



MaximizedLiving



ERGONOMICS

Real health on the job.

State of Health

- Americans take 80% of the world's supply of painkillers – and 118 million anti-depressants each year.
- Over half of all Americans die of heart disease and cancer.
- More than 5 million in the U.S. have Alzheimer's—a number that has doubled in the last two decades.
- 64% Americans are overweight.
- The U.S. came in dead last among other studied countries despite spending twice as much on healthcare.
- Over 60% of all bankruptcies are due to medical expenses - 78% of those people had insurance.



Breaking News...

- The FDA REVERSES its Position on Daily Aspirin.
- 40 Million Americans take each day – who haven't had heart problems
- After many decades of promoting aspirin FDA says “We have concluded the data does not support the use of aspirin as a preventive medication, in such people the benefit has not been established but the risks such as bleeding into the brain and stomach are STILL present.”
- Bayer generated \$1.27 billion in sales last year.
- Making money off of you getting sicker
- Each year 15,000 die and 100,000 are hospitalized as result of aspirin

Evaluating the Spine

HEALTHY
SPINAL
ALIGNMENT



FRONT



BACK

SIDE

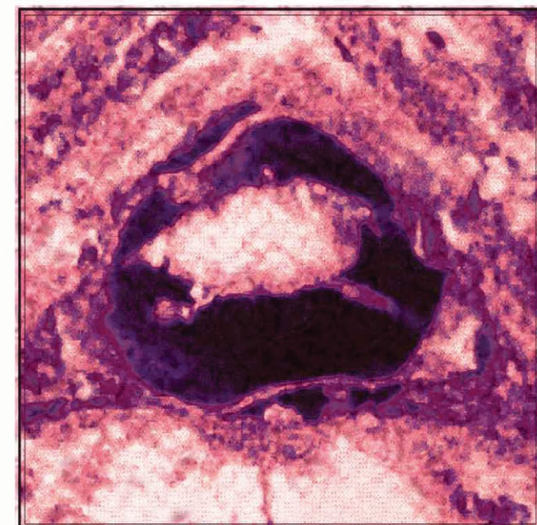
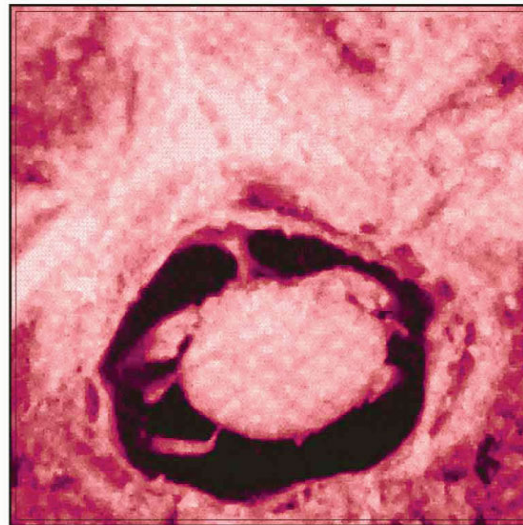
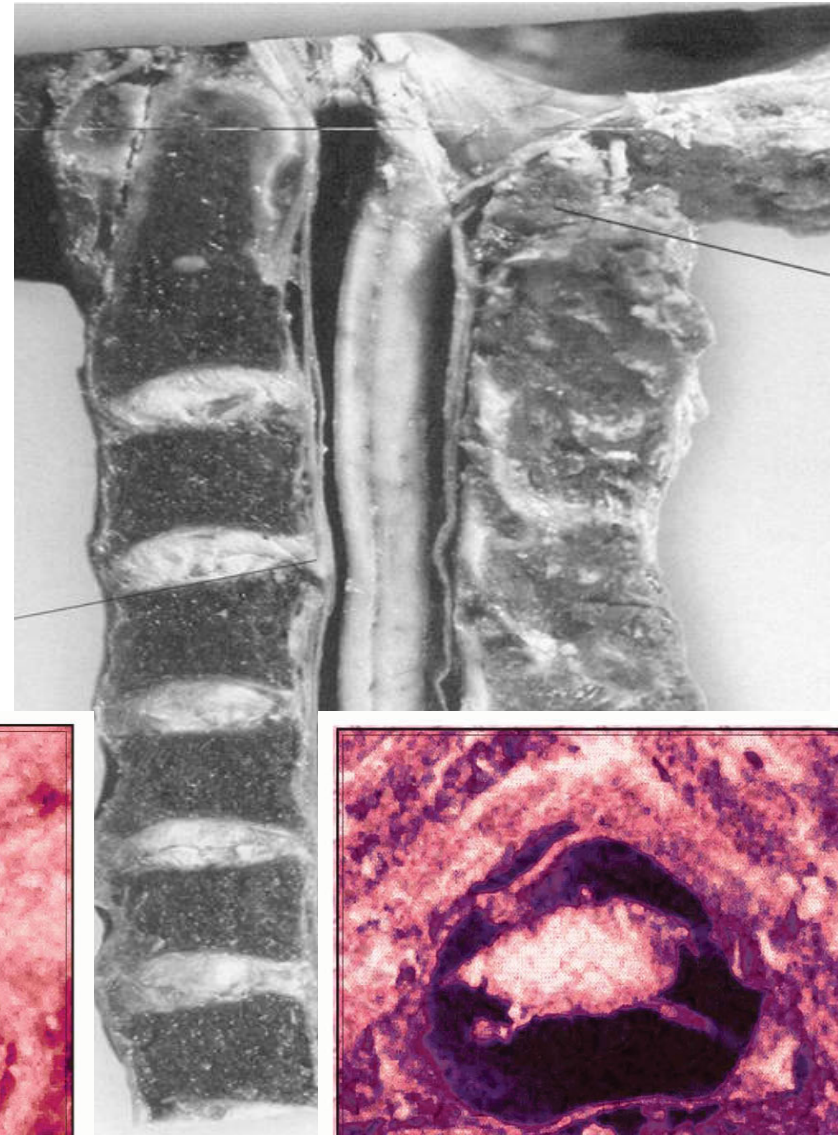
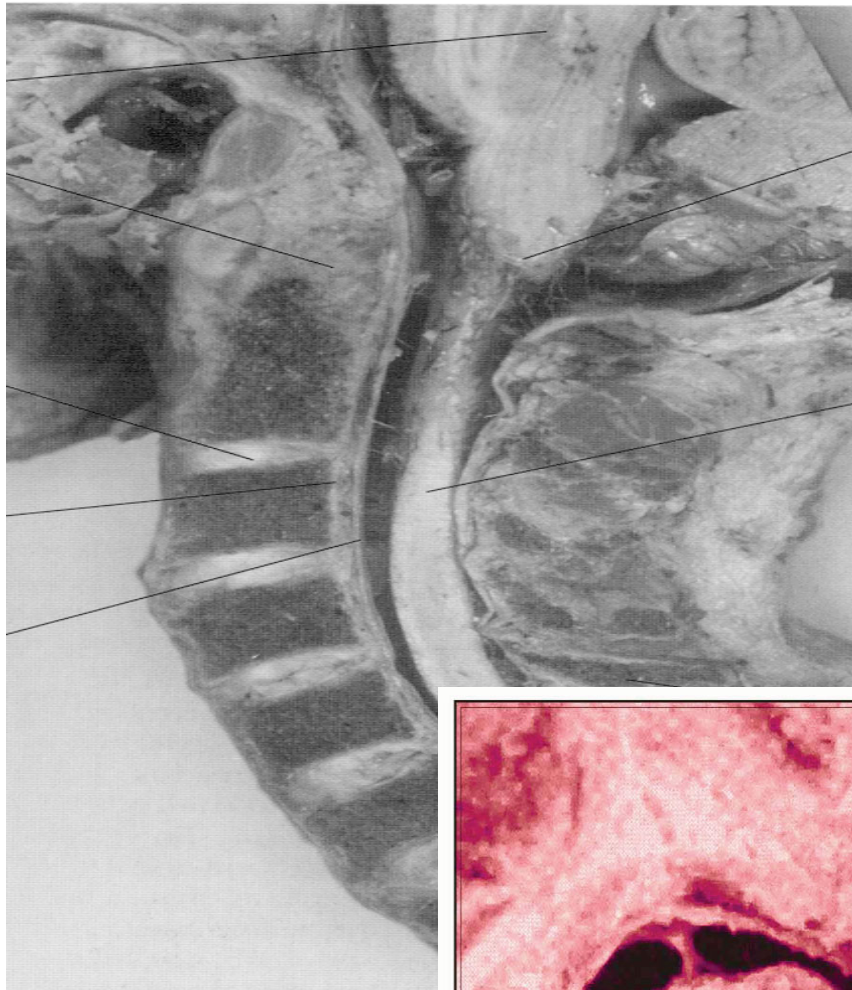




Postural Stress



“One inch of Anterior Head Carriage decreased heart and lung volume up to 17% and increased salivary cortisol levels.”



