

Invest in a Health Reserve

We all know what it feels like to be doing well and experiencing good health. As we age it seems that it becomes more challenging to stay in this place or experience this place for extended periods of time. Because of our fast speed of life we tend to take care of the “squeaky wheels” in our life. The symptoms of “disconnect” begin to become manifest and result in that sense of feeling off, low energy, constantly anxious, and a slew of other problems reflective of a health-in-crisis state.

Let’s talk about the chemistry of stress for a moment. Your body chemistry changes fundamentally every time you react stressfully. Stress often times starts in the mind and travels directly to the adrenals to initiate the fight or flight response. Heart starts pounding, breathing changes, glucose is released into the blood, the muscles tense, the eyes dilate, and the blood thickens. The average adrenaline rush of a commuter stuck in traffic releases enough glucose into the blood to keep her running for one mile. And where does all of this extra energy and increased alertness come from? The answer is from a diversion of energy from the body’s normal repair and maintenance jobs such as digesting, cleansing, and rejuvenating. So every moment you spend in a stressed out state speeds up the aging process in your body. It’s stressful just thinking about it. And unfortunately what ends up happening is the body goes out of balance and symptoms of fatigue and aging begin to show up in larger and more troublesome ways.

Symptoms are the bodies attempt to communicate that something isn’t right. The more we refuse to listen or acknowledge the needs of our bodies the larger volume of our symptoms turn up. Symptoms are a blessing in disguise and offer the pathway necessary to better care for ourselves. Most people would rather ignore the symptoms than listen to what their body is trying to express. So many of us are addicted to stress and have forgotten how to relax and be fulfilled at the same time. Mindfulness

techniques like meditation can be instrumental in breaking this cycle of stress addiction.

Every choice made to build our health and vitality acts as an investment to our health reserve. Our health reserve is what allows us to stay healthy through stressful times and reflects how much we've invested into it via our attitudes and action steps. Establishing a health reserve can be thought of as creating a 401(k) for our well being and insuring a quality aging experience. As one ages it becomes more important to be able to adapt and recover from the demands of a stressful lifestyle. These faculties are naturally strained as we go through life but there's no reason that they shouldn't be in good working order and highly adaptable.

Change is an inevitable consequence of being alive. A Taoist once remarked that change is just gushing life. Sometimes the gush is welcoming like friendly rapids and other times it's intense like spring run-off through a steep canyon. Life happens and things don't always go our way. Part of the challenge is learning to live with grace so that when we encounter resistance we don't add to it with our own attitudinal friction.

There are several areas that work symbiotically to create a health reserve that has enough staying power to withstand the tough, stressful times of our lives. Chiropractic adjustments, exercise, nutrition, a positive mental attitude, spiritual practice, and detoxification all work in concert to strengthen your health reserve.

As we enter springtime we can prioritize a commitment to our own health and well-being with the intention of increasing the quality of our own lives and those lives that are intimately connected to our own. None of us exists separate from each other though the world likes to paint a picture of fragmentation. Get connected, be inspired, and enjoy the experience of being human.

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