



adjust your lifestyle™

# Do You Have An Ostrich In Your Family?

Have you ever seen a picture of an ostrich with its head buried in the sand? This is one of the funniest scenes in nature and is a great metaphor to describe individuals who have a crisis care mentality about their health. This means that they only take care of themselves when they get sick, diagnosed with a disease or are in excruciating pain. This is not a good idea.

If you want to live an active, healthy long life, it's time to redefine crisis. Here are earlier signs that you or your loved ones are in crisis:

1. You take over the counter drugs on a monthly basis
2. You have taken prescription drugs consistently for more than three months
3. You have altered your life due to a health concern
4. You constantly try to pop your neck and back or are fidgety
5. You cannot exercise
6. You take medication to offset the side effects of other medications
7. You experience irregular sleep patterns
8. You are susceptible to colds and the flu
9. You say things like, "I need to go to the doctor" or "I need to take a pill" often
10. You have difficulty standing or sitting up straight

Many seniors and centenarians are suffering the consequences of their "if it ain't broke don't fix it", ostrich-like attitudes. We're getting the advance notice that our parents and grandparents never received.

These concepts will help you think differently about health and pull your head out of the sand:

**Embrace your innate potential.** Do you have a parent or great grandparent that lived to 80, 90 or 100 years old? Whether you like it or not, this is your innate, genetic potential. Your children and grandchildren share your genes as well, so become excited about your longevity and make the lifestyle changes now to ensure your health and vitality for a lifetime.

**Remove interference.** Your mind and body will break down when there is interference in your nervous system. Just like a car accident will interfere with the flow of traffic, interference to your nervous system will cause dis-ease in your body which can lead to pain, sickness and even chronic disease. Sometimes you will have symptoms and sometimes you won't. Don't wait for the symptoms, the crisis, to remove this interference. That's what an ostrich would do. Stay healthy by keeping this interference out of your spine and your lifestyle, regardless of how you feel.

**Build a Health Care Team.** Crisis care teams and health care team are different. While there may be some overlap, many people surround themselves with a crisis care team only and they never look to maximize their innate, genetic potential. Can you imagine waking up well rested, feeling great, with lots of energy and making the most of every day because your mind and your body were functioning at their highest level? This is what your health care team and Lifestyle Care will help you achieve.

We are excited to be a part of that team for you and your family. If you have an ostrich in your life, please send them to our office for an appointment. We would be honored to help them get their head out of the sand.