

Doctors of Chiropractic work to extend your healthspan

Your Doctor of Chiropractic strives to help you gain a longer, healthier life. Living longer is only ideal if your health is good and you are able to get out and enjoy your “golden years.”

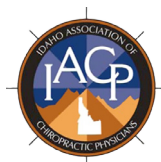
Old age and good health often appear to be mutually exclusive paradigms. In Greek mythology, Tithonus was granted immortality by Zeus, but not eternal youth. As he ages, Tithonus laments his progressively frail body and eventually craves his own death. What Tithonus shows us, aside from being careful what we wish for, is the difference between lifespan and healthspan. That is, not just the number of years we live, but how many of those we are healthy for. The key is optimizing for both, and the power is in our hands more than we realize.

To support the work of your Chiropractor, here are some surprisingly easy health behaviors to incorporate into your daily life which will help give you that vim and vigor you desire:

Good health often lies in what we ingest daily. We all know fruit and vegetables — especially those free from pesticides — are best, and that a Mediterranean or plant-predominant diet is preferable. Synthetic additives, artificial flavorings, and indecipherable configurations of numbers serving as filler ingredients very likely contribute to poor health outcomes. Eating ultra-processed foods (UPFs) is associated with several cancers, in addition to the known cardiovascular risks of consuming UPFs packed with hidden sugars and fats.

It's not just the ingredients in our food that we need to scrutinize. Some personal care products contain chemicals called xenoestrogens, such as parabens and phthalates. Few of us are immune to the old marketing ruse of displaying cute models with luscious lips or soft, hairless armpits to flog their latest product. Sadly, opting for renowned higher-end brands carrying heftier price tags does not assure healthier ingredients. We know that oestrogenic overstimulation plays a role in breast carcinogenesis. A 2023 study demonstrated that substituting these products with items free of parabens and phthalates reversed pro-carcinogenic gene expression within 28 days, though whether this translates to long-term health benefits remains to be seen. Choosing products without xenoestrogens should lower exposure to hormone-disrupting chemicals — a small step that could support long-term health.

Finally, more good news is that cognitive stimulation can be completely unintentional, yet still beneficial to your brain's health. Reading has an association with reduced depressive and chronic pain symptoms, as well as combating cognitive impairment. Your job can also prove important. Adjusting for confounding factors, a recent study found that higher cognitive stimulation at work resulted in lower levels of proteins known to be associated with an increased risk of dementia. What you do for a living might make you live longer. Engaging with word or number games daily has been linked to increased energy and reduced depression, and some studies suggest that regular cognitive challenges may even be associated with lower overall mortality risk. Even if you can only bring yourself to do a Sudoku on the odd occasion, it is still prospectively associated with reduced cognitive impairment.



*This healthy living information is provided by
your Doctor of Chiropractic and the
Idaho Association of Chiropractic Physicians (IACP).*