

TRANSITIONING THROUGH LIFE

AWARE, ABLE ADAPTABLE, ABUNDANT

MASTER THE TRANSITION THROUGH LIFE &
LIVE THE MOST VIBRANT, DYNAMIC LIFE
POSSIBLE



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AWARE, ABLE, ADAPTABLE, ABUNDANT

ENHANCING THE TRANSITION WITH
CHIROPRACTIC



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AWARE, ABLE, ADAPTABLE, ABUNDANT

Aware, Able, Adaptable and Abundant. Does that describe you? If so congratulations, you are well on your way to mastering the transition and evolution of life. This short eBook is designed to help you live the most vibrant life possible so you may continue to enjoy all of its amazing gifts and potential. If however, you feel there's a few pieces of your puzzle missing, then this eBook could really help. With the pieces in place it is our hope to help you enhance the quality and vibrancy of your life. As a Chiropractor for over 14 years I've spent almost 20 years studying the human body and how it transitions through the activities and the various stages of life.

Does movement impact brain health and cognition? What does posture say about your health status, injury potential or resilience? How does posture vitalise discs and restore our energy? Can we help cultivate a life of ease, movement, potential and capability? We hope to answer these questions over the coming pages. If you want to fast track your transition back to health [give us a call](#). Transitions Chiropractic loves to help you live life to the fullest each and every day while being Aware, Able, Adaptable and Abundant.

Similarly, if you've had enough of the words and believe the hype that movement is the best medicine, flick through the next few pages until you find the good stuff. The movement and balance exercises you can start right now to enhance and improve the way you move, your brain health and the quality and enjoyment of your life.

If however, you did want to skip ahead and go straight to [Chiropractic](#)- we are here to help.

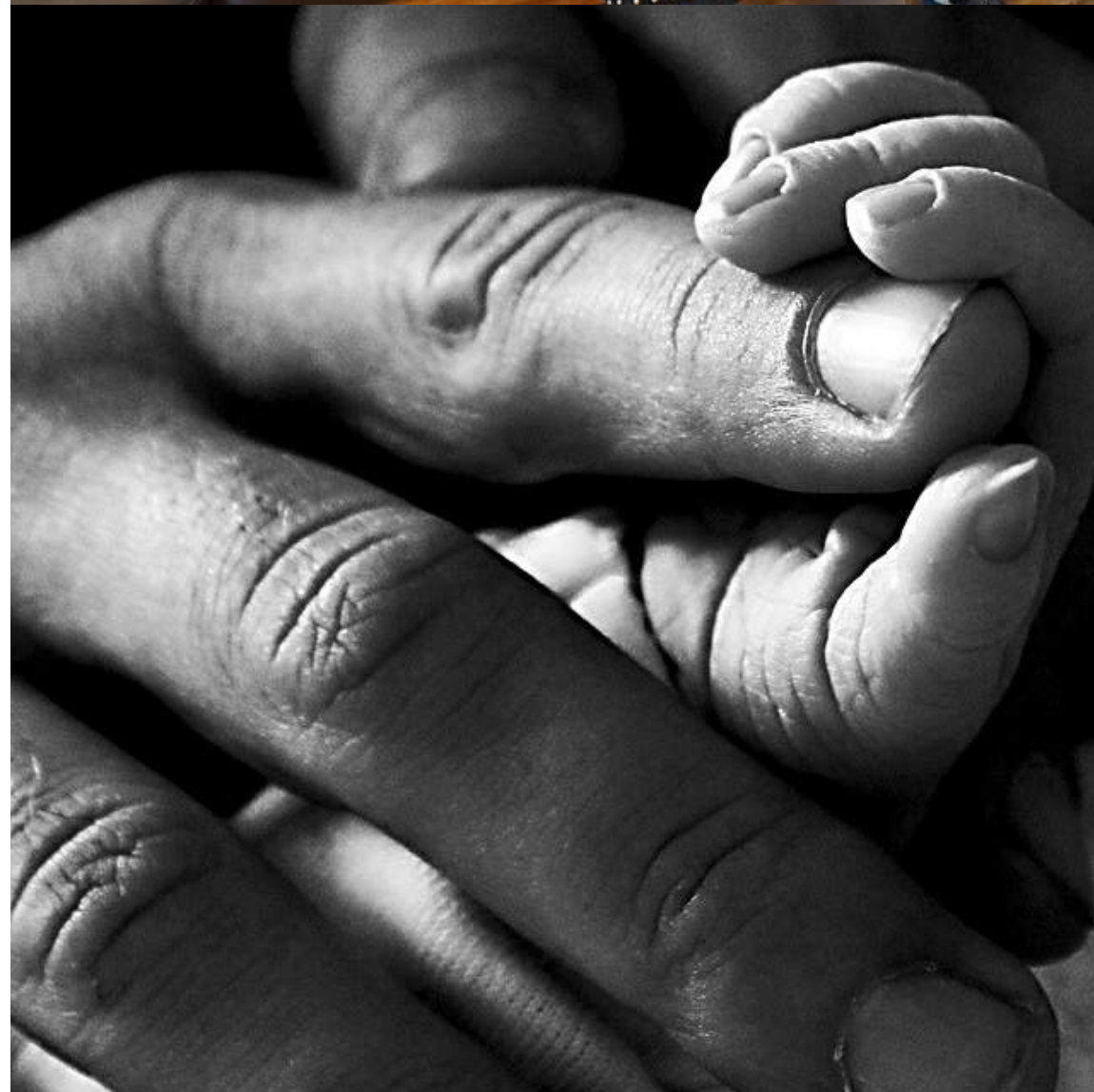
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MOVEMENT & BRAIN HEALTH

