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# Dr. Jeff Donahue's Health Yourself Newsletter

“Measure and Improve Your Health and Wellness”

## Who we are...

*Dr. Jeff Donahue, DC, L Ac.*

Welcome to the “Health Yourself” newsletter. I would like to be your resource for helping you obtain, and maintain, the health and wellness you desire. My format is simple. Each newsletter will cover the 3 dimensions of life and health; the physical, the biochemical, and the emotional or energetic side of life.

What I offer is a way to test the balance within each dimension of your life, and ways to improve that dimension. I believe that your body is an incredible healing machine, and there is no greater machine, drug, procedure or doctor that can heal your body better than itself. However, your body can only accomplish this without interference, as stresses on the body can become too great, and overload it.

My goal is to expose you to concepts of health and wellness that you might not normally consider throughout your day, but are vital to increasing your health and wellness.

## The Physical Dimension...

We are spirits having human experiences. Although I believe our spirit is eternal, limitless, and without end, our bodies are the finite vehicles within which that spirit expresses itself. Hence, physical health and wellbeing are paramount to the unhindered expression of spirit. Within our context, physical health will encompass the muscles, bones, joints, tendons and ligaments that encompass the framework of our bodies. This physical system is not just a means of movement and power, but essential to the flow of blood, digestion, organ function, and energy balance. Without the physical body and movement, we require machines to keep us alive, hence we are nothing without movement.

### **Shoulder movement and balance**

The shoulders are responsible for anchoring our arms to our bodies, and providing a stable base from which to move those arms, as well as providing a stable base for our neck and our head. It is essential for the shoulders to be balanced on our torso; commonly they



are found too far forward, pulled by the powerful chest (pectoral) muscles, and the back muscles (lattissimus dorsi). It is the constant stresses of prolonged positions that establish muscular and postural imbalances; these cause corresponding weakness and tightness that affect our physical, as well as our biochemical and emotional/energetic function. During seated postures, the chest and back muscles shorten with the shoulders forward (like in using a computer and a mouse), and continue to keep the shoulders pulled forward. As the shoulders move forward, so does the head, which then requires the upper trapezius muscles (top of the shoulder muscles) to tighten to support the forward head. This can cause jaw problems (TMJ), neck and shoulder pain, headaches and migraines. Additionally, the tight chest muscles and forward shoulders put pressure against the ribs, which limit deep breathing, and, to a certain extent, heart function and blood flow. Digestion can be affected, as well as sinus issues and swallowing.

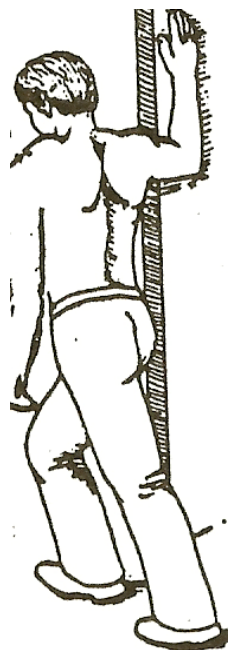
**To test if you have shoulder tightness:**

Lie on your back, legs straight out. Keeping your elbows locked, bring your arms straight over your head and bring your arms, forearms and hands in contact with the floor over your head. If you able to do this, then you have full shoulder flexibility. If you can't get your upper arms, forearms, or hands to touch, you most likely have tight chest

and back muscles. PS- you shouldn't have to arch your back to get your arms to touch.

**Restoring balance:**

You can perform the doorway stretch as shown. Stand in a doorway, with one foot forward, and the other back. Rest your hand, forearm and elbow at the edge of the doorframe, with your elbow at least shoulder height, preferably a little higher. Lean into the door frame, like you were walking out the door. You should be leaning forward, with your weight on your front leg. Bend or straighten the leg to adjust the amount of tension you feel on your arm, (don't push with the arm- let your body weight initiate the stretch) which you should feel as a stretching sensation in your chest and front of the same shoulder. Hold this stretch for 30-40 seconds. Perform on both sides, 2-3 times on each side. Do this stretch several times during the day to start to bring balance back to the shoulders.



# The Biochemical Dimension...

*You are what you ate.*

When you consider issues within the biochemical dimension, which means organs, blood and nervous system functioning, the most important system is what? (If you guessed the digestive system, you are absolutely correct!) When we first start life as a mass of dividing cells from the union of the egg and sperm, the first major differentiation this blob takes is to roll the tortilla like blob into a taco shape, in a sense forming a tube. The outside of that tube deals with the nervous system, the inside of the tube is the digestive system, from which each of the internal organs "bud". As this is the first system, it is the most important, because without proper digestion, absorption, and elimination, our cells don't get the proper nutrition and fuel they require to operate efficiently and effectively. If your digestive tract isn't working up to par, whatever you take internally, whether that is food, supplements or even drugs, these won't be broken down properly to be assimilated. It is therefore imperative that we help this system to function at optimum, so that all other systems, and the whole, can do the same.