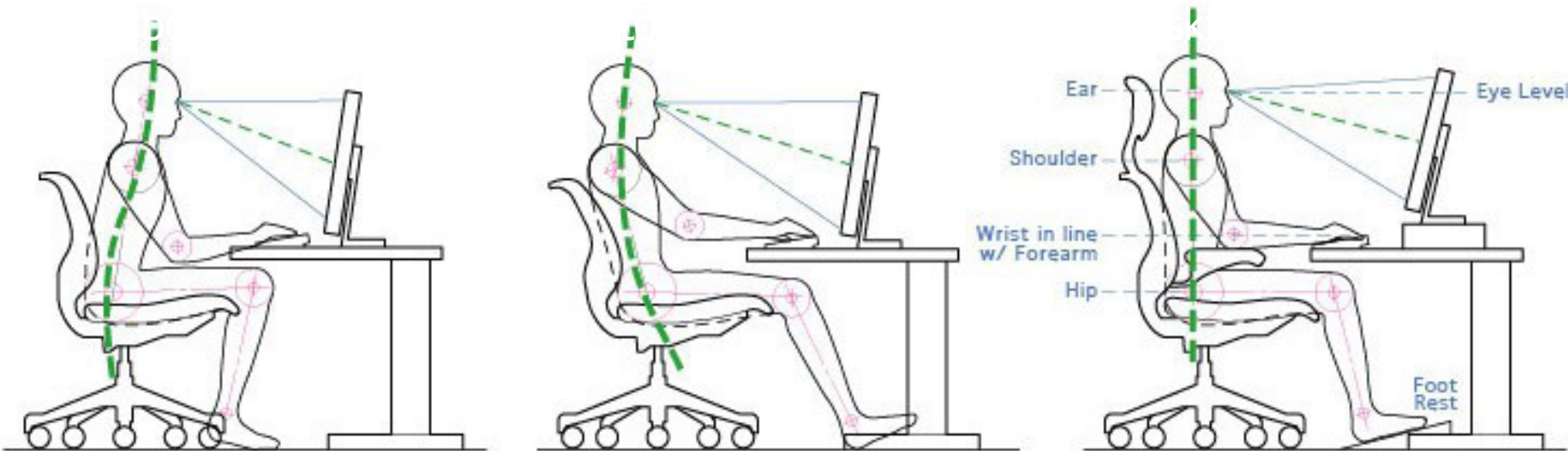
Posture=Window to Health

Common Symptoms due to Postural-Related Issues

- Headaches
- Neck Pain
- Allergies
- Shoulder Problems
- Carpal Tunnel
- LOW BACK PAIN
- Digestive Issues
- Chronic Fatigue
- Joint Pain
- ADD
- Depression
- Insomnia



Sitting



Setting Up the Mouse

- **Wrong**

- Mouse on a flat platform, level with base of keyboard to the right
- Causes shoulder to rotate away from body (abduction)
- Causes wrist to bend upward (extension)



- **To improve**

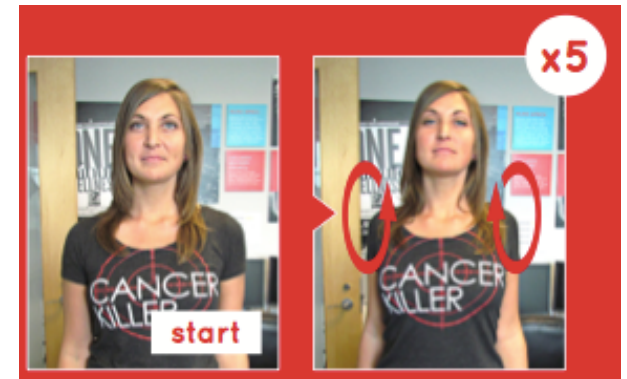
- Use mouse pad with built-in wrist support
- Use ergonomic keyboard to prevent abduction

