



Why Posture is Important for Your Overall Health



About Posture

Posture is the alignment of the body in a seated, standing or lying position. Your muscles ligaments and tendons (soft tissue) work hard to keep your boney skeleton aligned against gravity in any of these positions. Every persons body has a certain posture that they fall into due to daily activities, positions their jobs require of them and how they choose to sleep or sit on the couch.

Good posture is important to the body because it will decrease the stress on ligaments that hold the bones of the spine together. It also decreases the pressure put on joints which frequently can cause joint pain and arthritis. Proper posture can also help your muscles work more efficiently and decrease the stress or fatigue put on the muscles during activity.

Poor posture can be the root of many ongoing injuries such as, back pain or fatigue, headaches, poor sleep habits, discomfort in the hips and knees while walking to name a few.

But there's good news! Poor posture can be corrected, keeping in mind that sometimes poor postural habits have occurred over a long course of time. This means it may take longer to created proper joint flexibility and muscle memory in order to correct a negative posture.

Tips to Improve Posture

While seated, don't cross your legs or put one leg on another. Also, if you have something in your back pocket take it out before sitting down. Keep your feet on the floor in front on you and leave a gap between your knees and the seat edge. Your knees should not be above the level of your hips. If you are working at a desk your shoulders should be relaxed and your forearms should be parallel to the ground. Move around if you have been stuck in the same position for a long period of time.

While standing, keep your weight forward on the balls of your feet. Try to avoid locking your knees in a straight position. Pull your shoulders back and concentrate on pulling your belly button back toward the spine. Try to not look down at your feet or phone for long periods while standing. If you are standing for a long period of time try shifting your weight from side to side to keep the muscles engaged.

While sleeping, avoid sleeping on your stomach as that can cause both lower back and neck issues. If you are sleeping on your side try sleeping with a pillow between your knees to balance the pelvis. Also make sure your head is supported properly while laying on your side. If you are sleeping on your back try putting a pillow below your knees to take the tension off the lower back. Most people recommend a firmer mattress however keep in mind a mattress has to be comfortable, so pick something that actually allows you to get a good night rest.

No one's posture is really perfect, but keep in mind that it is important to continue to work on improving your posture as everyone could benefit from decreasing stress and pressure on their body! If you have any posture questions, let me know, I'm always happy to help your body feel it's best.

- Dr. Chris



Bike to Work Day 2019

Be Ready for Summer Bugs

Bike to Work Day 2019

This year, Bike to Work Day will be on Wednesday, June 26th. Optimal Health Chiropractic, along with Relaxing Restorations Massage Therapy will be out at the East Interlocken station, helping to make your morning commute just a little bit better! Check in for more details as we get closer to the big day. We'd love to see you all out there!

Our Favorite All Natural Bug Spray Recipe

Some of you might remember this bug spray recipe, but with summer quickly approaching, we thought it was worth a re-share.

INGREDIENTS:

- 1/4 cup witch hazel
- 1/4 cup apple cider vinegar
- 5 drops eucalyptus essential oil
- 5 drops lemongrass essential oil
- 5 drops citronella essential oil
- 5 drops tea tree essential oil

DIRECTIONS:

- Mix witch hazel, apple cider vinegar and essential oils in 4 ounce spray bottle.
- Spray over all portions of the body but avoid repellent in eyes and mouth.

WHY DOES THIS WORK?

Witch Hazel: Cosmetic and beauty products often contain witch hazel because of its healthy benefits for the skin. Witch hazel has proven helpful against acne, skin sores, bruises, redness, psoriasis and eczema, oily skin, excess sweating, varicose veins, cracked skin, razor burn, sun damage and so much more.

Apple Cider Vinegar: Apple cider vinegar helps restore the proper pH levels to your skin, therefore smoothing the skin, reducing oiliness and decreasing the appearance of fine lines. The beta-carotene in apple cider vinegar also helps to counter future skin damage - plus, mosquitoes HATE it. The vinegar scent dissipates quickly after being sprayed, leaving a lemony fragrance behind.

Essential Oils: There are many essential oils known for being excellent natural insect repellents. The blend above is our favorite, however here are some others you could try as well: Citronella, Clove, Lemongrass, Lemon Eucalyptus, Cedarwood, Rosemary, Tea Tree, Eucalyptus, Cedar, Catnip, Lavender, Peppermint, Basil, Rose Geranium, Cinnamon Oil, Thyme, Lemon, Orange, Pine



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