

# 8 Weeks to Wellness Program

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Pure Wellness

Chiropractic~Massage~Functional Nutrition

## Slide 1

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# Overview of Health and Wellness

- Workshop 1: Overview of Health and disease
- Timing is everything.
- Start now to promote health during the upcoming holidays and beyond!!

# Who Am I

- Clinic Director and Owner of Pure Wellness in Washougal
- Chiropractor
- Fellow in Functional Medicine
- Certified in Whiplash related Motor Vehicle Injuries
- TMJ Dysfunction Specialist

# What is Health and How do we Create it

- Is it the Absence of Disease
- Absence of pain or symptoms
- Or is it the optimal functioning of the body

# Are we healthier today than our ancestors were 20, 50, 100 years ago?

- Disease prevention (infection)
- Chronic illness
- Acute illness
  
- Have things changed for the better?

# Life expectancy

- Progressively increasing Until...
- This past year it was noted that our generation will not live longer than the previous generation for the first time EVER!!!

# What is really happening with our health

- Genes
- Lifestyle



# What does your life look like

- Possibility
- Wellness Approach
- Probability
- Sick care approach

**PROCRASTINATION: The Thief of Health!!!**

# TIME TO ACT IS NOW!!

- We must get out of simple Awareness and into ACTION!!
- What will it take to start taking care of yourself on a daily basis instead of a crisis basis?
- The crisis of Chronic Illness is sometimes too late to act.

# What Degrades our Health?

- Not enough of things that promote health
- Tooooo Much of things that degrade our health!!
  
- It's that simple...

# Common Stressors to the human body

- Physical
- Chemical
- Emotional

# Physical Stress

- Sitting
- Lifting
- Accidents
- Trauma
- Posture
- Slips/falls
- Repetitive  
movement
- Poor ergonomics
- Subluxation

# Chemical Stress

- SUGAR
- alcohol
- Processed foods
- Pesticides
- Herbicides
- Air pollution
- Caffeine
- food additives
- Chemicals
  
- DRUGS

# Emotional Stress

- Poor Self Talk
- Stressful job
- fear/anxiety
- death
- no free time
- work too much
- no vacations
- Negative outlook
- family conflict

# How does this create Disease?

- Stress triggers the Adaptive Stress Response (AKA fight or flight stress response)
- Normal Physiology in the short term
- Creates chronic illness and changes to genetic expression in the long term.



# Early Signs of Stress Response

## Causes an Increase in:

- Blood Pressure
- Heart Rate
- Cholesterol
- Clotting factors
- Blood sugars
- lipid levels
- sensitivity of sensory organs

## Causes a decrease in:

- immune function
- short term memory
- ability to concentrate
- levels of hormones
- serotonin (depression)

# How do we fix it

- Add more of what our body needs to be healthy
- Reduce or eliminate the stress on the body.

# Recipe for health

- Healthy Nutrition
- Appropriate amount and type of movement
- Positive mental state
- Strong frame and coordination of information within the body
- Adequate Sleep for body repair

# Importance of health: Where does health stand as a priority for you

- Social
- Career
- Mental
- Spirit
- Family
- Leisure

# Most common emphasis on health

- Most people neglect their health until they lose it or have a problem, after which they will give anything to get it back. Unfortunately, it's usually too late to fully regain their health

# Best time to focus on health

- While you are still healthy
- Early signs of disease or illness

# What's next

- Week 2: Nutrition: A new model
- Week 3: Hormones
- Week 4: Sugar and health
- Week 5: Inflammation
- Week 6: Time to Move: Exercise done the right way
- Week 7: Mental Stress
- Week 8: Progress Celebration