

JUNE 2018 NEWSLETTER

Staff Spotlight Thoughts from Morgan & Dr. Ryan

Being Dad

Being a relatively new dad of five years, I still have a lot of fathering to do and learn. I have been the prime caregiver of my daughter, Aliyah, and have witnessed a side of fathering the majority of fathers don't get to experience. I took over this role when my daughter was two. With no experience, I jumped in with both feet, getting involved in mommy groups and activities. While the job and tasks of caring for my daughter were wrought with a learning curve, I also got to learn a bunch about myself and the perception of others as well. My learning with my own child has been primarily about patience and using an internal dialogue to meet the challenges. It's well known that being a parent is as hard as it is rewarding. It's been my observation that mothers have a biologic connection to their child and are therefore first in line for the child's needs. Fathers have to develop a relationship with their child, which for a lot of men doesn't come naturally. I found that I'm no exception.



Even though I like and work well with kids, the “nurturing gene” is not inherently within me. I needed to learn how to be a comforting source and this is still a lesson I'm learning after years of practice. My daughter is very empathetic and is ruled in large part by her emotions. I am like this too, and I also am a male with the propensity to want to find a solution to the “problem”. This is not always the best reaction to have when a little one is upset about something... They don't need a solution, they need a soft loving hug. Being a dad is a tremendous job, as it's taught me many things and I feel like the pay is pretty

great. I am grateful for the time I've had with Aliyah. I've gone through many changes for the better and continue to work on the things about myself that are constantly being brought to the surface by being dad. I can confidently say that I'm a better person for being a dad. –Morgan

Men's Health

Men's Health is a topic that holds a lot of significance with me. I'm in my early 40's now and facing the second half of my life. I would like the second half to be even better than the first. It's been a great ride so far. I have been fortunate in many areas of my life. I've had amazing experiences, traveled, competed, thrived. However, to continue that level of activity takes more work these days. It came easy and natural up until now. But just because I am now in my 40's does not mean the adventures have to end, or even slow down. Men can still be full of energy and active throughout the later years of their lives, but it takes work, and most likely some habit changes. So I would like to talk about the steps it takes to maintain your youth, even when you're not exactly still young. Let's dive right in.

#1 Eat to thrive: Everything you eat serves a purpose, some good, some bad. This may be the most crucial piece to the "staying young" puzzle. Start eliminating the obvious bad food habits you have adopted and eat a wide variety of healthy foods, mostly vegetables and fruits. Choose lean meats and grill or bake them. Limit your processed carbohydrate intake.



#2 Make sleep a priority: Get at least 7 hours each night. This is not something you should compromise on. Your body does its best restoring when it's rested. Your mind, body and spirit will thank you.

#3 Check your head: As men, we often ignore subtle yet significant signs of poor mental health. Be aware of your negative thoughts and how they play out in your life. Surround yourself with a core group of men that you trust with your life. These are the friends you can call at 3am when you need to talk, vent, and get wise council. Don't keep your negative emotions to yourself and let them permeate into other relationships in your life. Be open and vulnerable.

#4 Care for your prostate: This maybe should be near the top of the list. The prostate grows as men get older. You'll almost certainly have symptoms such as urinary issues. A healthy low fat diet will help to eliminate prostate problems and even reduce the risk of prostate cancer. Saw palmetto and selenium are great supplements for prostate health.

#5 Vary your workouts: The body adapts very well. It gets used to any stress you introduce to it. Perform a wide variety of exercises - cardio, resistance training, stretching, yoga, etc.



#6 Supplement your life: It's almost impossible to take in all the necessary nutrients that your body requires and still maintain a healthy weight. This is where supplements come in. They are nutrients without the calories. Find a good multivitamin that works for you. I mentioned the importance of saw palmetto. Here is more to add to your list... Vit D, Omega 3's, flax seed, and B complex.

#7 Stay hydrated: Every system in your body works better when you are sufficiently hydrated. The rule of thumb: drink half your body weight in ounces of water each day.

#8 Call your Doctor: Listen to your body and pay attention to the signs that something is not right. These are warnings that a change needs to be made. Find a health care professional that you trust and that promotes preventative health care. A provider that is only reactive will never help you reach your optimal health goals.

#9 Get Adjusted: A healthy functioning spine and nervous system is a very important part of overall health. If your nervous system is firing on all cylinders then so will your body. If there is interference to that process then health suffers. Get your spine checked regularly with your Chiropractor and have that interference removed.

Now that you are well equipped to be active, youthful, and healthy into your later years, get moving. Remember - Eat Well, Move Well, Think Well. If you take care of your body, it will take care of you. -Dr. Ryan

In The Media

Web MD Medical Reference May 1, 2016

There is no evidence that men can prevent prostate cancer. But you may be able to lower your risk. Antioxidants in foods, especially in fruits and vegetables, help prevent damage to the DNA in the body's cells. Such damage has been linked to cancer. Lycopene, in particular, is an antioxidant that has been thought to lower the risk of prostate cancer. It can be found in foods such as:
Tomatoes -- both raw and cooked
Spinach
Artichoke hearts
Beans
Berries -- especially blueberries
Pink grapefruit and oranges
Watermelon

Community Events

Join us at the Bremerton Farmers Market for **Yoga at the Market** at Evergreen Park on Thursday, June 28th at 5:45pm. Kathleen Sheets will be leading a free yoga class on the grass. Bring your mat and join in this celebration of health and community! No experience necessary. All ages welcome.



Testimonial Corner

I have seen a lot of chiropractors and Dr. Ryan is by far the best. In the past, my adjustments would only last a few hours. Dr. Ryan's adjustments last for quite a while and I feel amazing! Please don't ever let him leave.

-Doris

Post-it-Notes

***CONGRATULATIONS to all the graduates!**

***HAPPY FATHER'S DAY, DADS!**

*Essential oils are kept apart from testers. Ask the staff and they are happy to help you.

Ponder this... "The people who are crazy enough to think they can change the world are the ones who do."

-Steve Jobs