

Tips on How to Live a Healthier and Happier Life



Sometimes we need a reminder about the simple little things that can keep us healthy and happy. Nachmias Chiropractic presents some tips that will enhance your health and well-being:

Go Outside

“Fresh air is full of feel-good negative ions, which may boost oxygen flow to the brain, says Kathleen Hall, PhD, founder of the Stress Institute in Atlanta”. If you can, combine it with exercise, like a brisk walk and it will give you even more health benefits. Activity boosts endorphins and energy.

Grab Your Toes and Pull

This exercise boosts circulation after your feet have been cramped in shoes all day. Without proper circulation, the muscles and nerves in our toes don't work properly, which can cause pain in the knees, hips, and back.

Perform 25 Jumping Jacks

Move your body, no matter how briefly, and it will stop the stress response in its tracks and change your mood. Do 25 jumping jacks daily to get the endorphins pumping.

Silence Your Phone at Night

Don't let your loved ones or work calls interrupt a deep sleep. Silence your phone or shut it off at night and ensure a good nights sleep. You'll thank yourself the next day. Your body needs its deep sleep to recover and boost up with energy for the next day's challenges.

Munch on Carrots

The humble carrot never got much attention, but it's now a nutritionist favorite, thanks to its high vitamin A content. For example...just one half cup of carrots has almost double the amount of vitamin A you need for healthy eyes.

Indulge in Hot Cocoa

Research, including a study published in the journal Appetite, shows that even a bit of chocolate can boost your mood almost immediately.

Go and See Your Chiropractor!

Pay a visit to your chiropractor, Dr. Adam Nachmias at Nachmias Chiropractic. Your health is profoundly connected to the nervous system, and while aligning the spine with the help of chiropractic adjustments, the nerve impulses to and from the brain can flow freely. This in turn ensures excellent body function, health and well-being. Chiropractic care boosts the immune system, reduces stress and anxiety, heal injuries and relieve pain. Chiropractic care is absolutely one of the best solutions to achieve optimal health!

Get To Know Dr. Adam Nachmias

Get to know Dr. Adam Nachmias at Nachmias Chiropractic and understand why patients choose him to treat their symptoms:

Reviews ZocDoc: <https://www.zocdoc.com/doctor/adam-nachmias-dc-49898>

Reviews Yelp: <http://www.yelp.com/biz/adam-nachmias-dc-new-york>

Reviews Facebook: <https://www.facebook.com/nachmiaschiropractic/reviews/>

Book your chiropractic exam and consult by calling any of our offices:

Brooklyn: 718-832-7300

Manhattan: 212-924-1700

Or book online: <http://calldradam.com/contact/book-online/>

We warmly welcome you to find relief at Nachmias Chiropractic!