

Healthy living can be challenging, but there are some simple diet and lifestyle choices that can be made to become healthier and to stay well. Three easy changes include drinking plenty of water, getting good posture support and eating a diet rich in healthy fats.

Most people know that drinking water is important. The quantity of water that each individual needs varies depending on the size of the person. No one would consider showering in a small amount of water, yet people often do not drink a sufficient quantity of water to keep the body healthy. F. Batmanghelidj, M.D., in his book "Your Body's Many Cries for Water," claims that most people are dehydrated and become sick as a result.

He suggests that, for optimal health, everyone should drink one-half of their body weight in ounces daily. The body needs water on the

spine is in pain or not aligned properly. Health can be compromised when the nervous system is not in full communication due to spinal misalignment.

Chiropractic restores communication and function to the nervous system by realigning the spine with the use of the hands. Helpful to every body, it improves performance and nervous system communication. Gentle non-force chiropractic also exists to help those people who are uncomfortable with the physical manipulation commonly associated with chiropractic.

Focusing on disorders of the musculoskeletal system and the nervous system, chiropractic care is used most often to treat nerve and muscle complaints, including but not limited to back pain, neck pain, pain in the joints of the arms or legs and headaches. Doctors of chiropractic practice

can help to keep the body healthy in the winter months, also, along with good water and chiropractic care. Keeping a diet rich in organic whole foods with fresh fruits and vegetables helps to provide the necessary nutrients for optimal health. Avoiding fast food, processed foods and foods made with hydrogenated and/or brominated oils makes it easier for the body to stay healthy.

## HEALTHY LIVING MADE SIMPLE

inside to flush out toxins. It is best to consume filtered water instead of tap water due to the many toxins present in many municipal water supplies. Each city publishes the lead, chlorine and chemical content of the city water, so it is a good idea to check with your city for specific information on the chemicals and toxins in your city water supply.

Proper postural support is also essential to a healthy body. How we sit, stand and our sleeping position have a huge impact on health. The body can't be healthy if the spine is not aligned properly. Exercises and weight routines cannot be performed efficiently and properly when the

a drug-free approach to health care that includes therapeutic and rehabilitative exercises, as well as nutritional, dietary and lifestyle counseling.

Like chiropractic, good fats like flaxseed and omega 3 help protect the nervous system and provide essential support for all cells in the body. Keeping the nervous system working well improves the immune system. Consuming Vitamin D in the winter months also boosts the immune system. Food sources of Vitamin D include cod liver oil, egg yolk and spinach. Dietary supplementation of good fats and Vitamin D

*Dr Carol Ann Fischer,  
D.C., N.D. of TLC Holistic  
Wellness 31594  
Schoolcraft Rd Livonia,  
MI 48180  
734-664-0339  
TLCHolistic-Wellness.  
com*