

ANDERSON UPPER CERVICAL

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General Male & Female Health Tips



Top
Tips

Everyone:

- ✓ Stay hydrated all day
- ✓ Get out into the fresh air and sunlight
- ✓ Get 7-9 hours of quality sleep daily
- ✓ Concentrate on making healthier food choices everyday
- ✓ Do at least 10-15 minutes of light exercise daily (walk, step ups, free weights, etc)
- ✓ Don't keep your cell phone directly on your body
- ✓ If you tend to sit for long periods, purposely get up & walk around every hour
- ✓ Limit alcohol consumption and AVOID tobacco/vaping of any kind
- ✓ Learn ways to manage stress in your life (e.g., exercise, meditation, prayer, etc.)
- ✓ Practice correct posture
- ✓ Reduce late night computer/cell phone use to avoid sleep disruption
- ✓ Don't eat at least 2-3 hours before you go to sleep
- ✓ Limit time with negative people in your life – hang out with positive people ☺

Male:

- ✓ Avoid keeping your wallet in your back pocket, especially when sitting
 - Causes uneven stress on your spine
- ✓ Don't have your laptop directly on your lap
 - The heat can affect your reproductive system
- ✓ Extra weight in your midsection negatively impacts your heart health
- ✓ Don't ignore changes in your body - speak with Dr. Anderson privately if needed

Female:

- ✓ Switch to a deodorant only, no antiperspirant
 - Sweating gets rids of toxins
- ✓ Don't wear your bra to bed **EVER!**
 - Reduces circulation, disturbs sleep, increased sweating, causes lymphedema... studies show it increases your chance of breast cancer
- ✓ Avoid wearing tight undergarments/pants when you'll be sitting for long periods
 - Restricts lymphatic fluid, causes inflammation, can make PMS more severe
- ✓ The decrease in estrogen as women age can cause weight gain among other symptoms ... once in peri or full menopause, managing your weight is very important