Movement drives brain development and performance. We know how movement drives brain development in toddlers however, it's easy to forget how movement is required for optimal brain function and for keeping the brain firing on all cylinders too. Movement sparks neural messenger activity from joints, tendons, discs and muscles which have direct pathways to the brain. It promotes co-ordination and complex processing, so when moving it isn't just the body that is getting a work out. You are flexing the mental muscle, pumping the neural networks and activity centres in the brain too.

Virtually all movement is good movement yet that which is upright, dynamic and challenging is even better- especially when it comes to brain health. The brain is pre programmed to receive fast tracked input from movement messenger signals especially from the spine, upper neck and hips. The more you move these key areas, especially in an upright and dynamic way the more cellular firing, brain activity and triggering of these pathways you'll create.



Movement can act exactly like learning a new skill. Dancing, martial arts, hiking, climbing stairs or any activities that require balance will absolutely help brain health.

The role of Chiropractic is to maximise the body's internal balance and awareness so that the brain receives optimal signals from the body. This enhances proprioception and feedback from the body regarding changes in the external world and it's the best way to enhance the adaptability. If you feel that movement is slowing down, it is becoming harder to do what you used to or nigh on impossible to learn a new move, consider [Chiropractic](#). We look to enhance your internal sense of balance, improve your sense of ease and reduce previous restrictions that could be impeding your ability to move freely through this world.

What about brain health? This is another great reason to move! Alzheimer's, Dementia and Cognitive Fatigue are very real risks. Learning a new movement skill can be the best brain training exercise out there. It certainly beats sudoku, crosswords or any other activity staring into a computer screen. Who knows the movement you take on could come with its own inbuilt peer group of cycling buddies, dance partners etc, then there's the added benefit of building a social network too.

When it comes to moving well and moving better just take one step. Start small and take the one step you know you can commit to today. It is key to creating life-long change and forging the path towards fitness and health. One step- that one little thing today that you couldn't do yesterday. Ideally, you'll notice this later in the book, but progression happens with time and as you start small, you'll be able to progress to better and better levels of movement in the future.

What's this got to do with Chiropractic? Checking and adjusting the spine when necessary allows for fine tuning and enhancing body movement. Maximising body alignment reduces any blockages, restrictions or tension in the nervous system and in movement potential. Correct alignment reduces the stress and strain on the joints, muscles, ligaments and nervous system while enhancing ease and freedom of movement. It helps to reset your balance point to create your optimal movement potential.

POSTURE & HEALTH STATUS

“Posture is nature’s way of expressing energy”- Dr Tim Brown. The healthiest and most dynamic version of you has a vibrant, robust, upright posture that can best support and enhance your movement and journey through life.

An upright posture is about more than just the health of your bones. Yes, your spine is the “back bone” and the principle framework or foundation of your entire posture. Yet the importance of spinal health and posture is often misunderstood. The old saying “if you wore your spine on your face, you’d take better care of it” is nothing but pure sarcasm, yet it is easy to devalue spinal health. The spine forms the framework of our bodies and torso. It’s the literal anchor for every muscle of the body, even the arms and legs integrate their movement through the spine. However, this misses the fact that the spine houses and protects the spinal cord or nervous system. Every function we do is transmitted through the nervous system. It is the information superhighway that controls breathing, heart rate, digestion, movement and sensation.



Posture allows for the fullest expression of your nervous system and your energy potential throughout life. Posture improves the body's ability to transmit, receive and harness messages and/or input to all major organs from the heart, lungs and stomach to the working muscles and joints.

Keeping spinal curves close to their optimal alignment should be a core tenant of any health care and lifestyle wellness approach. It certainly is of Chiropractic and postural enhancement helps to keep the spine in the most ideal 3 dimensional orientation possible. Spinal alignment can maintain and restore the disc/vertebrae relationship where each disc acts as a cushion neatly inserted between the body of two adjacent vertebrae. The gel like nature of healthy discs allows them to act as nature's shock absorbers able to absorb the stress and strain of this gravity rich world. When centred, disc height is optimal allowing maximum compression and comfort. Naturally, discs lose height throughout the day and it is during sleep when discs naturally reabsorb and rehydrate. If you're unsure just how much compression discs absorb each day try measuring you morning height versus your evening height over a week's period. Chances are your morning height is 1-1.5 cm greater than your evening height and it's the disc height that you are losing and resorbing each day and night. Similar to any shock absorber, disc's ability to do their job depends on placement. If the disc is not directly in between the surrounding vertebrae, if the vertebrae is off centre or the pressure is uneven, then they will stress and wear away much quicker. Any increased wear and tear of the disc results in an increased firing of disc pain receptors, increased joint or bony spurring, arthritis, a significant loss of movement and increased stiffness to the area. The transmission of vital nerve impulses and blood flow through these damaged areas is hampered and both healing and health can begin to slip down a relatively slippery slope of decline.

