

# Stay Fit After 60

*Presented by Dr. William Cook*  
Module #2: Reducing Pain & Improving Mobility

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## Recap Module #1

1. Find a good cleanse for a healthier brain
2. Improve your diet
3. Get better sleep
4. Get evaluated for vertebral subluxation (improve your nervous system)

Go back and watch module #1  
before starting module #2

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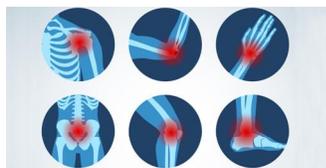
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## Today's Topic

- ✓ Reducing Inflammation
- ✓ Help With Arthritic Pain
- ✓ Increasing Mobility



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## 2 Types of Inflammation In The Body

1. Acute Inflammation: new injuries, exacerbation of a previous injury. The purpose is to protect injured areas.
2. Chronic Inflammation: old injuries or auto immune problems. The body's attacking itself and/or deteriorating cells, tissues and joints



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## Improving Inflammation with Your Diet Eat Less of These

- ✓ Grains: white bread, whole wheat bread, pasta, cereal, crackers, packaged food
- ✓ Trans fat oils: margarine, fried foods, most packaged food,
- ✓ Soda & Sugar
- ✓ Dairy & Soy
- ✓ Meat and Eggs: from grain fed animals

Make sure to read your labels,  
if you can't make out  
ingredients, pass on it!



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## Eat More of This



- ✓ All Fruits & Vegetables
- ✓ Red & Sweet Potatoes
- ✓ Fresh Fish: Avoid farm raised
- ✓ Meat, Chicken, eggs from grass fed animals, read labels
- ✓ Omega-3 eggs and/or egg whites
- ✓ Raw Nuts: almonds, pistachios, walnuts, macadamia nuts
- ✓ All Spices: ginger, turmeric, coriander, oregano, ect.
- ✓ Oils & Fats: organic butter, coconut oil, extra virgin olive oil, butter from grass fed cows
- ✓ Salad dressing: balsamic vinegar, extra virgin olive oil, mustard, lemon juice
- ✓ Beverage: water, green tea or other healthy beverages

Always try to buy organic!

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## Best Supplements for Inflammation

Acute Inflammation  
Zymain

- ✓ Bromelain
- ✓ Papain
- ✓ Trypsin
- ✓ Chymotrypsin
- ✓ Beef Cartilage



Chronic Inflammation  
Pro-Enz

- ✓ Turmeric
- ✓ Ginger
- ✓ Boswellia
- ✓ Rosemary



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## Arthritis and Pain

- ✓ 78 million people will be diagnosed with arthritis
- ✓ Osteoarthritis (most common):
  - Cartilage or cushions between joints breakdown
- ✓ Rheumatoid Arthritis (RA):
  - Autoimmune disease. The body's own enzymes break down the joints lining and increase inflammation

Both can cause pain and mobility problems

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## Treating Arthritis Naturally



- #1 Follow a healthy diet -lose weight if necessary
- #2 Supplement your diet
  - ✓ Acute/Chronic inflammation recommendations
  - ✓ Joint & bone support: glucosamine & chondroitin sulfate improves joint health building blocks of joints
  - ✓ K2D3: help with calcium metabolism & bone health
  - ✓ Calcium & magnesium: helps maintain healthy joints, reduces inflammation & overall cellular health

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## Treating Arthritis Naturally Continued...

### #3 Get Adequate Exercise

- ✓ Water aerobic exercise- low resistant movement
- ✓ Mobility exercise- range of motion
- ✓ Aerobic exercise- walking, biking, other light activities
- ✓ Strengthening exercise- light weights or bands



Seek out a professional trainer or participate with senior expert supervised classes

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## Spinal Adjustments/Manipulation

- ✓ Chiropractic care helps restore position, motion and communication to the joints, resulting in a healthier you!
- ✓ PEMF (Pulse Magnetic Therapy) is a low magnetic wave that gets to the cellular level. It helps exercise the cells, increases blood flow which in turn reduces inflammation, and increases nutrients. Therefore pain is reduced as well.



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You can live a healthier life when you recognize pain as a warning sign and not the underlying cause of disease!

Be proactive with your doctor; you have control of healing and vitality!

Next Stay Fit After 60 Module June 27<sup>th</sup>  
Get Your Energy Back!

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