



FOUR WAYS SITTOSIS ‘TIN MAN SYNDROME’ IS OVERCOME NATURALLY

Remember the Tin Man in the Wizard of Oz? His body hadn't been used in so long that he was stiff, inflexible and barely capable of moving... that is, until Dorothy fixed him up with a few squirts of oil.

Well, like the Tin Man, your body, too, can 'rust' and get stiff if you don't use it. This can manifest not only in your joints and muscles, but also in your internal organs. After several decades of misuse or neglect, your body may begin to manifest signs of illness or even start to shut down.



4 Top Tips for Avoiding Tin Man Syndrome

With attention to a healthy lifestyle, you can avoid Tin Man Syndrome and keep your body a well-oiled machine, no matter what your age.

1. Eat an Antioxidant-Rich Diet

Antioxidants help prevent oxidation, but you must fortify your diet with them by eating fruits, vegetables, nuts and other whole foods regularly to get the benefits.

Not only do antioxidants help to prevent oxidation, but they



may also decrease your risk of infection, heart disease and cancer while boosting the function of your immune system.

We are all affected by free radicals – toxic oxygen molecules produced by normal body processes but also via external sources like stress and pollution – as they are a natural byproduct produced in your body. Exposure to environmental toxins like cigarette smoke and radiation can also increase the free radicals in your system.

Antioxidants can be vitamins, minerals or enzymes, and they exist in foods and certain supplements. Because most Americans do not eat healthy diets – ones that include fruits, vegetables and other whole foods – and instead eat diets rich in processed fast foods, many of us are seriously lacking in these health-giving compounds.

Ask us for simple ways to add antioxidants to your diets such as a whole food based powder to take as meals (like the ones we offer from NoGeneration and NuMedica) that contains nutritionally dense fruits and vegetables and additional antioxidant-rich extracts.

2. Exercise Sensibly

Exercise does, in fact, cause oxidative stress in your body, which is why doing too much of it, or at too strenuous a level, can do your body more harm than good.



However, regular exercise that builds your fitness levels gradually will help to enhance your body's ability to handle stress and other assaults. Exercising also increase the levels of endorphins in your body, which stimulate your immune system, reduce stress and put you in a better mood.

You should incorporate a wide variety of activities ranging from cardio to strength training in your routine.

Try to make time nearly every day to exercise for at least 30 minutes to reduce stress, plus exercising every minute additional to the first 30 minutes helps to burn fat and keep a balanced mind, body and spirit.

3. Consider Chiropractic Wellness Care

People who receive chiropractic care have higher mean levels of serum thiol, primary antioxidants that serve as a measure of health status, than those who receive no chiropractic care, according to a study in the Journal of Vertebral Subluxation Research.



Rasmussen
Chiropractic

4. Take Time to Relax

A stressful, anxiety-filled daily routine will wear you down, no matter how healthy your lifestyle may otherwise be. Managing your stress levels is something you need to devote time to daily, and a first step is often giving yourself permission to take time for yourself to unwind.

One simple way to promote relaxation in your muscles, joints, tendons and body overall is stretching. For those of you who need a little extra help relaxing, consider playing meditation music to calm your mind, soothe your emotions and create a state of deep relaxation in your body, even at the end of a busy, hectic day.

You should also make sure you are getting enough sleep. When we sleep, the stress hormone, cortisol, is lowered, but when we are sleep deprived, cortisol levels rise. Further, your energy levels will go down and you will be less able to cope with any setbacks during your day.



If you have further health concerns related to oxidative stress, muscle atrophy or 'sittosis', please contact us for more information. At your appointment, we can help you develop a plan for leading a healthy, disease-fighting lifestyle at any age.

