

BE A MAN: TAKE CARE OF YOUR HEALTH

by John Evans, DC



In nature, the male of a species is usually the more physically dominant. Humans are no exception, and men love to show off their physical and mental prowess. We shake off injury, walk off pain. "It's nothing, I can take it," we say, wiping away a little blood and sweat.

Let's face it, no one really likes to have to go to the doctor, but men are more likely to ignore symptoms of illness or injury until the problem becomes unbearable. This is especially true when it comes to emotional health, and most men tend to wait until they literally can't take it anymore. Of course, they gripe and moan all the way to the doctor's office and hope they can get in and out in 15 minutes with a quick fix so they can get back to work or play. Not all men are the same, of course, but any tendency to dodge healthcare is a dangerous and costly habit. Avoiding regular checkups and

preventative screenings can lead to significant health risks and higher healthcare costs in the long run. The last thing most men want is to show weakness – they prefer the role of strong provider – but an appointment sure beats the burden of a hospital stay.

Men, it is time to start taking as good care of yourselves as you do your cars, boats, tools and toys. This month we celebrate Father's Day, and a big part of being a good father is looking out for the health and wellbeing of your family. The best way to do that is to lead by example.

HEALTH IS NOT MEASURED BY THE ABSENCE OF PAIN.

Just because you "feel fine" does not mean that you are in good health. Take back pain for example. Studies show that 85% of the population will suffer a debilitating back pain in their lifetime, and by the time pain appears, it may too late for an easy tweak. You wouldn't wait for your car engine to blow up before you thought to get an oil change, would you?

MAKE TIME.

If you want a good kick in the sacrum (just guess where that bone is), tell me you don't have time for your health. Do a self-assessment and track your time; I know you can find 90 minutes a week to dedicate to your own health and wellness. As you begin to enjoy the benefits, you'll find even more time.

DE-STRESS.

Find a holistic wellness practitioner. Chemical, physical and emotional stress is a leading factor in most of today's health problems. If you want to avoid doctor visits, find someone who will not only treat you, but who will teach you how to stay healthy from all three angles: structurally, nutritionally and emotionally. If one of the three is neglected, the others will soon fail, too.

GET REGULAR CHECK-UPS.

See your general practitioner for blood work, cardiac and prostate exams. You've heard it a thousand times: early detection can save your life. If found early, high cholesterol and high blood pressure can be treated with nutritional supplements, diet and exercise before pharmaceuticals are necessary. If not, these conditions can quite literally kill you.

This advice applies to women as well as to men. Ladies, take care of your own health, and if you feel the man in your life is not taking an active role in his, it's time to have a heart-to-heart discussion about making health a priority for a longer, healthier and better life together.

Dr. John Evans is a chiropractic physician and wellness practitioner at Waccamaw Chiropractic and Wellness Center in Murrells Inlet, (843) 357-9617, WaccamawChiropractic.com. See ad page 2.