It is never too late to enhance your posture. As with many aspects of health and performance, all movement is good movement especially when it's performed in the right direction. Postural improvement can begin as simply as lifting one arm, leg or even nodding your head. For more self-improvement postural tips and exercises, check out the final section of this book. To get a real postural kick start, give us a call @ [Transitions Chiropractic](#)-your postural enhancement experts.

A LIFE OF EASE

Ever noticed how your health can feel like it is on a sliding scale? In the book “The Curves of Life” natural spiral formations are highlighted in many areas of nature and life. Our health I believe it is no different. One of the big similarities is that the activities we do, the outlook and the actions we take has the potential to positively uplift and build on our health or negatively subtract and diminish our health.

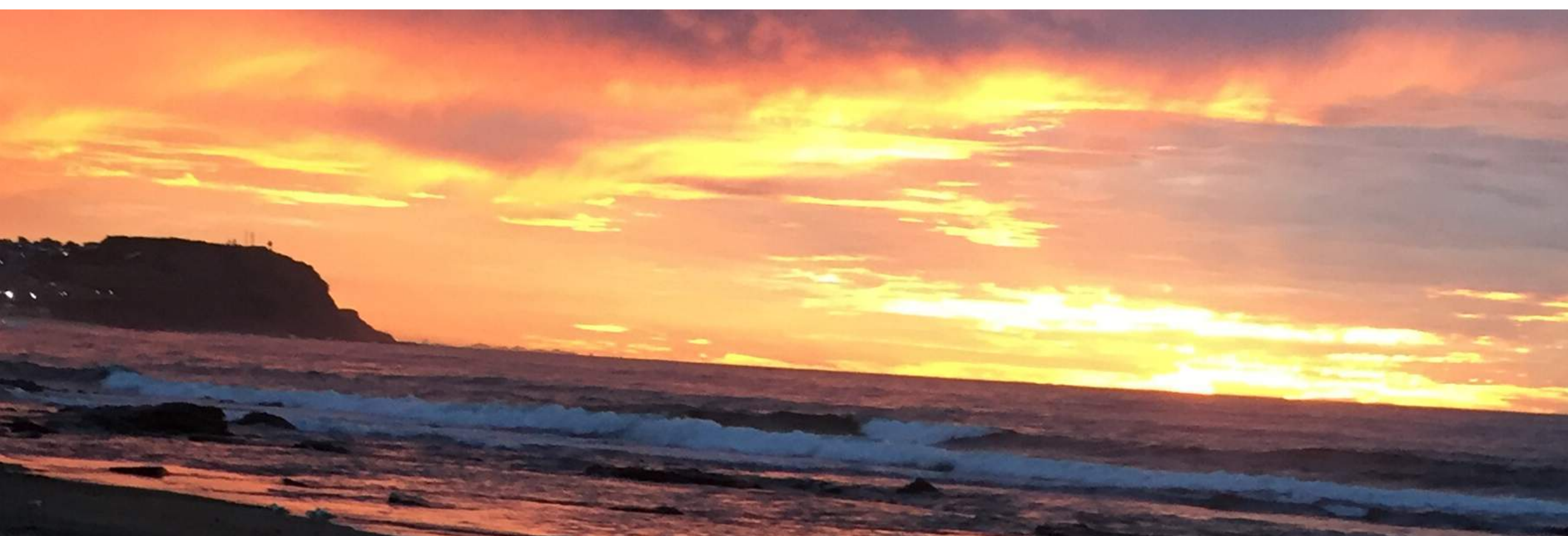
Think of this sliding scale when it comes to activities of everyday life, walking upstairs, balancing or even picking up the grandchildren. For many, in an adequate stage of health none of these tasks cause any problem. So why should we work to keep them? The answer, unfortunately is that these 3 tasks are not hard wired into our DNA- they are skills, a product of training. Given our health is a sliding scale so is our fitness. There is no maintenance or “healthy plateau” platform we could do a task or a skill before, that we’d be able to continue to perform it well for the rest of our lives. It’s akin to wondering why Sir Roger Bannister can no longer run a 4’ mile- his health and fitness changed with time. We are either sliding up or down the scale and to keep our balance, our ease of climbing stairs, our ability to pick up 2-22 kg grandchildren (often at awkward angles and positions)- it takes work.



Through caring for yourself and for your body you'll gain the most enjoyment out of life each and every day and each and every step of the way. Health is not a given right or a blessing. It is a privilege and a skill that needs to be continually worked on. Professionally, helping people harness maximum health is what I have focussed on my entire career. As a Chiropractor, yes I've helped thousands of people whose principal concern has been to get out of pain however, is it really possible to be in pain and healthy at the same time?

If a vibrant, energetic life is on your wish list I postulate you may have to work at it. How hard will you have to work? The beauty is that is entirely your decision and I believe the answer comes back to just what is it that you want from this life. Do you want to be able to play with the grandkids when they are 20 just as dynamically as you can when they are 2? Do you want to be able to climb stairs without reliance of the hand rail? Do you want to tiptoe your way around a household of kid toys or bathe your great granddaughter without a fear of not being able to get back up? How about not worry about tripping over, losing balance and causing serious injury?

