

Live Healthy and Thrive

A Step by Step Guide to Living
Healthy without Chronic Pain
or Disease



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About the Author



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Before starting any exercise regime or changing your diet, consult with your doctor or healthcare professional to determine the level and intensity most appropriate for you to maximize benefit and minimize risk of injury or illness.

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The Most Common Approach to Health

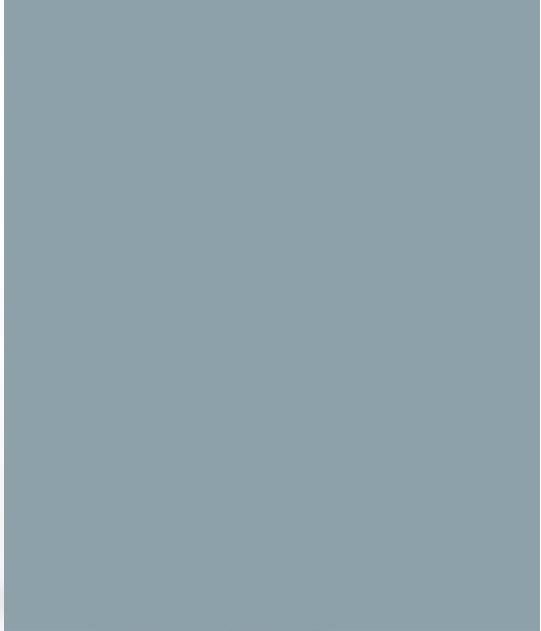
People who adhere to the outside-in, reactive approach to healthcare say these sorts of things:

- If I feel good, I'm healthy.
- If I have a health problem, the solution will come from an external source (pill, injection, surgery, herbal/supplement remedy).
- My health is genetically determined. My daily habits have little impact on my health.
- Nothing is medically wrong with me; the tests are negative, so I'm good.
- When a problem develops, then I'll deal with my health; otherwise, why waste my time and money?

Although the reactive model of medical care saves lives and people are living longer, chronic debilitating pain and disease are increasing rapidly. Hypertension, heart disease, and cancer are at all-time highs and predicted to increase 20–30% within the next twenty years.

Most of these diseases develop from poor health habits and/or lifestyle choices. Reactive medical care suppresses symptoms with prescription drugs rather than seeking the root cause of the ailment.

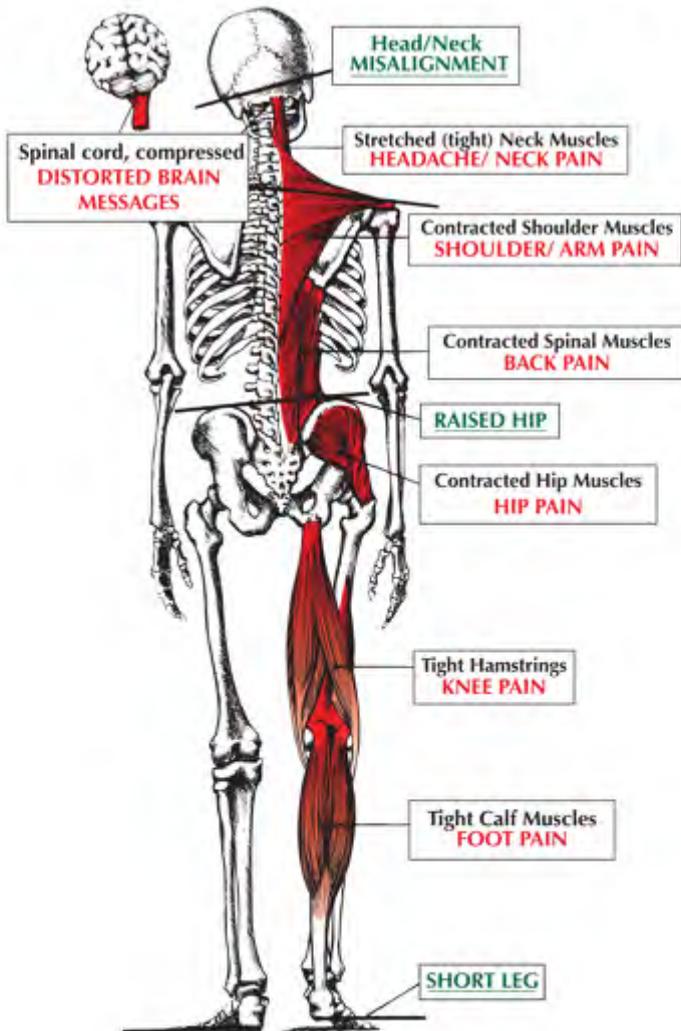
It is estimated 270 people/day die due to side effects of medications and many are hospitalized due to complications.



