

THIS ANCIENT SYSTEM CAN OPTIMIZE HEALTHY LIVING

Yoga therapy is one of the oldest mind-body practices, and modern science now shows that it can help optimize your health. It is different (and simpler) than the bendy, acrobatic image you might have of yoga. A yoga therapist with in-depth training keeps you safe and interacts with your doctor of chiropractic (DC) to help you learn skills to improve your health.

Here's an example: If you think of your body as a finely tuned car, it's easy to see that the car's performance on the road depends not only on regular maintenance, but also on the skill and attention of the driver—your mind. Read on to see how a combination of yoga therapy and chiropractic care supports your car and its driver.

HOW DOES YOGA THERAPY WORK?

What we pay attention to, worry about, and mentally rehearse are all known to directly affect our health. When our minds are jumping from one thing to another, stuck on imagining what might happen, or replaying

our most recent argument, we're like distracted drivers—prone to making poor choices on the road to health. A yoga therapist can serve as your driving instructor. With gentle, small movements and retraining of attention, you begin to become aware of those unhealthy distractions. Through simple postures, breathing exercises and deep relaxation, your nervous system settles down and moves toward relaxed yet alert performance. Sleep improves, muscular tension eases and you make smarter health choices because you are now able to pay attention.

This mind-body stability produced by yoga therapy also creates emotional control, a known factor in improved pain management and interpersonal relationships. Your shoulders drop from your ears, your fists unclench and your lower back becomes more open. No wonder yoga is one of the most popular complementary health approaches! The therapist communicates these new skills with your DC, and together they lay out even better roadmaps to health with your more mobile, stable and adaptable body.

THE ROAD TO OPTIMIZED HEALTH

- 1.** The ability to more quickly sense when your nervous system is moving out of balance gives you time to reset before tension, anxiety, or stress create pain and misalignment.
- 2.** Yoga therapy leads to increased postural awareness, which decreases excessive loads on supporting structures and allows for faster healing.
- 3.** A benefit of a regular, smart yoga practice is better sleep, which aids pain, weight control and inflammation.
- 4.** When you develop the habit of “checking on the driver” with simple, short yoga practices, your car (body) almost magically runs smoother, more like when it was younger and more reliable.

Yoga therapy, coupled with chiropractic care, can help prevent future injury through increased awareness of spinal alignment, more confident balance and improved ease of movement—all of which creates a holistic program for vibrant health.

Talk to your DC to see if a yoga therapy professional might be a good team member to bring on your road to optimal health.

