sugary junk...say “No thanks.”
6. **Eat more vegetables.**
7. Don't eat bread. (or eat much less)
8. **Drink more vegetables – if you don't like eating them, try juicing.**
9. Don't eat pasta. (or eat much less)
10. **If someone gives you sugary junk...say “Thanks”...then throw it away.**
11. Eat fruit in moderation. (yes...fruit has sugar)
12. **Don't keep a stash of sugary junk in your house.**
13. Read labels. (3.5 grams of sugar = 1 packet. So 35 grams of sugar = 10 packets of sugar)
14. **Don't beat yourself up if you screw up. (it's a lifestyle not a diet)**
15. Don't eat corn. (Corn has sugar. It's NOT a vegetable...it's a grain)
16. **Throw away sugary junk. (it's just like spoiled food...no good)**
17. Connect with whole-food, low-sugar groups either online or offline. The support of like-minded individuals is critical for your long-term success.
18. **Get up tomorrow and REPEAT.**

THANKX  
for telling people about us

# Finding Your Perfect Pillow

Everyone is always asking me which pillow is the perfect pillow. The short answer is, there is **NO** pillow that is **PERFECT** for everyone. However, there can be a perfect pillow for you.

A lot of doctors and therapists have their pet pillow. I don't mean they have pillows as actual pets. They just fall in love with a certain pillow and tell everyone that it's the best thing since sliced bread. The truth is that it's more important to understand what makes up a great pillow rather than getting stuck on any one brand.

With that in mind...here are a few things to keep in mind when looking for your perfect pillow.

**Cheap Pillows (<\$20):** Cheap pillows are exactly that... cheap. It doesn't mean you can't make them work. I still use cheap pillows at times. But if you run to Target or Walmart and grab a pillow off the shelf...well...you get what you pay for. Don't expect more.

**Expensive Pillows (>\$100):** Considering how much time you spend sleeping, it just makes good sense to invest some of your hard earned cash in finding a pillow you love. Just because a pillow is expensive doesn't mean it is going to fit you better than a cheap or moderately priced one. Make finding a pillow that fits

your needs your first priority, then worry about the price. Not the other way around.

**Stomach Sleeping:** Don't Do It!...it's bad. All you are doing is messing up your neck. Enough about that.

**Sleeping Position:** Side and back sleeping are both OK. Whichever you prefer is up to you.

**Pillow Size:** If you don't want to look all hunched over or leaning to one side while you are standing up, you shouldn't sleep in that position either. You want to use a pillow that allows you to sleep in a neutral position. Many companies sell different sized pillows for different sized people. If you are not an average size person (big or small), you might want to look for those options. A pillow that is too big or too small will strain your neck and ultimately cause you pain in the morning.

## Trivia Answers

Answer 1: Same (about 110 calories)

Answer 2: 3 in 13

Answer 3: Oxygen

Answer 4: Microsoft

*SEE YOU AGAIN SOON!*

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