

# APRIL '16 WELLNESS LETTER

Dear Patients and Friends,

As I write this newsletter the daffodils are peaking up through the ground in my side yard. Spring is here even if there is snow in the forecast for the weekend!!

The bountiful harvest in the fall is dependent on what you do in the spring. We can all relate to this from a farming perspective. The effort you put into spring planting and nurturing the soil dictates the reward in the fall.

Using this same analogy, we can also relate our health in a way we should all be able to understand and apply. Good health doesn't just appear just like you can't wish for a bountiful crop in the fall. Planting requires tilling the soil, planting the seed and weeding the field and good health starts with healthy habits.

Some of these healthy habits could be the following:

Get 7-8 hours of sleep every night.

Get up early every day feeling rested and exercise for at least 30 minutes. This could be a combination of stretching, interval cardio exercise and strength training.

Eat a healthy breakfast to fuel your body to start the day energized. Choose foods that deflame your body and that have an appropriate glycemic index.

Stretch and breath properly throughout the day to avoid postural strain.

Fuel your body with healthy snacks throughout the day.

Eat a healthy dinner balanced adequately with protein, healthy fats and carbohydrates.

Make sure you eat before 7:00pm. Late dinners and late night snacks stress your system and make your body store excess calories as fat.

Turn off electronic devices and avoid watching TV before bed allowing your body to "quiet" from the day and wind down to prepare for a restful sleep.

Read these again. It is simple to implement. Work on your weaker areas to improve your health and know the "harvest" will be bountiful and so worth it.

Make it a great day!

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