

Live Your Life Through A Dream

Living life with zest and vitality at the highest level of productivity possible. Motivation, drive and excitement are what we crave from life. It's pushing yourself to reach and attain goals both personally and professionally. Total and complete health is easier than you think, but it requires the right attitude, the right fuel, communication, exercise, determination and perseverance. By managing 5 simple aspects of life, one can achieve a pain free, fulfilling life. However, it is equal management of all five that unleashes the powerful results. Each of the five categories affect the other 4, so excelling in one or two areas and neglecting the others will get you nowhere and leave you frustrated. It is like having only one oar in the water. However, once you find the perfect balance of all five categories, it works like a charm, and you remember what it is like to have a passion for life again. Yes, you can truly live your life thru DREAM!!

As you review each category, give yourself a score from 0-20, (20 being the highest score and 0 the lowest), for how you currently manage that letter in DREAM.

DIET

Your energy and production is directly proportional to how you fuel your body. Stop fueling your body with diesel fuel and kerosene! Garbage in garbage out. As a general rule, food that existed in the day of the caveman is probably not processed and okay to eat. We are more prone to eat fast food and carry out when we get too hungry and are on the run, so be prepared.

Always be thinking about what you will be eating later. Bring a piece of fruit, a protein bar or a bag of mixed nuts. A little discipline goes a long way. Ideally, your diet should consist of eating approximately five times a day having a combination of complex carbohydrates, lean protein with adequate water hydration. A person is recommended to drink half their weight in water in ounces per day. Complex carbohydrates consist of foods like fruits and veggies which are always better eaten raw, and whole grains. Too busy to get your daily requirements of fruits and vegetables?

Multi-vitamins, fruit and green drinks, though not as good as the real thing, are good substitutes when on the run. Leaner proteins include beans, legumes, nuts, fish, and chicken. The more complex your carbs, and the leaner your protein, the healthier you are eating. If healthy eating leaves you feeling unsatisfied, you are doing it wrong!

Give yourself a score from 0-20 _____

REST

Like a computer, your body has a CPU (central processing unit) called the Brain. The Brain can detect problems and then heal and fix itself just like your desktop. But, because your Brain is too busy during the day assisting you in completing tasks, it waits until night time when it and your immune system take over and do a "system check". It is then, when you are asleep, that most of your healing takes place. However, if you are up frequently throughout the night, only get a couple hours of REM sleep, or are otherwise sleep deprived, your CPU has no time to diagnose and fix problems. If you continue to deprive your body of sleep, your immune system breaks down and you get sick. It is recommended that individuals get 6-8 hours of uninterrupted, deep sleep per night.

Give yourself a score from 0-20 _____

"BY MANAGING 5 SIMPLE ASPECTS OF LIFE, ONE CAN ACHIEVE A PAIN FREE, FULFILLING LIFE. HOWEVER, IT IS EQUAL MANAGEMENT OF ALL FIVE THAT UNLEASHES THE POWERFUL RESULTS."

EXERCISE

Regular exercise can change your life!! A study conducted at Harvard University concluded that brisk walking at least 30 minutes a day could reduce the incidence of breast cancer in women by as much as 70%. A California State University study found that a 10 minute walk is enough to increase energy, alter mood, and provide a positive outlook for up to 2 hours.

Exercise is THE greatest stress buster. If you live here in New Jersey, you no doubt have stress, and probably a lot of it. Exercise also helps regulate your mood, helps you sleep more soundly and helps erase the little mistakes in our diet! For help getting started, call Ladies Workout Express of Oakhurst where we specialize in personal attention and goal attainment. (732) 663-0555. Sorry for the shameless plug, but our doctors own this gym! Ladies only please!

Give yourself a score from 0-20 _____

ADJUSTMENTS

As previously mentioned, your brain controls your immune system which can detect and fix problems throughout your body.

However, in order to function properly, it is important that an open, clear phone line exists on the Nervous System, (telephone cord). Your heart, liver, kidneys, lungs and all your other organs can only communicate to your Brain and immune system through the nerves (telephone wires) the innervate them.

Chiropractic adjustments to the spinal column relieve the pressure of a choked or pinched nerve caused by rotated vertebra. Since each bone in your spine is a freely moveable joint and we humans do crazy things and put ourselves in crazy positions, our vertebra rotate in and out of position all the time. Misalignments are caused by car accidents, bad prolonged postures like sleeping, sports injuries, slips and fall injuries, roller coasters... you get my point. You need to make sure that there is no interference on your phone line. Imagine living your entire life in a room where the lights are only on ? of the way up a dimmer switch, when suddenly, you are totally

amazed when a guest in your home turns the lights all the way up. This is what a chiropractic adjustment does. It is an increase in vitality and clarity,

a clear telephone line! Anyone who has teeth should see a dentist; anyone with a spine should see a chiropractor. Do you have to? No, but think about how much more productive you'll be when the lights are fully on!

Give yourself a score from 0-20 _____

Disclaimer: If you do not get adjusted, it does not mean you get a 0/20 here. Give yourself a score based on how regular you are with doctor check up and physicals.

MENTAL ATTITUDE

Film footage exists of monks sitting unclothed in sub zero weather in the Himalayan Mountains of Nepal sweating as they meditate. Their power of mind over matter is so powerful that they are able to regulate their body temperature and sweat instead of freeze. Hindu and Buddhist monks believe that happiness relies solely in our minds and not in our external surroundings. With this theory in mind, your mental attitude directly affects your health. Ever know a miserable person? A person who is always saying that they are

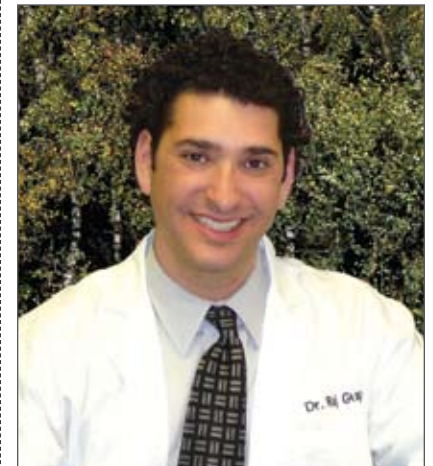
getting sick or coming down with something? What happens to these people? They get sick! The point is, if you think that you are sick and miserable, you will BE sick and miserable. A positive outlook on life tends to leave you with a positive outlook on life. Try to look at the glass as half full.

Give yourself a score from 0-20 _____

Add up your scores! The closer your score is to 100, the healthier your lifestyle. By reviewing your low scores, you can see the areas of your life that need attention in order for you to be complete. NO KIDDING, this works! If it seems simple, it's because it is, but don't let its simplicity fool you into thinking that it is not effective, because it very powerful to have everything moving in the same direction and the same time.

At Garden State Spine & Pain Institute, we are committed to helping you achieve 100% peak performance and will assist you with every aspect of DREAM. Let us get you out of pain and provide you with a work out program for continued exercise. Let us give you a food log so you can monitor your fuel intake. Let us clear up your stress and interference with a spinal adjustment or let us simply give you an attitude adjustment. DREAM, every letter of the word, every step of the way, you can do it, and we can help. ■

- Dr. Raj Gupta



*We ARE the Doctors
You've been Aching for!*

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*Got questions? Just want to say Hi?...
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