

Thot of the Week

By Kevin Donka, D.C.

Want More Energy? Check This Out!

Roughly 18 months ago, I had an injury where I severely injured my foot and my shoulder, causing me to not be able to work out for well over a year. During that time, I gained quite a bit of weight and also noticed that my energy level had plummeted. Well, the injuries are completely healed and I have been working out at least 4 days per week for roughly 8 weeks now. I am nearly 25 pounds more fit, and my energy has gone through the roof!

Of course, carrying 25 pounds less weight around all day is one reason I am so energized, but I noticed something else that I think few have ever heard or thought about before, so I wanted to share it with you here. On October 11, 2010, the day I started working out again, my resting heart rate was 78 beats per minute. That's not too bad, considering the average adult's is 72 bpm. But yesterday morning, I decided to check it again, and it is now only 58 bpm. And while you might be thinking, "That's great, especially with all the worry about heart disease!" But I want to share just how far reaching this 20 beat per minute decrease is for me, and can be for you as well.

If my heart rate is 78 bpm, that means that the minimum number of times it beats in a year is roughly 41 million. That is a very large number. BUT, if my heart rate is only 58 bpm, that means it only beats 30.5 million time in a year. That's still a huge number, but did you catch that? ***The exercise I have done over the last 2 months will allow my heart to beat 9.5 MILLION times less in the next year!!!!***

Now I know it probably doesn't take all that much energy to beat my heart one time. *But think about how much more energy I will have with 9.5 MILLION heart beats saved!!!*

How about you? What is YOUR resting heart rate? Is it higher than you would like it to be? What could you do to allow it to beat more efficiently? Could you drink more water? Could you deep breathe more? Could you get more sleep? Could you add more movement to your life? Could you even exercise? Could you make sure that you are eating at the right times of the day, combining your foods correctly, and using good mechanics while eating? Here's a simple rule to follow when choosing foods; *If you want to be more alive than dead, eat foods that are more alive than dead.* Before putting anything into your mouth, ask yourself, *"Will this clog me or cleanse me? Will it move me toward fatness or fitness?"*

Could you improve the function in your spine, so that the neurological connections between your brain and your body are as clear as possible? When your brain and body are communicating, the Innate Intelligence that runs, heals and grows your body can make sure all those parts are working harmoniously together. Regular visits to your family's chiropractor can ensure you are your best.

Finally, many people say they are too busy to improve their health, and don't want to be selfish. That's like saying you're too busy driving to stop and get gas. There is a difference between selfishness and what Gandhi called *enlightened self-interest*. Let's all follow the golden rule of health; *Give unto yourself, as you would have others give unto you, so that you can fully give to them.*