The final section on movement tips will help you continue to build on your sliding scale of health. Continue to chip away, make progressive improvements to your health and well-being and minimise the slide towards pain, disease and ill health. To really move your scale along, revitalise and nurture your future self - consider Transitions Chiropractic. We truly believe you have the ability to live a vital and dynamic life. Sometimes we just need a helping hand to get there. According to Lou Holtz "in this world you're either growing or you're dying so get in motion and grow."



ACCESSORY TIPS & TRICKS

De-stressing the Nervous System. No surprises, I am a huge fan of Chiropractic. This art and science of checking the body for sites of spinal interference and adjusting when necessary does a great job of decreasing our own internal stress response. In this modern, mechanical world our nervous systems are constantly bombarded with stresses we can't control. The one thing we can control is our response to them. Chiropractic will help to align and destress your nervous system from the inside out. Ideally we want to help you find that ideal balance point between the constant flurry and acceleration of life. Let's dive in and find the relaxed, recovery, switch off time that's enjoyable and where the true healing and health happens.

Sleep – Is just awesome! If you are human, by definition you are built to exist well on 7-9 hours of sleep each and every night. According to Dr Matthew Walker, author of [“Why We Sleep,”](#) sleep debt is one of the biggest causes of premature aging today. Sleep deprivation is associated with a plethora of health related risks from heart disease to stroke and it weakens our immune system making us more susceptible to other illnesses and disease processes. If Alzheimer's is a risk, then deep sleep is a must. Tau proteins build up in the brain forming plaques. If it were elsewhere in the body, the lymph system could flush away these protein deposits, yet there is no lymph system in the brain. Deep sleep is the only time when these plaque build ups are naturally removed.

Hydration- With the human body being composed of 90% water, correct hydration is vital. Especially regarding organ, skin and tissue health. This could never be more important than when considering healing and recovery. Every tissue, every cell needs to be hydrated if it is to survive, grow and reproduce. Given each and every cell in our bodies is completely regenerated and replaced over a 7 year window, the choice of replacing your cells and tissues with healthy vibrant cells is up to you. Electrolytes can be amazing for improving your hydration. They give the water a positive charge which helps bind to the water so the water molecules can more easily penetrate into the tissues, organs and cells.

Mindset- “The mind is everything, what you think you become”- Buddha. Although the physical make-up of the mind isn't exact science, there is one thing that is true. Our thoughts directly influence every action and response of our body. It may not be as simple as thinking yourself healthy, but is positive aging on your wish-list? Your mind must think it and believe it to allow your physical body a chance to flourish and perform its best. Again in the words of Buddha, “what you think you become, what you feel you attract, what you imagine you create.” Think and feel a healthy, happy, vibrant version of you. The story you tell yourself has a lot to do with the story that we all get to see and read too.

Fuel – How do you fuel? There's more to food than just calories. Everyone can see that there is a difference between a 100 calorie apple and a 100 calorie piece of chocolate. Food is energy for life and if cells are replacing and regenerating every seven years, having the strongest cells build from the best fuel possible is vital. Similarly food can be extremely inflammatory. Processed, highly refined foods and complex sugars are very hard for the body to break down. This can spur an inflammatory cycle and if you've unfortunately suffered from Gout or Rheumatoid Arthritis, you'd only be too aware of the triggering that food can have on inflammation. The answer with food can be relatively simple: J.E.R.F. Just Eat Real Food. Sure there isn't a quick fix, meal replacement or pill for this, but if longevity and health is your end goal consider J.E.R.F. As the saying goes, “if you don't recognise what's in your food, you can guarantee that your body won't either- J.E.R.F.”



THE MOVEMENTS OF LIFE



As mentioned above, movement is a critical component of a life well lived. Movement helps us gain more out of our lives and more from our bodies. Unfortunately, there is almost no genetic hardwiring or concreting of movement capabilities within the body. Different areas of movement need to be trained and built on again and again. One of the first times I asked a client how he treated his body, he laughed loudly- "like an amusement park." It was a beautiful response, yet even the best amusement parks have ride attendants and maintenance workers. This next section divides movement into 4 separate categories:

Balance (p 14)

Strength (p 15)

Coordination (p 17)

Posture (p 19)

In order to help you make the most of your time and this ride of your life, be your own maintenance worker. Take care of your amusement park while continuing to be "Aware, Able, Adaptable and Abundant." Enjoy the ride.

