



of the Week...

Natural Foods to Naturally Boost Your Stamina – Part II

Last week we discussed how oatmeal can improve your energy. This week we will review two other easy foods to enjoy that will also help.

Bananas are high in potassium and natural sugars. The combination can keep you active for hours. Nuts contain healthy fat, fiber, protein and vitamins. This, too, can boost and sustain healthy energy levels.

The Nervous System and the 3rd Thoracic Vertebra

As we make our way through the bones that comprise the mid-back and review the nerves that exit in pairs between each pair of vertebra, our hope is that you gain a working knowledge of how the spine and nervous system work and their importance to your health and well being.

This week, our exploration brings us to the third spinal vertebra with a rib attachment, at the base of the neck.

T3 is actually about midway between the shoulder blades and it provides the primary nerve supply from the control centers in the brain to the *Lungs and Bronchi*. Nervous system malfunction in this area of the spine and nervous system may be found to be associated with asthma, bronchitis and chronic obstructive pulmonary (lung) disease.

Like all subluxations, a 3T subluxation can be caused by physical, chemical, emotional and/or environmental stress or a combination of these stressors beyond the body's ability to cope. Interestingly, a chronic T3 subluxation may be related to a subluxation at 9T (to be discussed in a future edition) and 1C (already covered in this series). Common stressors affecting this part of the spine and nervous system include smoking, allergies and environmental pollutants.

Common signs of a T3 subluxation in addition to localized spinal tenderness include shortness of breath, sighing, chronic cough and fatigue. As you learn more about the nervous system, you will see how everything is inter-related!

The Bottom Line...The Bottom Line...The Bottom Line...

Planning a healthy lifestyle for the rest of your life is like goal setting. Knowing where your health is now and where you'd like it to be allows you to break down the path from "here" to "there" into small, manageable steps. Baby steps allow you to easily experience successes that can sustain your motivation. Note changes in your plan as you go and then consistently put one foot in front of the other and move yourself forward towards your goal.