



# Cordes Chiropractic

## Health Point Newsletter

[www.drdaavidcordes.com](http://www.drdaavidcordes.com)

"The Doctor of the Future will give little medicine, but will interest his patients in the care of the human frame, diet, and in the cause and prevention of disease."

Thomas A. Edison

## Why you should be DANCING!



### Health Tip

The type of pain you're feeling can help your doctor determine the specific cause. Pain may come from several sources: bulging disc, irritation of the facet joints (the small aligning vertebra joints) or even a blood vessel being pinched by muscle. Pain can even radiate from a different area than where you feel pain! Let your doctor know if you pain is burning, electrical, numbness, pins and needles or achy.

### Cordes Chiropractic Ctr.

(419) 592-6050

Mon, Wed, Fri (8:30-12 & 2:00-5:30)

Tue, Thurs, Sat. (10:am)

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Doc, I've been feeling great since coming to your office for care and now rarely have pain. As I get older, what can I do to stay healthy and what's so great about dancing? (FYI, ask your doctor first if you have serious health problems)

Dancing's more than just a great form of exercise and to say it's "just a good work out" is selling it short. Have you noticed several of our frequent dancing senior members seem to have maintained a higher level of health with a better sense of balance, movement, and general well being? There are several reasons you should be dancing too.

Our bodies are designed to move. They have been fine tuned with multiple systems to help achieve adaptability in our environment (ever heard of "use it or lose it"?). It helps exercise several of these systems to help bodies maintain its proper function as we age.

Dancing helps move all your joints and can prevent healthy joints from becoming arthritic. It even helps some damaged joints maintain/regain their mobility (hips, knees, elbow, spinal joints, etc). Joints are designed to move and without regular

normal movement will start to develop arthritis (form of bone spur) or degenerate causing premature wear. It even helps with spinal disc health (the shock absorber between your spinal bones). The disc has little blood supply and movement helps pump good nutrients into the disc.

Dancing supports muscle health by providing a great work out. As we age, we loose muscle mass without physical activity. Dancing also helps with heart health (yep, it's a muscle too).

What most people don't realize is how structured dancing (ballroom, partner, line dancing) helps maintain balance and mental cognitive skills. Your body has to keep balance and perform memorized steps/movements of the dance, keeping in step with the beat, while charting a dance pathway though a shifting pattern of other dancers on the floor.

Best of all, It's while having fun!

*David A. Cordes D.C.*