

# ANDERSON UPPER CERVICAL

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## How walking affects the body



**3 minutes**  
Blood pressure  
decreases

**5-10 minutes**  
Creative thinking  
improves

**30 minutes  
after meals**  
Helps to lose weight  
(depending on walking  
speed)

**5 minutes  
outside**  
Mood improves

**15 minutes  
after meals**  
Blood sugar level  
decreases

**40 minutes**  
Reduces the risk of  
developing coronary  
heart disease in the elderly

*Dr. Anderson can give  
you various exercise  
recommendations  
based on your specific  
case – just ask him!*