

InsideOut

A Chiropractic Patient Newsletter

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

Beach Abs in 6 Weeks

A friend of mine is a personal trainer at one of the local gyms. He told me the other day that his brother was going to start training with him over the next few weeks. Apparently, his brother is heading to Cancun in 6 weeks and decided that he needed some beach abs.

Now I’m sure YOU would never do anything like this, but I do know that OTHER people do. People disregard the things of life that are not urgent until they become urgent. It doesn’t really matter how important those things are. If there is no immediate crisis, typically the important things of life don’t get the appropriate amount of attention.

Once a crisis occurs, people change their tune. Not only do they want help, but they often want a miracle to bail them out. In this particular case, his brother being overweight is the crisis at hand and the beach abs in 6 week is the desired miracle. Pretty classic stuff.

But there are a few problems with his plan. First, regardless of how hard you try, it’s nearly impossible to go from no abs to beach abs in 6 weeks or less. It’s one of those things that you see on infomercials, but isn’t reproducible in the real world.

Of course if you have had a set of beach abs in the past and they are hanging out just below the surface, you could be an exception to the rule. For people who have never had beach abs, 6 weeks just isn’t enough time.

Another problem with his plan is that he is overemphasizing the role of exercise. Most people think that if they do enough sit-ups, they will get a ripped set of abs. But that’s NOT how it works.

That’s another line of thinking that comes from late night infomercials. Some guy (or girl) with an amazing set of beach abs demonstrates how a piece of equipment works that they have never actually used until the day they shot the infomercial. Those people are fitness models being paid to sell you something. They didn’t get their beach abs using that piece of junk and you won’t either. Sorry.

Don’t get me wrong, exercise is awesome. The list of benefits from exercise is virtually endless and fat loss is on that list. But there is no amount of exercise that will make up for a poor diet. That’s why when my friend told me that his brother was meeting him at the gym to workout, I told him that it would probably be more productive for them to meet at the grocery store instead.

Yes, exercise can help you burn fat. But 80% of your ability to reduce excess body fat is determined by what you eat. Only 20% is related to exercise and other healthy habits. That’s why I always say, “Abs are made in the kitchen, NOT in the gym.”

Now I realize that summer is over. Maybe it’s a weird time to talk about beach abs. But eventually another summer will come. If you take my advice, you will be

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Random Trivia

Q1: In 1927, what adventurous 25 year old man was the first Time Magazine Person of the Year?

Q2: Which continent contains the largest number of Christians?

Q3: What 1997 film starring John Travolta & Nicolas Cage was named after the opening play of every ice hockey game?

Q3: The slang term "Davy Jones's Locker" refers to what location?

well prepared for it, and you won't find yourself in a beach abs in 6 weeks crisis. So what do you do?

Let's keep it simple. If you had to do one thing and one thing only, do this...reduce or eliminate as much sugar from your diet as possible. It's going to get you the most bang for your buck and you won't have to obsess about keeping track of calories, counting points or starving yourself.

You may be saying to yourself, "I don't eat a lot of sugar." I know that was my first thought years ago when someone told me to cut the sugar out of my diet. **I was wrong.** Sugar is everywhere, so here are a few things to keep in mind if you really want to eliminate sugar from your diet.

1. Start reading labels. Look at the grams of sugar. 3.5 grams of sugar is the equivalent of one packet of sugar.
2. If it ends in "...ose" and rhymes with GROSS...it's sugar. Be aware of that when you are reading labels.
3. "All-natural" sugar like honey or agave may be better for you than processed sugar, but they are still sugar.
4. Grains (even whole grains) quickly break down into sugar in your body.
5. Fruit is healthy but some have higher amounts of sugar than others. (apples, pears, grapes, mango, etc)
6. Breads, pastas and breakfast cereals break down into sugar in your body.

Deaf Man Hears Again After 12 Years

Back in 1895, a man who had been completely deaf for 12 years got a spinal adjustment and his hearing was restored. That man's name was Harvey and he was the very first chiropractic patient ever.

At the time, the man who provided the adjustment didn't understand what he had discovered. He thought he had stumbled upon a cure for deafness. Unfortunately, he was unsuccessful in replicating his results with other deaf patients. But fortunately, he noticed something else. The patients he was performing spinal adjustments on were reporting improvements with a variety of other symptoms and conditions.

At first, it was very puzzling. Not only did the symptoms and conditions seem to be unrelated to each other, but they also seemed to be unrelated to the spine which he was adjusting. So how could spinal adjustments be effecting so many different parts of the body?

The answer is actually very simple, and it has to do with the nervous system. You see, your spine has two very important jobs. First, it provides a structure for your muscles to attach, keeping you upright. Second, your spine protects your spinal cord.