People who adhere to the inside-out, proactive approach to health say these sorts of things:

- My health is based on how my body is functioning, not just how I feel.
- My body has the natural ability to heal itself. If I have a health problem, I need to figure out what is interfering with my body's ability to fix the problem.
- My health is a result of my daily habits and lifestyle choices. If I choose to eat the right foods, exercise, and manage stress in a healthy manner I can be healthy and feel great.
- Just because I don't have a medically diagnosed disease at this time doesn't mean I can assume everything is ok. I realize heart disease and cancer can develop for years before being detected by standard medical tests.
- When a problem develops, I look to the least invasive most proactive means first, leaving the option open for invasive external approaches (drugs and surgery) only if absolutely necessary.

HERE'S WHAT HAPPENS



BODY IMBALANCE

When the head (10-14 lbs.) is shifted off the center of the top of the neck, the rest of the body will compensate for the shift of weight.

The spine and pelvis will twist causing one shoulder to drop down, one hip to be pulled up, bringing the leg with it to create body imbalance.

The stress and tension on the muscles can cause pain anywhere in the body.

NUCCA: A Model of Body Balance and Noninterference

Your body is designed to continually regulate and repair itself. Impulse signals from your brain flow through your nervous system to monitor and control how well your body works.

Physical injuries, chemical stress (poor nutrition, toxic substances), and emotional stress can overload your nervous system and inhibit this process.

Muscles tighten, spinal joints lock out of place, and nearby nerves become irritated.

Nerve interference can cause pain and affect the functions of your muscles, joints, and even the organ systems of your body.

A NUCCA doctor focuses on the exact biomechanics of the spine in order to detect and measure nerve interference. There are thousands of biomechanical variances unique to each individual that can interfere with normal nerve transmission. The NUCCA spinal correction is not a cookie cutter, manual manipulation approach—it is a mathematically calculated, light and gentle force delivered at the precise point in the spine to restore spinal alignment, remove nerve interference, and revive your body's ability to heal itself. Follow-up visits retrain and strengthen the spine to hold the new balanced position. Thereafter, only periodic checkups are needed to help you maintain wellness.

