



SITTING IS THE NEW SMOKING!

October 16th is **World Spine Day** and this year the theme is 'Straighten up and Move' focusing on the importance of proper posture and movement in maintaining good spinal health.

As our lives have become more and more reliant on technology we have inevitably become less active and sadly this is leading to our demise. Global studies have shown that sitting is the new smoking! Simply put sitting is bad for your health and unfortunately most of us are sitting for far too long, up to 16 hours in some cases!

So why is sitting so bad for us? For instance, for every two hours spent sitting in front of a computer or TV, the average person raises his or her risk of colon cancer by 8%, of endometrial cancer by 10% and of lung cancer by 6%. Why? Well sitting simply interferes with something that the body needs, namely a fully functioning nervous system. You see your nervous system is responsible for the control and regulation of all of the 50 trillion cells in your body and for optimal health all these cells must function, interact and work together in harmony. And the importance of your brain and nervous system is why nature built a suit of armour around it, your skull and spinal column.

However, even with this inborn protection your nervous system can experience injury or disturbance and Chiropractors call this interference to your nervous system a vertebral subluxation and it is our

job to identify and correct them. And the combination of poor posture coupled with our sedentary lives is one of the most common causes of vertebral subluxation.

So like a circuit breaker the effects of a vertebral subluxation can be both local and global having a profound effect and impact on your life and on your health. So give your spine and your nervous system a well earned break, get checked by a qualified Chiropractor (Registered with the Chiropractic Association of Ireland) and start moving throughout the day.

By literally standing up for 1 minute every 30 minutes, you can alleviate so much of the pressure and stress on your body.

For more information contact Kilworth Chiropractic Clinic on 025-27436.