Your spinal cord is like an extension cord between your brain and the rest of your body. You DO NOT want to damage it. So your body protects it the same way it does

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)

THANKS for your referrals!

I feel a very
unusual sensation
If it is NOT **indigestion**
I think it must be
gratitude
- Benjamin Disraeli

all your most vital body parts. It protects it with bone. In this case, your spine.

Your spine is also designed to bend and twist, which means it is NOT just one bone. It is made up of a bunch of little bones stacked together. Unfortunately, if those bones misalign, they can irritate or damage the very nerves that they are designed to protect. That's why an unhealthy spine can not only cause things like back and neck pain, but can also cause symptoms and conditions that are not related directly to the spine.

In Harvey's case, a misaligned bone in his spine caused him to go deaf. As crazy as that may sound, he's NOT the only one to have that happen. I have personally seen it.

Several years ago, one of my own patients told me that she got the hearing back in her right ear. The crazy thing is that I didn't even know she was deaf in the one ear. She never told me. She was coming in my office because she had been diagnosed with Fibromyalgia and the adjustments I was doing to her neck were helping her feel better. The hearing coming back in her right ear was just an unexpected, positive side-effect of her spinal adjustments. Pretty cool.

Now I said all that to say this. The reason that most chiropractors think that everyone should take care of their spine is the same reason that most cardiologists think that everyone should take care of their heart. It's

important. And it's not just important for the treatment of back and neck pain although I believe that is a good enough reason by itself.

Your spine has a profound effect on your overall health, but it's not the same for everyone. For some people like Harvey, an unhealthy spine can have life altering effects. For others, an unhealthy spine may cause something easy to disregard like the occasional neck or back pain.

As time goes on and more information becomes available, healthy spine habits like stretching, posture exercises and spinal adjustments will become more common place. Chiropractors won't be the only ones telling you to take care of your spine. Even your friends and family will be telling you to take care of your spine because they care about you and they understand how important it is.

But until that time comes, the benefits of taking care of your spine will stay a health secret enjoyed by only a few. Stretching, posture exercises and spinal adjustments will remain a sort of "health hack" that allows people to feel better and improve their quality of life without the dangerous side-effects of drugs and surgeries.

So if you are taking care of your spine already, congratulations. You are an early adaptor to what will some day be a healthcare norm. If you are not taking care of your spine, I want to encourage you to start. Start stretching. Do posture improvement exercises. Schedule an appointment with a chiropractor. Just start somewhere. **Your spine is a terrible thing to waste.**

Portion Control Tip

Growing up, many of us were taught to "clear our plate" when we eat. But serving sizes have gotten out of control so clearing your plate as an adult will often lead to overeating.

An easy way to start gaining control of your portions is to use smaller plates. It limits the amount of food you can pile on and will help you avoid overeating as you "clear your plate."

Help Someone Today!

I decided to write about something that I have never written about before and that's the topic of depression. The main reason I have avoided the topic is because I have personally battled with depression on and off throughout the course of my adult life. For the most part, I have hidden that fight from the people around me.

Like a lot of people, I often like to pretend that my life is perfect even when it's not. But I have learned over the last several years is that being honest about who I am and what's going on in my life, especially to the people closest to me, is the best way to live life. Being genuine is not only mentally and emotionally freeing, but it also provides an opportunity for doors to be opened that could drastically change your circumstances.

So in the interest of being honest and possibly helping someone else, here are the two best pieces of advice I can offer anyone who is struggling with depression.

1. Be honest: Obviously, I alluded to this already. The first step to correcting any problem is acknowledging that there is one. Depression is no different. Approximately 340 MILLION people around the world struggle with depression to some degree or another. You are NOT alone. Unfortunately about half of all cases go untreated. Most often it's because people are not being honest about their need for help.

2. Help someone today: There are a lot of options when it comes to fighting depression. I personally believe that the single greatest depression fighting strategy is to help someone else. There are a couple reasons this works.

First, depression is a very singular and lonely experience. If you take the time to see the needs of just one other person and help them, you break out of your solidarity. The world becomes about WE instead of ME. That's critically important if you are trying to restore a healthy emotional perspective to your life.

Second, studies have shown that when a person performs a random act of kindness they experience a natural increase in their serotonin levels. Serotonin is your body's own happy drug. It's the chemical that most depression medications attempt to elevate artificially. You can do it naturally by simply helping someone else.

So in the words of Paul Blart from the movie "Mall Cop 2" (a terrible movie by the way), **"If you believe the purpose of life is to only serve yourself, then you have no purpose. Help someone today!"**

Trivia Answers

Answer 1: Charles Lindbergh

Answer 2: South America

Answer 3: Face Off

Answer 4: The bottom of the sea

SEE YOU AGAIN SOON!

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