

## 5 Ways Gratitude Will Improve Your Health

Maintaining an attitude of gratitude can certainly be good for your health. It's so easy to get fixated on what's wrong in life versus focusing on those things that are positive and uplifting. Studies show that those who exemplify a spirit of gratitude and thanksgiving are more likely to maintain a healthy body and lifestyle. Here are five scientifically proven benefits of gratitude.

### 1. Gratitude enhances empathy and reduces aggression.

In a 2012 study on gratitude at the University of Kentucky, those individuals who maintained an attitude of gratitude were more likely to behave in a prosocial manner, even when others around them demonstrated unkind feelings or emotions.



### 2. Gratitude improves psychological health.

Robert A. Emmons, Ph.D., a leading expert and researcher on gratitude conducted multiple studies on the link between emotional well being and gratitude. His research confirmed that gratitude reduces toxic emotions such as frustration, resentment and regret, while harboring more positive emotions and happiness. Gratitude also plays a major role in reducing feelings of depression.

**3. Grateful people have better sleep patterns.** According to a study in *Applied Psychology: Health and Well Being*, keeping a daily gratitude journal improved one's ability to relax and fall asleep. By spending 15-20 minutes before bedtime writing positive thoughts about your day, you can expect to sleep better, for longer periods, and feel more rested upon awakening.

**4. Gratitude improves physical health.** Grateful people are more likely to exercise and eat a healthy diet. Versus a mindset for treatment of sickness and disease, they are more likely to focus on wellness care and prevention. According to a 2012 study in *Personality and Individual Differences*, grateful people experienced fewer aches and pains and they reported feeling healthier than most other people.

**5. Gratitude increases mental strength.** Gratitude helps you cope with and overcome trauma. A 2006 study published in *Behavior Research and Therapy* found that Veterans suffered lower levels of PTSD when they displayed higher levels of gratitude. An attitude of thanksgiving will help you diminish stress and function at a much higher level, even after traumatic occurrences and during hopeless situations.

We have found that those patients who come in for chiropractic care who have an attitude of gratitude and positive mindset tend to improve quicker and have longer lasting results. When you combine chiropractic with gratitude, you will benefit from an amazing health experience.

We are grateful to have you as one of our chiropractic patients.

## Pain Relief for High Arched Feet

On the subject of foot pain, you'll commonly hear more complaints and concerns regarding flat feet. Runners or athletes sometimes talk about being an overpronator in relation to their foot dysfunction. However, it's far less common to hear people talking about their high arches. That's because pes cavus, or high arched feet affects a much smaller percentage of the population compared to flat feet. In fact, less than 10% of the population has Pes Cavus (high arches).

The natural assumption of "more is better" certainly does not apply to the amount of arch your foot possesses. It's actually quite the opposite in that **people with high arches tend to suffer with greater amounts of stress to their lower extremities and spine compared to those with flat feet.**

High arched feet are very rigid in nature. They lack flexibility. They lack agility.

Although pes cavus in and of itself isn't necessarily a foot condition, high arched feet often develop various types of musculoskeletal disorders. Due to their rigidity, cavus foot types can become very painful and stressed over time.

**A condition common to high, rigid arched foot types is known as hammer toes.** Hammer toes is diagnosed when the phalanges remain bent in a flexed position. This can become a rather painful and often disabling foot condition. Bony misalignments of the joints in the foot lead to an imbalance in the musculature, causing the toes to become flexed.

People with pes cavus foot types lack normal shock absorbing qualities in their feet. As a result there is an enormous amount of undue stress on the legs, knees and lower back region. High, rigid arches combined with strenuous activities may lead to stress fractures in the legs or the metatarsals (long bones of the feet).

**It's not uncommon for people with cavus feet to adopt the belief that they must learn to live with their foot pain.**

**However, that is not the case.**

**Chiropractic adjustments to the heel, ankle, and mid foot region can greatly relax the tension associated with high arched feet.** In many cases the entire foot will need to be addressed during the chiropractic adjusting process.

Foot adjustments will often lead to better foot function, shock absorption and flexibility, even on those patients who have previously given up hope.

If you or someone you know has high arches, there is a good chance they've experienced foot pain. Please share with them about the benefits of chiropractic adjustments for the bones and joints in their feet. A foot adjustment could greatly improve their health and lifestyle.