THE MOVEMENTS OF LIFE

Balance

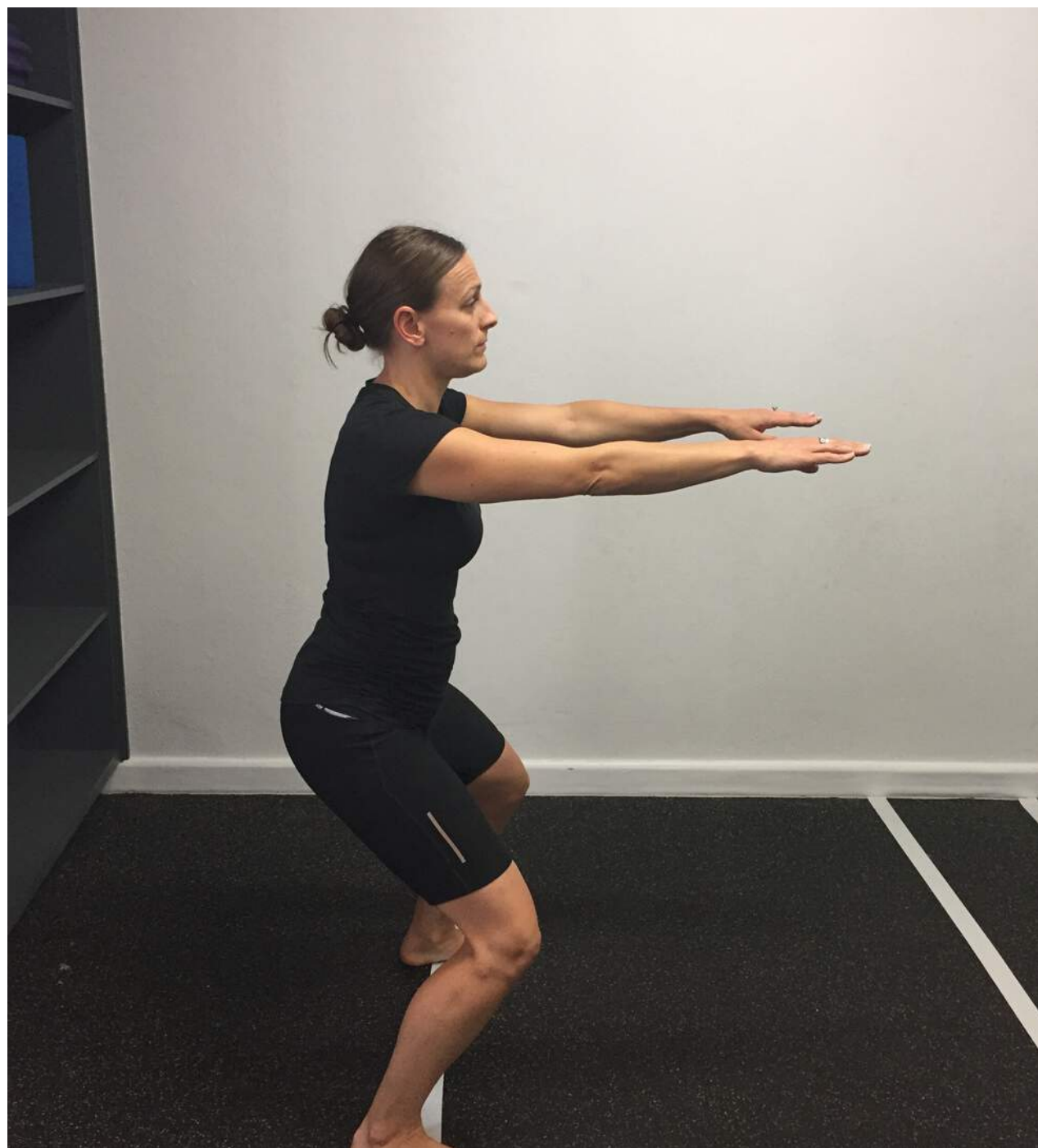


Balance requires a huge amount of sensory processing from our eyes, inner ears, feet, upper neck and pelvis. These 5 areas have the densest supply of balance rich receptors throughout the body and the speed of their transmission to and from the brain is critical to keeping us upright. Yes there are balance centres in every joint and muscle, yet these 5 are the most critical.

In the [video link attached](#) we have gone through single legged balance. To take maximum advantage of the feedback and information from your foot, pelvis and neck, maintain good and upright posture with all balance exercises. With balance training, start with what you can do. If you need wall support, take it. If you can balance well on level ground, brilliant. From here, the easiest way to challenge your balance is to try to perform a calf raise while balancing on one leg or to simply close your eyes and hold that same balanced posture for 30-60”.

