

InsideOut

A Chiropractic Patient Newsletter

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

The Art of Positive Change

Growing up, I was always the skinny kid. I was 6’4” by the time I was 14 and couldn’t put on weight to save my life. Basically, I was built like a stock of corn, and as long as I can remember, I identified myself as the “tall, skinny guy.”

Even when I went to college and started hitting the weights hard, it didn’t really matter. I was still skinny. I just turned into the skinny guy that was “surprisingly strong.” Not exactly what I was going for.

So I ate whatever I wanted, whenever I wanted it. The only diet I had ever known was a “seafood diet.” Any time I would SEE FOOD, I would eat it!

Time has a way of changing things. I learned first hand that the metabolism of a teenager is NOT the metabolism of an adult. So around the age of 23-24, my “eat anything I want” diet started to backfire. For the first time in my life, I started getting FAT.

Now me getting fat didn’t happen all at once. In fact, it doesn’t happen that way for anyone. But fat has a way of sneaking up on you, especially when you’ve never had to worry about gaining weight before. In my mind, I was still the “tall, skinny guy.” My reality

was much different. I was 40 lbs over-weight, I was tired, I was unhappy, and I wasn’t taking care of myself.

Don’t get me wrong. There were plenty of warning signs. On more than one occasion, while attending a chiropractic seminar, I had doctor friends of mine make joking comments about “business being good.” In hindsight, it was their way of saying I was getting fat.

Of course, there were the clothes signs. I was convinced that all my clothes were shrinking in the wash. I could still fit in them, but as my secretary used to say, “Every thread was working.” In hindsight, it was her way of saying I was getting fat. (HAHA...I love her.)

Sadly, my self-blindness wasn’t a brief phase. It went on for years. I was living my life unaware and uninspired, but eventually, I woke up. I had the blinders ripped off my eyes one day when I caught an unflattering glimpse of myself in the mirror. It was at that moment when I became acutely aware of the fact that the fat, bald man standing in my bathroom, wearing my underwear was ME.

It was actually a rather disturbing experience. I really didn’t know that I had gained so much weight. I felt like I woke up from the night before and someone had slipped me into a fat suit during the night. How was it even possible that I had let things get so out of hand?

It’s been several years now. I’m happy to report that I got rid of all the excess weight, and I’m in better

In This Month’s Issue of InsideOut:

The Art of Positive Change.....	1,2
Label Reading Tip.....	2
Who’s Awesome?.....	2
Frankenfoods.....	3,4
Random Trivia.....	3
Trivia Answers.....	4

shape at 35 than I was at 25. It wasn't easy, and the body changes didn't happen quickly.

Like I said, I was always the skinny guy. I hadn't ever had to lose weight before, and it was MUCH harder than I ever thought it would be. Not only did I have to completely change my diet and figure out how to fit exercise into my already crammed schedule, but I also had to fight off the excuses in my head. Thankfully, I did...eventually.

That's really what life is about, isn't it? You fail. You learn. You try again. You are only a failure when you stop trying again. No one is perfect. The process of positive change is a difficult one...for everyone. It requires a lot of personal resolve and the willingness to endure the pains that come with change.

Now before I finish up, I would like to share a few tips that can help you as you make positive changes in your life. These tips can help you make health changes, relationship changes, financial changes and any other positive change you set your mind to. Obviously, this isn't an all inclusive list, but these simple tips will definitely get you started in the right direction. Enjoy!

Thoughts: Your thoughts are powerful. STOP thinking negatively about yourself. If you identify yourself as a failure, you will always find a way to fail. If you identify yourself as a success, you will always find a way to succeed.

Habits: You are the sum of your habits. If you have the habits of healthy/fit person, you will be a healthy/fit person. If you have the habits of an unhealthy person...guess what?

Label Reading Tip

The ingredients listed on food labels are always listed in order of quantity. The highest quantity ingredients are listed first.

If a jar of salsa has tomatoes listed first, it has more tomatoes in it than any other ingredient.

Who's Awesome?



*Thank you for your referrals!
We wouldn't be here without you.*

Support: Not everyone wants to change. In fact, many people will try to tear you down the second you try to improve yourself. Surround yourself with those who will support and encourage you. You are going to need it.

Time: Changes take time. Typically the bigger the changes, the more time is required. The difference is that negative changes often happen mindlessly. Positive changes are exactly the opposite. Positive changes NEVER happen mindlessly. You have to work for them. At times, positive changes feel like they take forever. Stick with it. It's worth it.

Words: Saying you are going to make positive changes and actually making positive changes are two different things. Don't get caught in the trap of talking about change but never doing it.

Inspiration: Find inspiration in the stories of others. Regardless of your age, race, sex, disabilities or anything else, I'm 100% sure that there is someone out there in the same situation who is kicking butt! So, yes...you can kick butt, too.

