

## What Is Good Health and How to Maintain It?



*What is good health? Is it being pain-free, having energy and to be happy? Or just to wake up every morning and be alive? People measure health differently depending on what is important to them.*

What we know, is that people who are very ill would give anything to experience a single day of good health and well-being. Often, people take their health for granted and do not appreciate it until they lose their good health to illness.

In this issue, we want to give you a few advices that will help making your health better:

### **Proper Breathing**

Proper breathing is especially vulnerable with the workflow of modern society, where one often sits a lot throughout the day when working. It is impossible to breathe deeply enough in a sitting position, thus converting the breathing to a systematic and superficial process that causes the lungs to lose the ability to properly dilate. The respiration then provides insufficient amounts of oxygen to the body as a result of the lungs not being enough dilated.

The blood will circulate slower, which in turn contributes to the toxins produced by wear and tear, will be retained in the body and damage the blood, lungs, stomach, liver and brain.

The result of irregular respiration is retardation of the digestive system. Also, the heart becomes depressed, the brain gets clouded, and your thoughts become disorganized, leaving your body sensitive to disease.

You may also experience confusion and memory loss. Other symptoms of poor respiration can be: sore throat, and heart-lung-liver discomfort.

Stay away from corsets and waist-trainers that squeeze the body and inhibit good, deep breathing.

### **Recommendations to Increase Breathing**

Enjoy outdoor walks on a daily basis. It gives you larger amounts of fresh air and reinvigorates your entire body and mind. The brain needs five times more oxygen than any other part of the human body, so keep breathing deeply and stay focused.

Proper breathing will literally free us from many headaches.

### **Keep the H2O Coming**

Drink at least eight glasses of water a day, or 1.5 liters. Water is crucial for the blood circulation and for the lymphatic, and intracellular fluids. It literally cleanses the whole body.

For headache relief, a good advice is to put your feet in hot water, while also putting cold compresses on the forehead. This is said to relieve headache.

### **Ensure Optimal Health with Chiropractic Adjustments**

Even better for headache relief is chiropractic adjustments. If you really want to ensure good health and well-being, and even prevent possible illness, you should visit Dr. Adam Nachmias at Nachmias Chiropractic and get a spinal alignment. With manual chiropractic adjustments, Dr. Adam removes subluxations (blockages) of the spine and helps the nervous system to flow freely in the body.

A healthy nervous system is crucial for good health. The body's immune system derives from the nervous system, so keeping the nervous system flowing freely contributes to optimal health. It will also prevent you from future illness.

### ***Chiropractic Adjustments Help Healing the Body Naturally Without Invasive Surgery, or Chemical Drugs.***

Book an appointment with Dr. Adam Nachmias today and ensure optimal health before illness already happens!

Call any of our offices to schedule your chiropractic exam and consultation:

Brooklyn: 718-238-8900

Manhattan: 212-924-1700

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

**Maintain good health with the help of Nachmias Chiropractic!**