

LET HEALTH HAPPEN



Dr. Geoff Walburn, D.C.

New Year's resolutions are upon us! Last week I shared the reason most resolutions fail is that our resolutions are focused on changing habits or behaviors. To get lasting change we need to change the belief structure behind these behaviors. Keep the focus on 'why' you want to change and learn how will your life be better by this change? If your resolution for 2010 is related to health, remember that it is easier to add something healthy than it is to take away something unhealthy. Whatever our unhealthy habits might be, we indulge them because they give us a degree of pleasure. This is a belief structure that will take some work to change. Rather for your resolution this year, set an intention to add some of the things you know you should be doing. Here are some suggestions based on subjects discussed in this column over the last year.

You can commit to drinking 6-8 glasses of water each day – have two in the morning before you get going. You can commit to eating at least one fruit/vegetable with every meal. Or, commit to at least seven hours of sleep per night. Pick a few forms of exercise you enjoy and schedule time every week for at least 100 minutes of these activities. Take multivitamins, fish oil, or other supplements to promote health. Make time for a daily hobby or activity that relieves stress or spend time daily in prayer or meditation.

If you've followed this column at all you should know that our state of health or disease is in direct relation to the quality of the choices we make and no matter where you are now, you can always work to improve your state of health. These are all simple examples of choices you can make that will ultimately add to your health and decrease your risk of disease. Pick one to get going and then next month, add another healthy choice! I wish you the very best and a healthy new year!

– Dr. Geoff Walburn, D.C.

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