

"The Golden Rule *Keep your Curves*

Is there a way.....

to suffer less back pain?

Feel less tension around your neck and shoulders?

Help reduce your headaches?

Have your spine last longer?

The answer is YES and it's a chiropractic secret.....

In the following few paragraphs you'll learn an unbelievably simple and astonishingly effective way to keep your spine (your life line) safe. The great thing is because it's so easy you'll remember it forever and you'll be able to pass it on to your friends and family.

These days we sit a lot. This presents a bit of a problem because we're not designed to sit for so long. Most office workers will sit at least 7-8 hours each day. While you may not be able to stop sitting, you will be able to make some important changes that will help reduce the stress on your spine. Many common conditions may be caused and worsened by poor sitting posture. Things such as neck pain, lower back pain, carpal tunnel syndrome, tennis elbow, sciatica, headaches, the list goes on

LET'S do an experiment.....

With someone standing if you look from the side you should see a forward curve in their neck and a forward curve in their lower back. If you're standing you can actually feel the forward curve in your lower back with your hand, it will curve away from your hand. The same is true for your neck which normally will have a more obvious curve.

NOW.....

What happens to your lower back curve when you sit really lazy and slouched?

It bends the opposite way!
That is a very stressful position for your spine and it's how most of us sit in our cars, in our chair at work, on the couch at home. Once you lose your lower back curve it makes it harder for you to keep your neck curve also.

In order to keep your spine strong and safe you need to maintain the natural curves

present on standing, when you are sitting. Remember the **feel** of your natural lower back curve while you were standing. If you're lower back doesn't feel



the same when you are sitting change your position so that it feels very similar.



Think about it in another way.....

Think of a successful business person, a winner at Wimbledon, someone that has just won the lotto. *What is their posture like? Do they have their spinal curves? YES*

They are standing upright and tall, their head is up, shoulders are back, chest is out, they are confident, they are eager to

interact with anything coming their way. It's as if there is a string from the top of their head pulling them up higher. They are holding their spines up with their body. NOT hanging their bodies off their spine.

Now think of someone that has just lost their job, the loser at Wimbledon, someone that has just been declared bankrupt. *How are they holding their body? Do they maintain their spinal curves? Or does their spine look more like a big C curve?* Their head hangs down; shoulders are slumped and forward, slouched at their lower back. They look like they're trying to curl up into a ball and avoid interacting with the world around them.

How would you prefer to live your life? Looking like a winner I'll bet!

You can apply the golden rule to a whole host of situations. One obvious one is when you're getting new furniture at home or work. You'll be able to select better as you know how to keep your spine strong, safe and happy.

You may be able to support your lower curve with a rolled towel if you're on public transport. You may decide to put your computer monitor up on some phone books to allow you to keep your head up higher.

If you're not sure how to achieve a good solution for YOUR postural dilemma ask either Scott or myself next time when you're in for your adjustment.

In a nut shell:

- 1) Stand up. Feel your lower back curving away from your hand. (You need to keep this curve to keep your spine strong and safe.) Keep your curve when you're sitting.
- 2) Make sure things you are looking at are at a good height and not too far down. This will ensure you keep the natural curve in your neck, keeping it strong and safe.

You're now armed with the golden rule of keeping your curves; see how many people you can help!

FOLLOW THE **GOLDEN RULE** AND **KEEP YOUR CURVES**

Eric Topcu B.Sc. Chiro., M. Chiro.