Adapt and explore: There isn't one thing that works for everyone. Be willing to try new ways of doing things. Try new ways of eating. Try new types of exercise. If you don't get the results you want, be willing to change. Otherwise, you will just get frustrated when things don't work the way you want. You will most likely quit.

Frankenfoods

Eating food is one of the most basic activities of life. Animals do it. Humans do it. Insects do it. Eating is all the rage! But, something very interesting has happened over the last 100 years. People stopped eating food. Let me explain...

If you observe the eating habits of animals in the wild, you are going to see a pattern. What they eat is based almost exclusively on their environment. If a particular type of food isn't naturally available in the area in which they are located, they don't eat it. If a bird that is native to Japan would really enjoy some Brazilian nuts...sorry birdie. No nuts for you! It's as simple as that.

Historically, the eating habits of humans were exactly the same. People ate the foods that were readily available to them in their local area. Essentially, everything was locally grown. It would be a rare treat to eat something that was from a different part of the country, let alone the world.

Now, I'm not trying to glorify the past. There have been significant problems with famine that have occurred off and on during most of human history, so to suggest that we would all be better off going back to the way things were would be silly. With that said,

Random Trivia

- **Q1:** All these people come from the same state: Henry Ford, Gerald Ford, Madonna, and Diana Ross. Which state is it?
- **Q2:** What planet is named for the Roman god of commerce, travel, and thievery?
- **Q3:** Butterflies have taste buds in what part of their bodies?

I do think it's important to look back at where we came from so we can discover where we went wrong.

Make no mistake. We have gone horribly wrong, especially in America. Most Americans are chronically sick and overweight. Do you know what the primary reason is? No...it's not genetics. It's the consumption of poor quality food.

Remember when I said that there have been problems with famine throughout most of human history? Well, people decided to solve that problem, and that's exactly what they did. They started playing around with food to get it to grow more abundantly, grow faster and stay fresh longer.

In fact, they did such a good job that for the first time in human history much of the world has more to eat than they even know what to do with. But here's the problem. Most of it is NOT real food. It's Frankenfood.

Especially in America, most of the stuff that make up the typical diet has more or less been created in a lab. It is loaded up with chemicals and processed to the max. Most of these foods have low or no nutritional value. They're loaded with high levels of sugar, saturated fat and salt to ensure that you keep coming back for more.

So what do you do? Often this conversation is like opening up a can of worms. People start looking into the quality of food and how it reacts to their body and come to the conclusion that they can't eat ANYTHING. It's overwhelming and frustrating. So much so that a lot of people don't do anything at all and just fall back into their old eating habits.

But, I don't want you to do that, so I'm going to give you a few food/eating guidelines to keep in mind going forward. The important thing to remember here is that these are guidelines, NOT RULES. You don't

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)

get voted off the island if you have some ice-cream. Just don't make it a habit. Here we go...

Keep it simple: I always say the further your food is from the way God made it, the worse it is for you. For example, apples are better for you than apple pie. Typically, the less altered or processed your food is, the healthier and more nutrient rich it is.

Stay to the outside: As a general rule, the fresh food is in the outer isles of the grocery store. That's where you should do the bulk of your shopping. The inside isles of most grocery stores are usually where you will find the unhealthy stuff...the Frankenfoods.

Read labels: Start reading labels. I realize that it may be hard at first, but it's a skill worth learning. At times, you will be surprised how much difference there is between comparable products. Always buy the lesser of two evils.

Minimize sugar: Sugar is not your friend. It makes you fat and reeks havoc on your health. Eliminate or minimize sugar whenever possible. If you want something sweet, eat something that is naturally sweet instead of something that has added sugar. Also, you should NEVER EVER drink sugary drinks. There is NO benefit.

Cook more: Cooking is a lost art. Most people would see a drastic change in their weight and health if they simply made all of their own meals. You will eat healthier by default because you will never add as much salt, fat or sugar as a food manufacturer will. Also, when you cook things like french fries and pies they are labor intensive. You aren't going to take the time to make them every day. So when you do make them, they will be an infrequent treat instead of a regular part of your diet.

Problem foods: Although there are some general dietary guidelines that most people should follow, everyone is different. Many people have food allergies or sensitivities that cause weight gain and

health problems. In some cases, the problem foods only need to be reduced. In other cases, they need to be completely eliminated from the diet. Dairy, grains, wheat and gluten are some of the most common problem foods.

No Sweeteners: Artificial sweeteners are the perfect example of a Frankenfood. They have been linked to a number of health problems and should be avoided. If you still aren't convinced, I would encourage you to do your own research. There is an abundance of information available documenting the dangers of artificial sweeteners. They are bad news.

Keep a journal: If you really want to know what you are eating, write it down. Many people miss the value of this one exercise. Not only will it help you be accountable for what you are actually eating, but it can also help you discover food sensitivities if the need would ever arise.

Trivia Answers

Answer 1: Michigan

Answer 2: Mercury

Answer 3: Their feet

SEE YOU AGAIN SOON!

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