THE MOVEMENTS OF LIFE

Strength

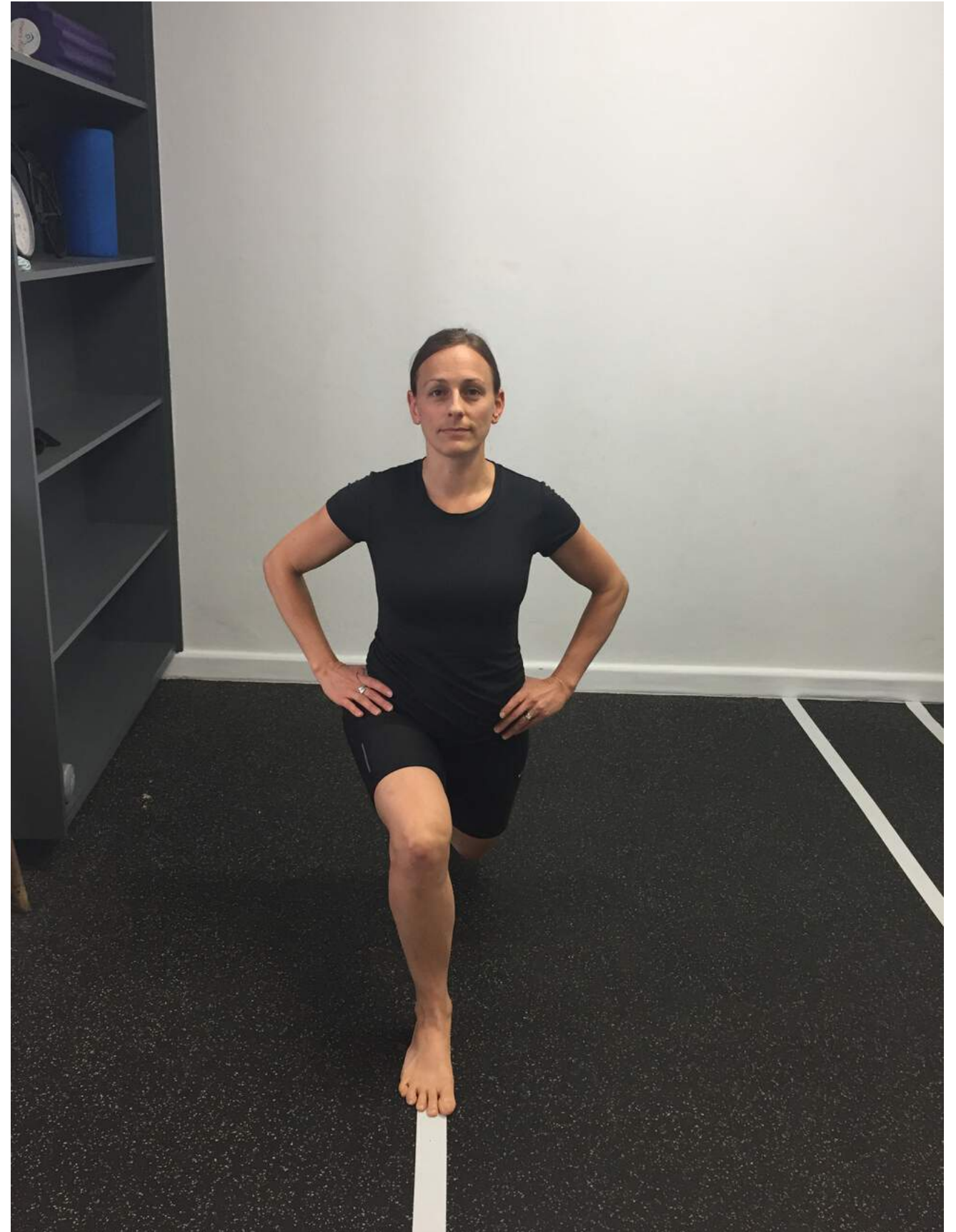


The first thought of strength is often some sweaty, puffing and panting body builder, yet this has almost nothing to do with the strength that we need day in and day out. True- we want to have a strength surplus so that we have more than enough potential to handle the stresses and strains of life. Yet, it is functional strength that we are after. The jumping toddler, heavy suitcase, hours gardening and loads of groceries are just a few of the times we need strength each and every day. This strength program isn't designed for elite or Olympic training, we care about your octogenarian Olympics. What strength and movements will you be capable of performing when you are 80? Conversely this leads to what lifestyle tasks will you be performing at 80? It might be time to start training....

In the [video link attached](#) you'll notice that these strength exercises all start with the squat and they are whole body movements. The 3 basic strength requirements for your body is to lift, push and carry. So if you can squat, then chances are you can do almost all that you need. Again start with good upright posture, keep your feet shoulder width apart, arms out in front and slowly lower yourself into a squat position. It's akin to trying to lower yourself into a seat behind you. By all means use a partner for support or just focus on one part of the squat: the lowering or the raising. Please keep your feet flat meaning don't let your heels sneak off the floor. Once you can do the up & down movements and kissing the chair lightly in the pause between, then it's the ideal time to try the lunge.

