Corrective Care Chiropractor in Beaverton Offers Advice on Setting Health Goals for 2023

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True Potential Chiropractic, a chiropractic and massage therapy clinic that offers the services of a corrective care and sports chiropractor Beaverton residents can rely on, has recently released a blog post that offers advice on how to set attainable health goals for 2023.

It is common to have New Year?s resolutions and a lot of the time, this has to do with health goals. However, the article advises people to set attainable health goals by developing enduring habits that will support their true potential instead of setting unrealistic goals and then resorting to diet fads, restrictive lifestyle gimmicks, and time-consuming exercise routines that aren?t really sustainable for the long-term leaving a person feeling frustrated, exhausted, and rebellious against all the ?rules? that need to be followed. The article presents a number of simple, sustainable, and beneficial health habits that almost anyone can do. Those who make them a habit can benefit by having more energy, better sleep, and less illness.

The first advice is to drink more water as most Americans are chronically dehydrated, which results into headaches, fatigue, ulcers, joint pain, high blood pressure, weight gain, and kidney problems. Water will not just make a person feel better, but it can also enhance cognitive functioning through the increase in oxygen and blood flow to the brain. Drinking enough water can also help with weight loss as it flushes the system of toxins, suppresses the appetite, and even increase metabolism, thus making exercise more efficient and effective. The goal is to drink at least three liters of water a day.

Another advice offered by the auto injury chiropractor Beaverton residents can rely on is to eat more whole foods and fiber and those that are low in sugar and saturated fats. This will help in naturally reducing cravings for junk food and overeating. It may also help in the healing of the digestive system, reducing digestive problems such as constipation, acid reflux, and food sensitivities.

Another great advice to follow is to get more sleep. Lack of sleep can result in a variety of complex health

issues, such as heart problems, obesity, insulin problems, and mood issues. If one is not getting sufficient sleep, consulting with a doctor may be advisable to rule out chronic problems like snoring, sleep apnea, or restless leg syndrome. And for those who are kept awake by chronic pain, chiropractic care may help.

And lastly, it is important to prioritize pre-emptive care. Having regular medical check-ups, and seeing a nutritionist and chiropractor, can help a lot in preventing health problems and having better health for the long term.

Founded in 2013, True Potential Chiropractic offers lifestyle care, especially for members of the family and for sports people. This chiropractic clinic has evolved into one of the leading providers of family corrective care in Beaverton and surrounding areas in the Pacific Northwest. Dr. Bryen Bell established the clinic to offer non-drug solutions as the key option in health care. In the effort to achieve this goal, Dr. Bell introduced a fully computerized and advanced corrective care family wellness center in Beaverton, Oregon, after he had moved in 2013 to the Pacific Northwest. This serves as a sports rehab and family chiropractic practice with the goal of assisting patients in their goal of having better wellness and health through prevention and maintenance, rather than just providing a cure when there is a health problem is already present, such as disease, disability, and pain. Dr. Bell?s wellness philosophy is based on the six laws of the human body, which are: diet, alignment, rest, exercise, mindset, and stress management.

When looking for the services of a corrective care and auto injury chiropractor Beaverton residents can depend on, people can check out the True Potential Chiropractic website or contact them on the phone or through email. They are open from 9:00 am to 6:00 pm Tuesdays, Wednesdays, and Thursdays.

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For more information about True Potential Chiropractic, contact the company here:True Potential ChiropracticDr. Bryen Bell503-574-4872drbell@tpcportland.com8283 SW Cirrus DriveBldg 15Beaverton OR, 97008

True Potential Chiropractic

True Potential Chiropractic is an award winning wellness center located in Beaverton OR. TPC is able to assist from prenatal to adults with their pain relief, personal injury and corrective care. Bodywork, stretch and chiropractic therapy is available.

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