

## New Orleans Wellness

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When it comes to the human body, there are many factors that play into just how well the body can operate. There are a host of things to consider when trying to stay healthy, including exercise, proper nutrition, good mental health and proper care of the central nervous system.

When we eat food, our body gathers the nutrients it needs to help it to function properly. There are many essential vitamins and minerals that need to be taken in by the body in order for it to carry out its growth processes properly. Many junk foods limit the amount of these essential nutrients that we intake, so it's important to stick to a healthy diet. Many of the most important aspects of our health can be taken care of by eating a diet that is rich in fruit and vegetables. Fruits and vegetables contain a number of key vitamins and minerals that our body needs to function properly.

Exercise is also important when it comes to maintaining a proper level of wellness. In addition to keeping the body in shape by burning unnecessary calories, a regular exercise program can have mental benefits as well. Studies show that those who exercise regularly are less likely to face issues with depression, due to the fact that neurotransmitters are released in the brain when exercise is performed, helping to elevate a person's mood and wellness.

When the mind is unhealthy, the body's wellness can suffer as well. Those who are faced with issues with their mental health such as depression, stress, or low self-esteem can end up causing physical harm to their bodies. Studies have shown that a negative mental attitude can lead to a lowering of the body's immune system as well as causing numerous other problems. For that reason, it's important to face up to any mental problems that you may have in order to get through them.

Last, but not least when it comes to wellness is the health of the central nervous system. Consisting of the spinal cord and nerves throughout the body, when the central nervous system isn't functioning properly, a person's wellness can be greatly affected. Seeking chiropractic care is a common solution when it comes to solving problems with the central nervous system, and without question, one of the best chiropractics available for treating your problems is Dr. Gordon DuBois of the New Orleans Chiropractic clinic. An expert in the field, Dr. DuBois has worked in the field of chiropractic care in the New Orleans area for over ten years (with thirty + years in practice), making him a powerful authority in spinal care.