



SCHERPING CHIROPRACTIC  
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## The Time for Health is Here!

Getting healthy is a journey, not a destination. Living a healthy lifestyle is really all about making small changes that add up to transformed daily habits. One of the major markers of an unhealthy lifestyle is stress. Typically in chiropractic, stress is broken down into 3 categories: physical, emotional, and chemical.

But here at SchERPING Chiropractic, I add a 4th category that's just as important but rarely talked about: electromagnetic stress. To regain our health, we have to start making changes in each of these categories for the rest of our lifetime. This doesn't have to be all at once. Small, slow changes are the best way to build up these habits and plant them into daily living. Remember, health is a journey, not a destination.

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## **The Four Areas of Health**

### **Physical Health**

Physical health is perhaps the most well-known category, the one that people immediately think of when they hear the word "health." Physical health is the health of your body, what type of physical shape are you in, how active you are, how much you weigh, how easily your body can move, and how your body physically functions. To run properly, our bodies need to be in shape. This doesn't mean being able to run dozens of miles or lift tons of weights. It means being fit and being able to move. This is the #1 area of healthy living.

### **Emotional Health**

Emotional health can be just as important as physical health. There's so much STUFF in our daily lives that cause stress such as work, family, and school. Stress and mental health can take huge tolls on your body. Poor sleep, altered appetite, lack of motivation and energy, and negative thought patterns to name a few. Taking care of our emotional health is one of the key components of living a healthy life.

### **Chemical Health**

While chemical health may sound like a strange category at first, it's really quite simple. Chemical health is what we put into our bodies such as food, water,

smoking, and medication. Our physical health is closely related to our chemical health as our diet is linked to our performance and results during exercise. Both chemical and physical health need to match in order for you to achieve optimum healthy living.

## **Electromagnetic Health**

This may be another surprising one, and one that's not talked about enough in society today. The the progression of technology has bombarded our bodies with Wi-Fi, cellphone, computer, and TV electromagnetic waves. Even though we don't see any of this activity, that doesn't mean it's not there. As our bodies have their own electromagnetic waves, these new external signals place extra stress on our bodies who have to constantly readjust to this electronic interference on our natural frequency.

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## **Tips For a Healthier Life!**

### **Physical Health**

Luckily, there are a few simple tips to improve your overall health! For physical health, simple activities such as walking and stretching are great ways to keep your body active and your joints functioning more smoothly. A brisk, short walk a few times a week adds up to big changes as you endurance increases and

you're able to walk farther distances. Exercise has cumulative effect. Doing multiple, short duration exercises can be just as beneficial as long hours at the gym. A combination of cardio and weightlifting is the ideal match for increasing physical health.

## **Emotional Health**

This can be perhaps the trickiest category to improve as emotional and mental health looks different for everyone. But we all need down time from work, family, school, and social media. Some simple things to do to help your body and brain relax are reading a good book, relaxing in plain old quiet time, or finding an enjoyable hobby, etc. If you need more help in this area, I encourage you to seek professional help from a trained counselor in order to increase your emotional well-being and live a healthy life inside and out.

## **Chemical Health**

As I mentioned above, chemical, physical, and emotional health all go hand-in-hand. What you eat has a profound impact on your physical body as well as your mental state. Sugar is the #1 thing to remove from your diet. I know it's hard to accomplish this when sugar is in almost EVERYTHING we eat. Trust me, I feel the struggle too. Start simple: remove pop and other sugary drinks from your diet and drink flavored or sparkling water instead. Or reduce the amount of wheat you eat. Or reduce your intake of sweets. All of these simple habits cumulate to healthy living.

## **Electromagnetic Health.**

So much of our time is spent in front of a screen. From our work to social media to our entertainment, it seems like everything we do is on our phones, laptops, or TVs. To improve our electromagnetic health, we first need to limit our time with electronic devices. Again, start simple. Leave your phone downstairs to charge over night instead of your bedroom. Or turn off your Wi-Fi router at night while you're sleeping to limit the amount of radio waves in your home. Wear blue-light glasses to help take the screen strain off of your eyes. Find relaxing activities that DON'T involve screens such as reading or spending time outside. Pretty soon, you'll find your life transformed into a healthier lifestyle.

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## Health is a Journey

It may seem overwhelming to have so many things that need to be in order to live a healthy life. Take a deep breath. Take it one step at a time. Start with changing one thing from one of the categories. Once you've mastered that, then add another, then add another, then another until each category becomes an integral part of your daily living.

You WILL see results and improvement in your health over time. Realistically, you are going to have bad days, weeks, even months. Just start back up again and take it slowly. There is no magic, fix-it-all-now plan. Remember, doing something is better than doing nothing.

The good news is that I'm here to help you on your journey! Call me at Scherping Chiropractic today, or set up a FREE consultation with me, so we can plan the next steps toward healthy living.

Welcome back to health!

Contact Me



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