Treat the Cause and Not the Symptom

VERTEBRAL LEVEL	NERVE ROOT*	INNERVATION	POSSIBLE SYMPTOMS
C1	C1	Intracranial Blood Vessels	Headaches • Migraine Headaches
C2	C2	• Eyes • Lacrimal Gland	• Dizziness • Sinus Problems
C3	C3	• Parotid Gland • Scalp	• Allergies • Head Colds • Fatigue
C4	C4	• Base of Skull • Neck	• Vision Problems • Runny Nose
C5	C5	Muscles • Diaphragm	• Sore Throat • Stiff Neck
C6	C6	• Neck Muscles • Shoulders	• Cough • Croup • Arm Pain
C7	C7	• Elbows • Arms • Wrists	• Hand and Finger Numbness
C8	C8	• Hands • Fingers • Esophagus • Heart • Lungs • Chest	or Tingling • Asthma • Heart Conditions • High Blood Pressure
T1	T1	Arms • Esophagus	Wrist, Hand and Finger
T2	T2	• Heart • Lungs • Chest	Numbness or Pain • Middle Back
T3	T3	• Larynx • Trachea	Pain • Congestion • Difficulty
T4	T4		Breathing • Asthma • High Blood
T5	T5	Gallbladder • Liver	Pressure • Heart Conditions
T6	T6	• Diaphragm • Stomach	• Bronchitis • Pneumonia
T7	T7	• Pancreas • Spleen	• Gallbladder Conditions
T8	T8	• Kidneys • Small Intestine	• Jaundice • Liver Conditions
T9	T9	• Appendix • Adrenals	• Stomach Problems • Ulcers
T10	T10	Small Intestines • Colon	• Gastritis • Kidney Problems
T11	T11	• Uterus	
T12	T12	Uterus • Colon • Buttocks	
L1	L1	Large Intestines	Constipation • Colitis • Diarrhea
L2	L2	• Buttocks • Groin	• Gas Pain • Irritable Bowel
L3	L3	• Reproductive Organs	• Bladder Problems • Menstrual
L4	L4	• Colon • Thighs • Knees	Problems • Low Back Pain
L5	L5	• Legs • Feet	• Pain or Numbness in Legs
S	S	Buttocks • Reproductive	Constipation • Diarrhea • Bladder
A	A	Organs • Bladder	Problems • Menstrual Problems
C	C	• Prostate Gland • Legs	• Lower Back Pain • Pain or
R	R	• Ankles • Feet • Toes	Numbness in Legs
A	A		
L	L		

How to Make the Right Health Care Choice



1. Being proactive is always the best option for maintaining your health. Eat right, exercise, and keep your body in balance. The more proactive you are the less likely it is problems will arise.

2. If a problem does develop, explore noninvasive means first: physical therapy, exercise, acupuncture, chiropractic, massage, herbal remedies, supplements, or a change in nutrition.

3. If this approach does not work, explore all medical options with your health care professionals to find the options with the least possible side effects. There may be surgeries that are less invasive than others (e.g., spinal laser surgery vs. spinal fusion with hardware). Always research and seek opinions of medical professionals who offer alternatives.



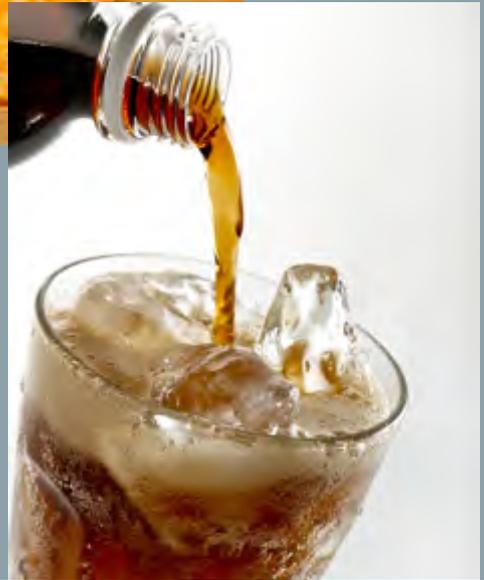
What to Eat

Healthy food choices:

- Egg whites
- Oatmeal
- Beans/lentils/quinoa
- A variety of fresh fruits
- A variety of fresh vegetables
- Nuts
- Fish/chicken/turkey/lean red meat
- Salad with dark leafy greens
- Olive oil & vinegar based salad dressings
- Juicing fruits and vegetables
- Water

The benefits of eating the right food:

- High energy
- Healthy weight
- Less risk for chronic pain and disease



What Not to Eat

Foods to avoid:

- Processed and preserved foods: meats, meals, snacks, and frozen foods. Get in the habit of reading the package ingredients. You might be shocked by what you find. If you can't pronounce it, DON'T EAT IT!
- Bread/Pasta/Rice
- Snack chips in a bag
- Dairy
- Bacon (pork based)
- Fried foods
- Cookies, pastries, cakes, pies, doughnuts, ice cream
- Margarine
- Soda, sports drinks – drinks with high fructose corn syrup or sugar
- Heavy cream-based dressings
- Foods high in sugar
- Pizza

Poor diet choices have consequences:

- Low energy
- High stress
- Obesity
- Greater risk for chronic pain and disease



Sample Meal Plan

- *Morning*: egg whites, oatmeal, fresh fruit, water, coffee without cream or sugar.
- *Mid Morning*: fruit or nuts
- *Lunch*: fresh salad of dark greens and choice of (snap peas, carrots, olives, artichokes, etc.). For protein add grilled chicken, steak or tuna. Olive oil & vinegar based dressing.
- *Mid Afternoon*: raw vegetables, hummus, nuts.
- *Evening*: steak, chicken or fish, beans or quinoa, and steamed vegetables.
- Juice from a juicer made from spinach, kale, cucumber, apple and pear before or after a workout for energy or recovery.

Drink water! Water serves a number of essential functions:

- It is the building block of every cell.
- It regulates body temperature through sweat and respiration.
- It transports and metabolizes food and nutrients in the bloodstream.
- It assists in flushing waste from the body.
- It helps protect the brain and spinal cord, and lubricates joints.

Supplements, energy bars and drinks are no substitute for good nutrition and pure water. If you use supplements, try whole food based products in liquid or powder form. The body extracts only 3–20% of nutrients from pill forms.



Be Fit

Exercise a Half Hour to an Hour Every Day

Before starting any exercise regime, consult with your doctor or healthcare professional to determine the level and intensity most appropriate for you to maximize benefit and minimize risk of injury.

Schedule time for exercise every day. A 30 – 60 minute workout is only 2–4% of your day. That's it! You only need to commit 2–4% daily to look and feel great, and help prevent chronic pain and disease.

If not sure what do to, join a gym and get a certified personal trainer to assess your strengths and weaknesses and tailor a program that is appropriate for you. Generally, a program that combines resistance training and cardio will produce the best results.

The Mayo Clinic reports 7 major benefits to regular exercise that will help you:

1. Maintain a healthy weight,
2. Combat health conditions and disease,
3. Improve mood, battle depression, and build self-esteem,
4. Boost energy,
5. Promote better sleep,
6. Put spark back in your love life, and
7. Reduce stress.



Sample Workout Plan

- Monday – Shoulders, abs
- Tuesday – Cardio
- Wednesday – Back and biceps, abs
- Thursday – Cardio
- Friday – Chest and triceps, abs
- Saturday – Cardio
- Sunday – Legs, abs
- Monday – Cardio (keep this alternating cycle)

Weight Lifting Tips

Use machines at the gym that isolate muscle groups for resistance training to minimize risk of injury. If you are not sure what to do, ask a fitness instructor to show you how to use a machine. Likewise, if you choose to use free weights, make sure you consult your fitness instructor on proper use, form and weight to prevent injury. It's his/her job to help ensure your safety at the gym.

Cardio Tips

(Personal health status permitting)

Sweat and get your heart rate up to a level that is appropriate for you! Shorter durations of higher intensity cardio are generally more effective than long durations of slow and steady cardio.

Your body will adapt to your level of activity; therefore, as your strength and endurance increase, so can your workout.



Ask your fitness trainer which cardio or resistance class would be best for you. Challenge yourself to sweat, but don't overdo it. If you use home-based DVD programs, make sure you have proper attire and start slow to build up your endurance to help prevent injury.

Sample Mixed Cardio Workout

- 3 minute pull on rowing machine, 1 min break,
- 3 minute hard run on treadmill, 1 min break,
- 3 minute jaunt on bike or elliptical machine, 1 min break.

Repeat this cycle 3 times.

Drink plenty of water during workout to rehydrate.

