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The Secret to 5 Healthy Generations in Your Family

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Who would have thought that we would live in a world where 5 generations within a family becomes the norm? Because people are living longer than ever and 100 year old people are one of the fastest growing segments of our society, we are seeing more of this every day. This includes the new born baby, the 25 year old parents, the 50 year old grandparents, the 75 old year great grandparents and the 100 year old great, great grandparents.

If your family has a 4th or 5th generation then you have their genes, but it is up to you to live a lifestyle that is healthy. Research by the MacArthur Foundation found that quality of life and longevity is attributable to 30% genetics and 70% lifestyle, so 70% of your quality of life as you age will depend on your choices. Unfortunately, many of our current generation of seniors and super seniors did not take care of themselves properly, and they are deteriorating into their later years rather than enjoying them.

Taking care of your spine and keeping it healthy is one of the most important choices that you can make for yourself and your children. A recent British study of MRI scans found that almost 1 in 10 children showed signs of abnormalities in at least one spinal disc. Another recent study in the Journal of Manipulative and Physiological Therapeutics found that 5 – 10 mm of pressure on a nerve can starve it

of nutrients. And a third study in Spine reported that nerve root compression can exist without pain and may disturb cerebral spinal fluid flow.

Certainly this science gives a compelling reason for individuals and family members of all ages having regular chiropractic checkups, but the common sense is even more compelling. Have you ever seen a person in their 60's, 70's, 80's or 90's who developed severely bent over posture as they age? They don't wake up like this over night.

This painful and often debilitating deterioration can result from chronic wear and tear caused by spinal problems that begin during the birth process, in childhood and early adulthood. Because this deterioration also affects the nerve system, the entire body can be affected, resulting in all kinds of health problems. This poor nerve supply can affect your digestion, elimination, energy, hormonal balance and every other function of your body. No wonder Hippocrates, the father of modern medicine, was quoted to say, "Look well to the spine for the cause of disease."

If you want to age well and insure that the generations in your family are healthy, good nutrition is important. Exercise is important and it is also critically important to take care of your spine. Don't wait for a crisis to set your priorities. Adjust your lifestyle and include chiropractic care, because now more than ever, you and the 3, 4 or 5 generations of your family cannot afford to get sick.

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