THE MOVEMENTS OF LIFE

Strength

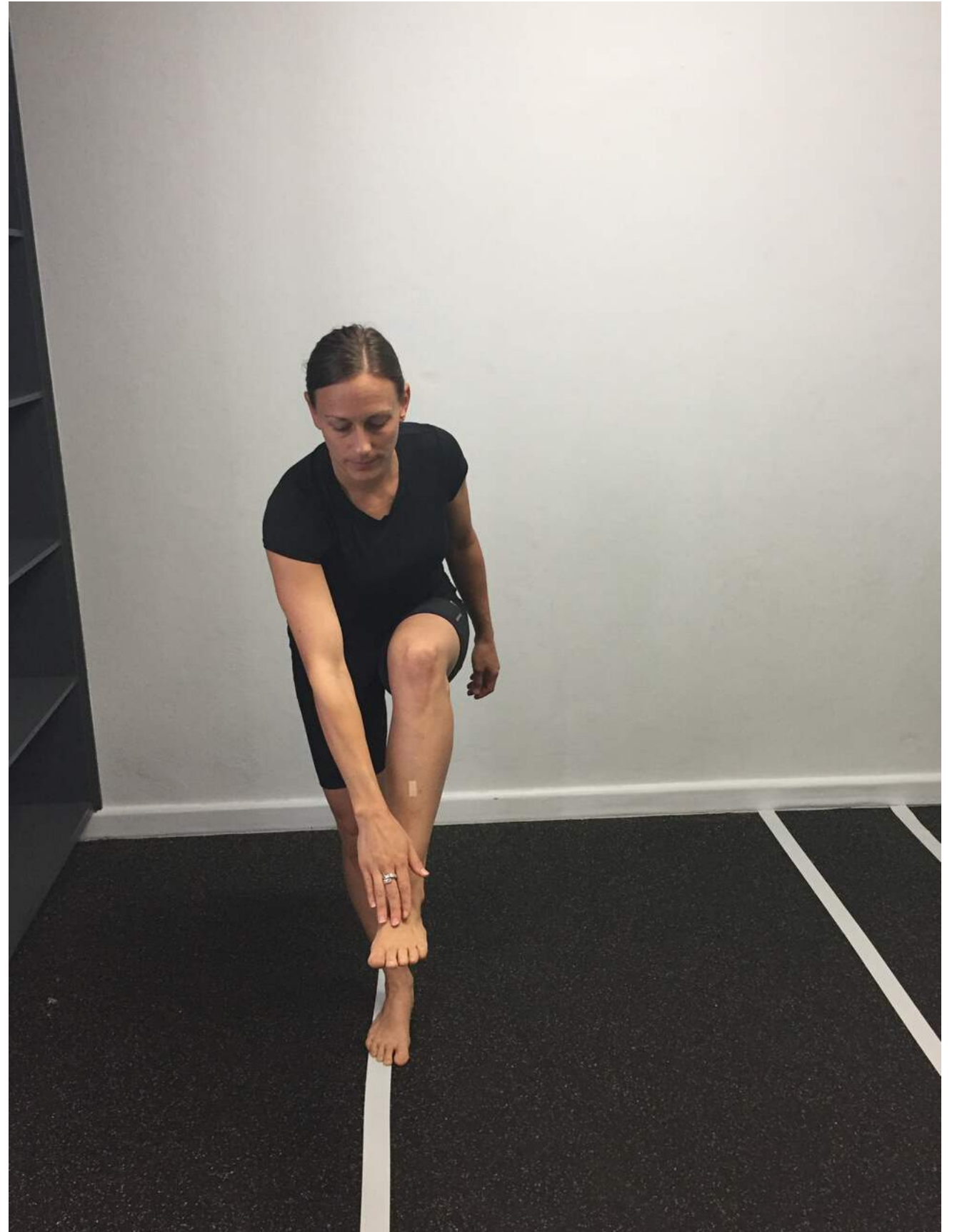


Lunging will add more balance to the equation as you isolate the active phase of the movement exaggerating the coordination required. With feet shoulder width apart step forwards with the left leg, then keeping your torso upright, lower the rear knee towards the ground. To complicate either the lunge or the squat, try adding a twist or carrying a heavy object. The object wouldn't have to be even as the use of an uneven weight would require much more muscle coordination and balance to maintain an upright and efficient posture.

You may have noticed that I've missed the upper body. Honestly, it's because if you can effectively train your lower body you are doing what is needed. For upper body if there were 2 simple things: #1 stay aware of upper back posture when performing the squats & lunges and #2 if the opportunity presents itself or if you have access to a chin up bar or a similar object – hang. Simple hanging with the help of gravity is far and away the best upper body workout for strength and coordination. Even your diaphragm and lower back gets involved.

THE MOVEMENTS OF LIFE

Coordinate



Is coordination truly different from strength and balance training? I'm really glad you asked. The answer is no- it's all completely linked. Yet by separating it here ideally we can illustrate some specific coordination movements that virtually each and every one of us never take the time to deliberately train. If muscles and neurons that fire together wire together and the stronger these connections the more robust in nature they are, perhaps it's worth actually training our left and right.

In the [video attached](#) you'll see a few examples of coordination exercises that start with the same universal principle of crossing the left side of our body over the right and vice versa. In a seated position this could be as simple as taking your left elbow to the right knee. Sure, walking is technically a coordination exercise, yet if we fail to swing our arms then the actual training benefit is limited. Taking it back a step to crawling really exaggerates the left/right balance and activity. Once "baby" crawling becomes easy, try getting up on tip toes, crawl like a bear, a lizard or even army crawl.

THE MOVEMENTS OF LIFE

Coordinate



Similar to crawling, left to right rolling is another skill that we should actively train and encourage. It is also a skill we can complicate. Try getting on the floor and only using the right arm, roll yourself onto your stomach then back again. It's much harder than first thought. Can you do it individually driving the movement with just the left then right arm, then with your left and right leg? I'd almost bet that there's a weakness with one of these movements....