**Bad acid trip**

One of the most neglected areas of digestion is the consideration of

stomach acid. Most of us would believe that we all have a tendency to produce too much acid, as may be evidenced by the deluge of advertisements for Tums, Roloids, Alka- Seltzer, Prilosec, and Nexium. Quite the contrary, our bodies efficiency tends to decrease as we age (which, in an ideal world, shouldn't happen), and we produce less of the bodily fluids needed, stomach acid being one of them. The problem is that the symptoms of this concern are much the same as it is for producing too much acid! Please go to my website for more information on why this is, but for the sake of this newsletter, please accept this fact, but, you may be skeptical. I'm going to demonstrate that this may be the case in your situation.

**Symptoms of too little stomach acid:**

- Indigestion, "sour stomach"
- Excessive belching/burping/bloating
- Gas immediately following a meal
- Sense of fullness during and after meals
- Poor appetite, or disinterest in food
- Offensive breath
- Difficult bowel movements
- Difficulty swallowing
- History of anemia, unresponsive to iron,
- Spoon shaped finger or toe nails

- Cracked, splitting or weak nails
- Loss of hair
- Sores in the corner of your mouth

If you have these symptoms, your body may be producing too little stomach acid. Here is an easy way to find out if this is the case.

**Home test for too little stomach acid:**

If you currently take Tums or other OTC drugs for either GERD (gastro esophageal reflux disorder), you will want to temporarily go off of these to see if this test works. As well, try not to drink a lot of water during the meal(s) you test this with.

After eating, immediately take a tablespoon of either apple cider vinegar or concentrated lemon juice with 2-4 ounces of water. Observe what you feel- does it help your gas, bloating, indigestion or reflux? Do the symptoms decrease or totally subside? If they do, then this is evidence that you may have too little stomach acid being produced. The vinegar and lemon juice are acids, which help to support the acids that your stomach is producing too little of. Be increasing the acid levels, we reduced your symptoms. You can continue to use this during meals, as this will help, but there are some great products on the market today that will help you accomplish this with less hassle, and less taste (if you don't like the taste of lemon or vinegar). Consult with your health provider for more

details, but make sure that he understands how digestion really works. If you are low on stomach acid, and have been using medications for some time, then you might have started a cascade of issues within your body. Call our clinic today to talk with Dr. Donahue if you have this issue.

## The Emotional Dimension...

*Shifting to higher vibrations.*

Feeling stressed? Our emotional dimension governs our feelings. Our emotional selves, more so than the other dimensions, help to create a bridge between our thoughts, and our physical selves. If we wish to manifest anything in our material lives, the feeling that goes with the thought of that manifestation is the key to bringing that thought into our physical selves. Whatever feeling is occupying your body is what you are manifesting, despite what your thoughts may be. If that feeling is fear, or despondency, you are creating a physical manifestation of that in your body. Perhaps you are thinking about opening a business. You want to create an atmosphere of hope, of achievement, of prosperity. Those feelings are of confidence, of strength, and love. Having feelings of fear and loss of hope, despite our thoughts, end up creating more fear, and more despondency.

How do you change feelings into something positive, even if you may not be feeling that way?

The key is a technique called anchoring. This means bringing into our memories an event that has with it the feelings that we desire to have. Perhaps you spent a great day at the beach sailing, or remember that feeling of giving a great speech to a crowd. Whatever it may be, it just needs to bring into your body the feeling of that joy, peace, or excitement that is tied with that event. Really *feel*

everything you can about that event, and when you are thoroughly immersed in those feelings, bring thoughts of the new event into your consciousness, while holding on to the old feelings. Try then to see, and feel, the new event with the great feelings you brought back from your memory. You have just established a new feeling, literally a “vibration”, with the new event. We know that like attracts like, so the new event will now be paired with a good vibration that will attract more of the

same. As an illustration; remember what it feels like to be in love- how great you feel, and notice that when you feel that good, other good events come to pass during that time. Likewise, recall times when you might feel “down” in life; that seems to bring other “not so positive” events to our lives. Practice is what makes this work. Secondly, and as important, is the practice of meditation. More on that next month.

Start the New Year relaxed and confident!

## Massage with Kris Kovacs

Bodyworker extraordinaire, who will go as light, or as deep as you prefer.

Work out the kinks, relieve the tensions, and say hello to a great new year, and a great beginning.

Special offer good to February 14th, 2009

**One hour massage for only \$45.50**

**One and a half hours for only: \$66.50**

Please call our office or visit our website to schedule your massage TODAY!

## *\$40 to \$125 Savings!*

Save 50% off your first visit with Dr. Donahue.

Good until February 15th, 2009. Just mention this offer when you come in for your first visit.