



adjust your lifestyle™

REFLECTIONS AND REVELATIONS FROM A DECADE OF RADICAL CHANGE

December 2010 marks not only the end of another year but the end of the decade. Over the past ten years we have seen cell phones and the internet change the way we communicate, access information and interact with each other. We have also seen economic ups and downs and a continuing health care debate that never seems to lead anywhere.

Think about your last ten years and the decade for the people that you love. How is your health? Theirs? Are you happy? Are you making progress in living the lifestyle you want or are you on a treadmill leading nowhere?

Look at your family photos of parents, grandparents and great grandparents. Do you like the way they aged? The choices you make today about what you eat and drink, how you move and take care of your spine and nervous system will affect your life now and for the decades to come.

If somebody said to you ten years ago, "How do you want your health to be in 2011?" you may have thought they were crazy. Well, that decade has passed. 2020, believe it or not, is right around the corner. Just like you may be saying, "I cannot believe it is 2011!" that is how you will probably feel ten years from now. What is it going to take for you to make the changes that you know you need to make to ensure the quality lifestyle that you deserve?

When it comes to your health, it is time to set commit to new goals. If your goal has been to lose weight and you have been on a roller coaster then don't just go on another diet. Make healthy eating a part of your lifestyle. When it comes to exercise, if you have been a "weekend warrior" it is time to make fitness a part of your lifestyle each day.

Pay attention to your posture and the length of time that you sit at your desk, in the car or on the couch.

Excessive sitting can cause spine and nervous system problems that may affect your whole body.

In January 1903, the Newark Advocate published the Wizard Edison, which produced Thomas Edison's famous quote, "The doctor of the future will give no medicine but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease." It is 2011 and the future is now. It is time to make this statement your reality.

Through these newsletters, the educational information we provide and the chiropractic services that care for your frame and impact your entire body through your nervous system, we will strive to help you to be younger, healthier and stronger in a decade than you are right now. Will more stress get you there? How about more sitting, more driving or more drugs? Of course not.

If up until now you have been a crisis oriented person, stop. If you are on a weight gain, weight loss roller coaster, stop. If you only get adjustments when you have pain or are sick, it is time to make the Critical Transition from Crisis Care to Lifestyle Care and take your health to the next level.

How old is the oldest grandparent in your family who ever lived? Remember, you have their genes and you will most likely be here for another decade, or maybe even two or three at least. It is time to maximize your health and live your ideal 100 Year Lifestyle.

You are the one who must be responsible for your health, not the government or your insurance company. They may or may not help. The laws may change and you may change insurance companies but no matter who is in office, it is your responsibility to take care of you.

Don't wait for a crisis. Make the next year and the next decade the best years of your life.

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