THE MOVEMENTS OF LIFE

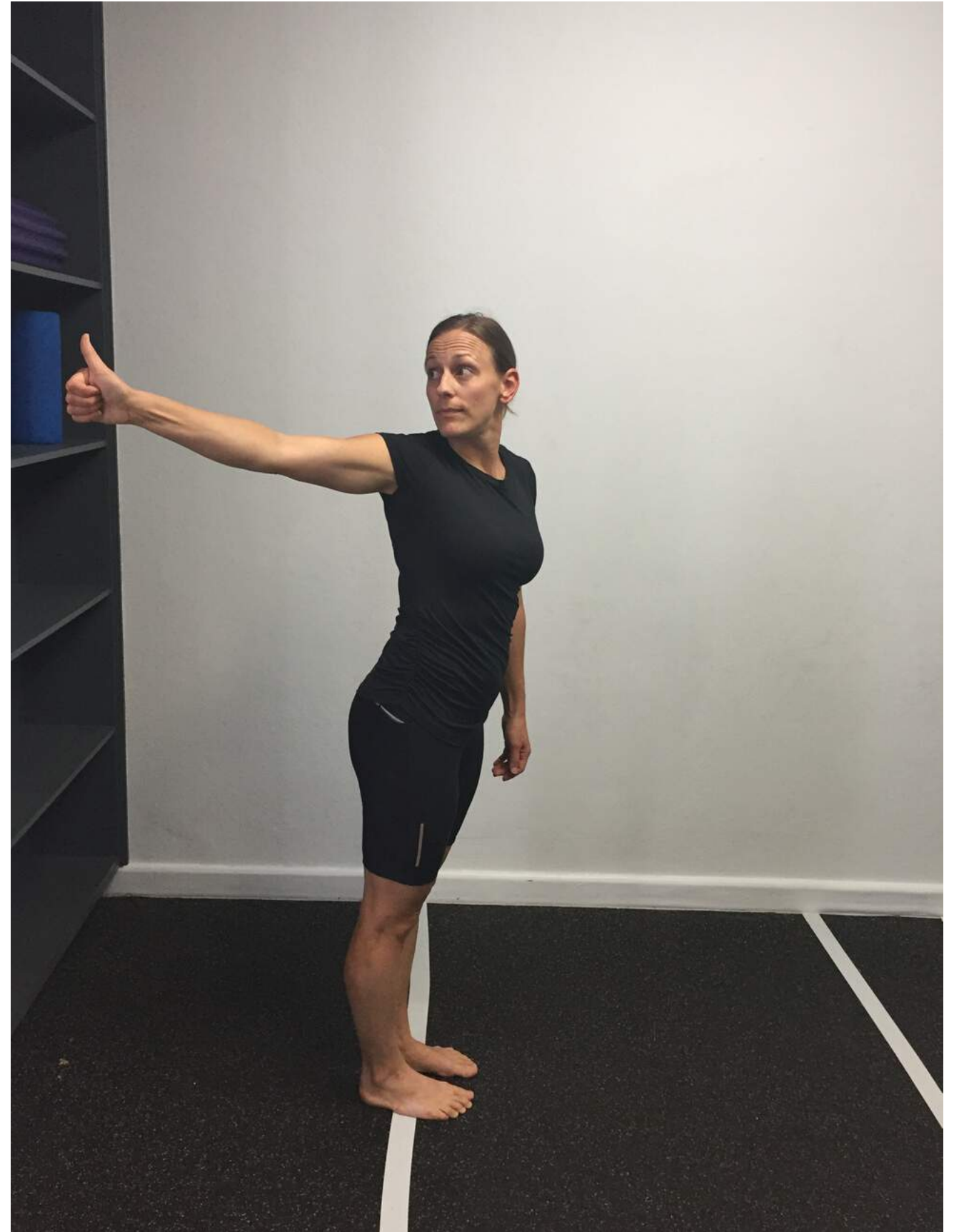
Posture



As with coordination, postural training has already begun. The moment you opened this book and became aware of your posture was the moment your training started. You've been building your posture with the balance, strength and coordination work you've already done. For the point of breaking it down into bite sized, sequential chunks, here we dive into some side to side and rotational movements to ramp up postural improvement. To dispel the biggest myth of posture is that posture is more than front to back. Our strongest, most supportive postural muscles actually train best in side to side, lateral and rotational movements. So if you really want to change your posture, take a side step and twist.

THE MOVEMENTS OF LIFE

Posture



In the [linked video](#) you'll be able to see an illustration of some of our favourite lateral movements. Walking side to side with the feet in an almost skiers stance facing forward helps to build glut and lateral lower back muscles. These dense muscles anchor the hips, lower spine and rib cage. If these muscles are strong, they provide great support and leverage for hips and knees too. For the upper body, raising the left arm as high as possible toward the ear while preferably looking towards the left hand strengthens and supports the left neck, shoulder, mid and lower back. Similarly with hands starting out in front, rotate one arm up and behind you while fixing your eyes to the moving hand. The rotational muscles of the upper neck are those most subject to postural fatigue, especially that which occurs from too much sitting. Slowly but surely add repetitions to these movements and add strength and support for your posture too.

SLOWING DOWN THE BREAKS

Three of the big fears of aging include falling, stairs and not being able to play with grandkids. We believe that between your own innate power and Chiropractic, we can help. We know as we age we stiffen. Movement gets harder and imbalances, misalignments, wear and tear happens. Transitions Chiropractic aims to bring your body as close to balanced again as possible. Like a wheel alignment for your car, when your body's aligned you get a smoother, more comfortable ride. Once the foundation is in place, regular maintenance keeps your vehicle running as smooth and as comfortable as possible, ready for any bump in the road.

Hopefully the above information has helped shine a light on just some of the body maintenance work that you can do in the comfort of your own home. We'd love you to share this with any and all of your friends any family. There's never a better time to start training your body. The path to optimal health is slow, but steady. Keep slowly adding to the upward spiral of your health, continue to build, shape and create your mountain. Who knows just how high you'll reach.

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