Reward Yourself

Use a dry sauna, steam room, or whirlpool to relax your muscles after a workout. Book a massage whenever you can. These options relieve stress and help you feel great and be your best.

Losing Weight

Don't be seduced by fast weight loss methods or products. Even if you could get overnight results, these programs are usually only temporary fixes at best.

Be smart about your meal plans, grocery list, and even fast food options. Take control and have options in place to eat the right foods, even when you are on the go or at unexpected events.



Establish a set time for your workout—the same time every day. This is YOUR time that you devote to no one else but you! Don't schedule anything else during this time.

Good eating and exercise habits are the best LONG-TERM solutions to losing weight effectively and not compromising yourself or your health. The results may not be immediate, but over time you will have the body you want, feel better, and it will be easier to maintain your health. Studies show losing more than 1 pound on average per week may not be ideal for your health or long-term results.



Where We Go Wrong and How It Happens

Many people face a slow imperceptible decline as they age. It starts with an injury or stress that creates nerve interference and imbalance in the body. This condition inhibits the body's ability to regulate itself, and may cause pain or chronic disease when not addressed properly.

Pain is not part of the normal aging process; however, many people think it is. Over time, small aches and pains develop into weakening muscles, ligaments, and degenerating discs. Misalignment also may cause your spine and joints to degenerate. All of these factors can compound inflammation and pain.

Nerve interference compromises your body's ability to control and regulate your organs; body chemistry gets out of balance, and stress and fatigue set in. As a result, problems such as high blood pressure, trouble sleeping, digestive issues, sinus/allergy problems, and the eventual breakdown of body systems occur.

Many people will seek relief in the form of a pill, injection, therapy, or surgery to deal with the symptom rather than the cause. Society tells us the solution is a pill, a surgery or a supplement. Thus, it does not occur to most people the fundamental problem is nerve interference, poor diet, lack of

exercise, or a combination of the three. In a fast society we tend to chase quick fixes rather than slow down, examine, and change our daily habits in a mindful way.

If not properly addressed, misalignment and imbalance in body chemistry will worsen, even if isolated symptoms are treated by external means. Unfortunately, health is often based on individual symptom management rather than looking at the whole person, finding the interference, and promoting the body's ability to regulate and heal itself. In response to chronic stress and pain, many people turn to unhealthy habits and/or lifestyle choices. Overeating, drug and alcohol use, smoking, inactivity, or stressful relationships only exacerbate the process of debilitation.

There Is an Alternative

TAKE CHARGE OF YOUR HEALTH!

- Don't look for passive, reactive, external solutions.
- Give your body a chance to heal itself and function properly by identifying and removing nerve interference.
- Eat the right foods so your body has the necessary fuel and building blocks for healthy cells, tissues, and organs.
- Exercise and reap all the health benefits of a fit body.

It is possible to have a better quality life with less pain, less disease, fewer problems, more energy and opportunity to thrive.

It is simple: change your daily habits starting today.

Seek health rather than a constant battle with pain and disease.

Seek health through a NUCCA doctor and commit yourself to a body free of nerve interference, eating healthy, and exercising at least a half hour each day.

It's that simple.

Do not confuse healthcare and sick care. Use medical doctors to diagnose and treat illness, but realize you have the ultimate responsibility for the everyday care of your body.

Change your daily habits and the sky is the limit.

Lifestyle and Healthcare Choices: It's Time to Decide

- I'm too busy; I don't have the time.
 - I don't know what to do.
 - I'll just react when I hurt and look for quick fixes.
- or
- I will eat right, exercise and keep my body free of nerve interference.
 - I will be proactive and not wait for problems to develop.
 - I will make the time for health NOW or be forced to make time for disease later.

Will you be

- quick enough for a game of tag with your grandchildren,
- strong enough to embrace every moment,
- healthy enough to grow old with vitality,
- or get old with disease?

Which path will you choose? Where will you end up? It's up to you.



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