Example Exercise

Neck



Shoulders



Lower Back



Warning Signs & Symptoms

Headaches

Insomnia

Brain Fog

High Blood Pressure

Infertility

Depression

Fatigue

Diabetes

Sciatica

ADD/ADHD

Neck Pain

Menstrual problems

Weight loss

Low back pain

Dizziness

Acid Reflux

Numbness/Tingling

Allergies

Asthma

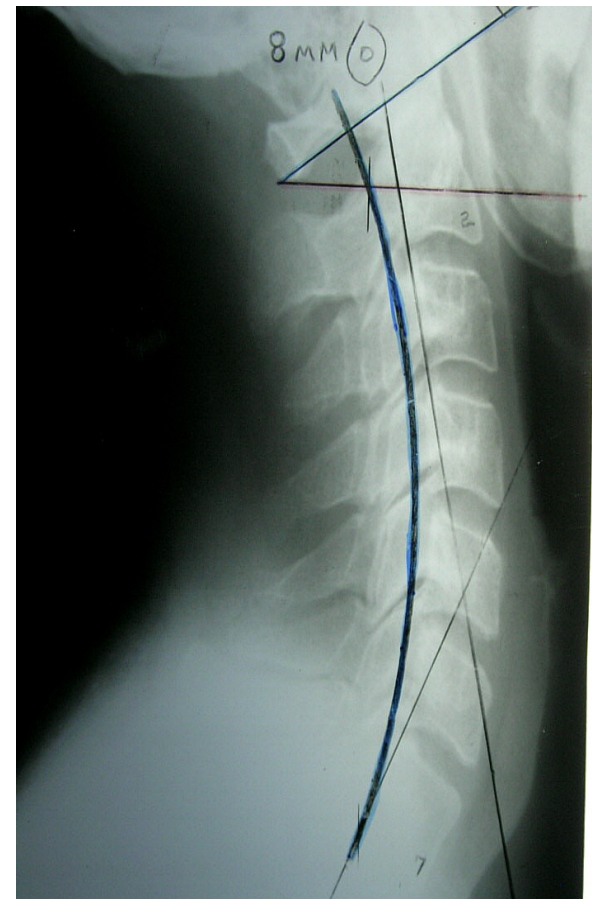


THE LINK

Spinal Correction & Weight Loss/Health



Lost Over 50 Pounds!

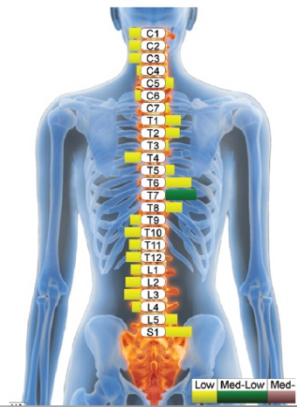
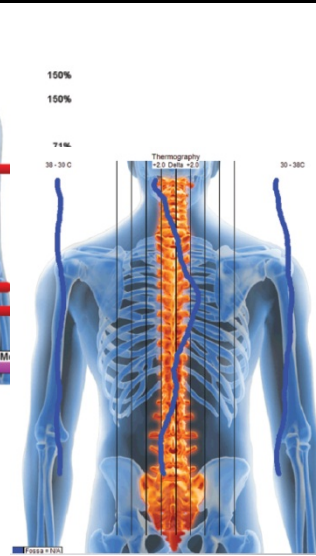
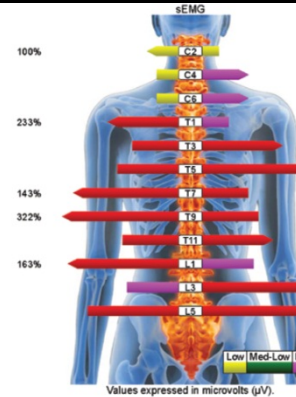


Constipation, Migraines, Menstrual Cramps



The First Step to Health

- **Get Your Spine Checked**
- **Complete history, consultation and examination**
- **Thermal imaging study**
- **X-rays (if necessary)**



Join Us For the Next Workshop

- How to
 - “Stay Healthy through the Holidays”
 - November 17th 6:30 PM

