



adjust your lifestyle™

# Man Up, Stand Strong!

If you are a man and you are reading this newsletter, then I am glad we got your attention. The term “man up” is the expression used by many men that describes taking on challenges, facing fears and accepting responsibility. “Stand strong” implies overcoming adversity and promoting and defending your beliefs. In this context, to ensure that you can “man up” and “stand strong” for a lifetime, it is critical that you make your health a priority.

Too many men are crisis motivated only. They wait and wait and wait until their pains or illnesses become debilitating. Rather than manning up and standing strong on their own accord, they do not take action on their health until they hear their family and friends screaming the wake up call, “man down!” Don’t let this happen to you.

A recent report found that 48% of women admit that they have to resort to nagging to get their husbands to see a doctor. Research shows that, in general, women live longer healthier lives than men because they are more likely to be proactive about their health and heed the early warning signs before they become major problems.

Unfortunately, too many men “go down” because of preventable health problems that deteriorate their quality of life as they age, causing them to die sooner and more painfully than necessary. This is completely unnecessary, especially when simple lifestyle and chiropractic adjustments can keep them standing strong.

Men spend tens of billions of dollars treating injuries to their spine that cause back pain and many other health problems that can be related to pressure in the nervous system. These spinal injuries are known as vertebral subluxations.

Approximately 185,000 men are diagnosed with prostate cancer annually. The nerves in the lower back and upper neck supply the prostate gland. According to the AMA, 8.8 million men suffer with coronary heart disease. The nerve supply to the heart comes from the upper back and the upper neck.

Obesity and being overweight is also a problem. According to government statistics, the following percentages of men are overweight:

- 67.6% of men aged 35-44
- 71.3% of men aged 45-54
- 72.5% of men aged 55-64
- 77.2% of men aged 65-74
- 66.4% of men aged over 75

Being overweight can contribute to herniated disks, heart disease, cancer, diabetes and may other preventable health problems. If you’ll notice from the overweight statistics, the percentages increase to age 75, and then the percentages go down. Why? Because it is at this age, that the severity of their health crisis leaves them no choice. Take care of yourself now, or die, have become your only options.

Now is the time to man up, stand strong and make your health a priority. Chiropractic care is a great place to start because with a healthy spine and nervous system, your entire body can function better.

If you have not had a thorough spinal examination recently, make an appointment today to get checked. Thomas Edison said, “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.” Man up and make your future now, and stand strong for a lifetime.

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