

# OPTIMAL HEALTH UNIVERSITY™

Presented by Steven L. Smith, DC

## This Father's Day Say "I Love You" With A Spine-Friendly Gift

*This Father's Day, tell Dad you love him with a spine-friendly gift! Dr. Smith has compiled a list of gift ideas to help you do just that, all of which are affordable — and spine-friendly.*

### Chiropractic Gift Certificates

This Father's Day, Dr. Smith is encouraging families to treat the dads they love to a chiropractic checkup. By focusing on preventing spinal problems before they spark pain, a comprehensive checkup can save dad from future anguish, missed work and decreased productivity. What better way to say "I love you"?

As part of his chiropractic evaluation, dad's spine will be evaluated for *vertebral subluxations*, areas in the spine where bones (vertebrae) are out of alignment or movement is restricted. This common condition is associated with back pain, carpal tunnel syndrome, headache and altered immune function. Doctors of chiropractic correct vertebral subluxations with gentle maneuvers called *chiropractic adjustments*.



Give your father, grandfather or son the gift of health. Ask us about our gift certificates and special Father's Day promotion!

### Mobile Mania

These days, many high-tech dads are sporting mobile phones. But cradling cell phones between shoulders and neck can wreak havoc on dad's spine. The solution? An inexpensive earpiece attachment available at most mobile phone outlets and electronics stores.

Besides helping dad's posture, mobile phone earpieces prevent collisions by freeing both hands for driving. They also cut exposure to electromagnetic radiation, which may up the risk of cancer.

### Chair Savvy

An ergonomically adept office chair is the ideal gift for dad's home office. Ask Dr. Smith what to look for when shopping for a spine-friendly chair.

### Modern Mice

Is your dad's computer equipped with an old-fashioned mouse? These antiquated devices force the muscles of the arm, shoulder, neck and back to engage in repetitive motion, disrupting the natural balance of muscles and bones. Over time, mouse use affects posture and sets dad's spine up for vertebral subluxations.

Limit dad's risk of spinal injury by



replacing his old-fashioned mouse with an alternative requiring less arm movement, such as a touch pad or roll ball.

### Wild About Water

Adequate water intake is essential for a healthy spine. Specifically, the intervertebral discs that serve as cushions between spinal bones degenerate at an accelerated rate in dehydrated individuals.



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Make sure dad gets his share of agua by giving him a year's water cooler delivery service or a few cases of his favorite bottled water.

### Go Green!

Scientific research reveals that antioxidants in green tea may prevent spinal degeneration and arthritis. Encourage the fathers in your life to go green by giving them an assortment of organic green teas.



### A Basket of Supplements

Nutritional supplements such as B-complex vitamins, antioxidants, magnesium and calcium may help prevent arthritis of the spine and other degenerative disorders. Replenish dad's supply of spine-healthy supplements by stocking a basket with an assortment of quality products (ask the doctor to recommend several).

### Get Moving!

Physical fitness is essential to prevent disease, including spinal conditions. If the dad you're shopping for has been hoping to get in shape, consider a health-club membership or set of sessions with a personal trainer.

### Pack it Up

Briefcases, shoulder bags and attaché cases disrupt the spine's natural alignment by causing a slight shift in the

shoulders and back. Even wallets consistently worn in the same side's back pocket may affect posture. Over time, these slight shifts lead to permanent alterations in spinal curves, resulting in vertebral subluxations and pain.

Replace dad's carrying case with an ergonomically sound backpack. Look for a pack with wide, padded shoulder straps and a waist strap.

### Pillow Perfect

Too stiff or bulky pillows straighten the spine of the neck, spurring neck pain and headache.

Pick up a posture-perfect pillow for dad. Choose a down pillow or one made with material that molds to the spine's natural curves. Also consider one of the specialized cervical pillows on the market (ask the doctor for a recommendation).

If dad's a frequent-flyer, purchase a blow-up, collapsible travel pillow. These curved pillows are designed to cradle the neck, holding the spine in alignment during in-flight snoozes.

### New Sneakers

Shoes can make a profound difference in spinal health. Sturdy shoes with adequate cushioning and solid arches help maintain proper posture throughout the legs, hips and spine.

Spoil dad with a quality pair of walking or running shoes — his spine will thank you for it!

### De-stress Dad

Stress is a major trigger of back pain, neck pain and headache. This Father's Day, give your father, grandfather or son the gift of relaxation. Spend a few minutes brain storming dad's major sources of anxiety and considering gifts that will cut down on related stress. For example, if dad is always pressed for time in the morning, consider preparing him a nutritious breakfast each morning for a month. Or if traffic gets him down, order relaxation tapes geared for drivers.

Has the dad in your life mentioned an interest in a specific relaxation technique, such as yoga, t'ai chi or meditation? Why not enroll him (and you) in a local course?

### Show Dad You Care

Most dads are so busy these days they put off taking care of themselves. Other concerns, like work, family and the house, become his main concern. This Father's Day show dad you care by taking steps to improve his spinal health. By doing just a few things for him, you may help him realize how important his spine is — and inspire him to make taking care of it a top priority.

In addition to showing how much you care, you'll also help him live pain free. Although things such as purchasing new sneakers, getting more exercise, drinking more water and decreasing stress may seem simple and trivial, they will make a significant impact on dad's long-term health.



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