

## **The Ten Things You Can Do To Change the Quality and Quantity of Your Years**

Time and time again I have been asked, “What can I do that will help me live longer and healthier?” After much research and 29 years of empirical observations I have concluded that there are 10 areas where people can change their lives to help enhance their health.

Our bodies are an extremely sophisticated neurobiochemical machine. Attitude, activities, inaction, decision and lifestyle all effect how our body/mind functions together. The aforementioned affectors can either enhance ideal function or they can impede critical pathways of health. It is mandatory that each person be proactive in their lifestyle choices to enhance the neurobiomechanical machinery or suffer the consequences.

The following guidelines offer each individual suggestions on what they can do beginning today to change how their mind/body functions together. These guidelines will improve your quality of life and add to the years that you have. Each guideline may sound superficially quite easy to initiate, however, there is a challenge to do these properly and it will require dedication and perseverance on the part of an individual.

1. **Breathe clean air.** This may be intuitively obvious that we need clean air to function properly; however, there are many airborne contaminants both indoors and outdoors that are extremely harmful. Many are aware of the problems with black mold, hydrocarbon contaminants and particulates. It is critically important that your environment, both at home and at work, affords you the cleanest air possible. Having air filtrations systems and/or ion generators may be necessary to improve the air quality where you live and work.
2. **Drink clean water.** As all are aware, we are 98% water and all of our molecules are replaced on a seven year cycle, so if you are drinking contaminated water you are not providing your body with the quality necessary to maintain optimal health. Clean water does not mean pop, coffee, designer water or juices, but at least 32 ounces per day of pure spring water.
3. **Eat food closer to its source.** In these days when food is processed, irradiated and chemically treated with preservatives, we find it inconvenient to eat food closer to its source and we find ourselves consuming highly processed food. An example is drinking an apple drink. This is not as good as apple cider, which is not as good as apple sauce, which is not as good as an apple, which is not as good as an organically grown apple from the tree. Practically it is somewhat difficult to consume all of your food closer to the source, however, organically grown foods and less processed foods will significantly change the biochemical utilization in our systems. Along with this, the National Institute of Health suggests that all adult individuals take a multivitamin supplement also as a necessary requirement in the consumptions of antioxidants, either in the form of grape seed extract, vitamin C and vitamin E. A low carbohydrate diet is still the way to go.
4. **Work to maintain your ideal body weight.** Exercise your body and brain to capacity three to four times per week. It has been shown that 120 minutes per week of physical exercise is necessary to maintain your cardiovascular system. Exercising your brain 10-20 hours per

week has been shown to help maintain cognitive function. Playing cards, doing crossword puzzles, reading, playing chess, and other games are good forms of mental exercise. These should be incorporated into your daily activities. A study in the early 80's showed that we consume less energy sitting watching TV than we do sitting doing nothing. Presumably when "doing nothing" at least your brain is working. Have your body and spine properly aligned through chiropractic care.

5. **Spiritually centered.** Be right with your God or your higher power. We are spiritual creatures and it is necessary for us to seek spiritual comfort.
6. **Laughter.** There have been multiple studies that have shown that laughter not only is a good stress reliever, but it helps reduce blood pressure and increase endorphins, which make you more enjoyable to be around. It is suggested to laugh 20 times a day, so either have a joke book, get humorous antidotes off the internet or magazines, read the Sunday funnies and most of all loosen up and lighten up. Life is too short to take so seriously.
7. **Attitude of gratitude.** Try not to be infected with affluenza. Be content and grateful with what you have. Being unsettled and wanting more serves to be counter-productive for your life extension. You will need to work harder (more work, more stress) to have more things. My grandfather always used to say, "Love people not things, people love your back."
8. **Love.** A strong support system of family and friends is necessary for good health. We need to live in healthy relationships with our spouses, children and extended families. We are gregarious creatures and not intended to be loners. Multiple studies have shown that people, who have a good support system fare better through stressful times, live longer and have fewer diseases.
9. **Let go of anger.** "It is not about you." Anger is an incredibly destructive emotion. Make right with friends who you feel have transgressed you in the past. It serves no purpose and only adds more internal stress to your body. With anger and stress your blood pressure rises, you lipid levels increase and your immune system function is impaired, making you more susceptible to a variety of degenerative diseases.
10. **Altruism.** Having altruistic behavior and volunteering has been critically important for long term survival for AIDS patients. Be a giver, not a taker in life.

This is only a partial list of the "things" that you can begin immediately to decrease your risk factors for a multitude of diseases and enhance the quality of your life.

Steven B. Jackson, D.C., D.A.B.C.O.  
Private Practice  
3508 Rice Street  
Shoreview, MN 55126  
651-483-4321