

As I mentioned last week, the aging process not only involves time, it is also the by-product of accumulated damage to the body. Last week I discussed damage that occurs internally by chemical stresses to the body (to read the article, visit lifetouchclinics.com). This week I will discuss the damage caused by physical stress to the muscles and joints.

All physical activities stress the body in some fashion. Usually that is a good thing. Muscles, bones and joints benefit from use. Inactivity causes them to shrink, become weaker and less functional. Stress that exceeds the capacity of the tissue will result in damage. A broken bone occurs when force applied to the bone exceeds the bone's strength. Similarly, torn muscles and ligaments occur when the force applied to these tissues exceed their strength.

The body is designed to repair damage to muscles, bones and joints, but often the healing is incomplete. The tissue at the end of the healing process can be weaker and less functional. Over the years, this weaker tissue accumulates and leads to conditions that are related to aging such as arthritis and spinal disc degeneration. Tendinitis and bursitis are also caused by this type of accumulated damage.

Much of this accumulated damage can be prevented by promoting proper healing. This is done through exercise, good nutrition and adjustments or manipulations. Exercise encourages the growth of stronger tissue to replace the damaged tissue. Nutrition is necessary, since the new tissue is built from the food that is consumed. If the diet is deficient in necessary proteins, essential fats, vitamins and minerals, poor quality tissue will be created. This tissue will then be easier to re-damage in the future. Joint adjustments and soft tissue manipulation reduce internal scar tissue formation.

Unfortunately, most people treat these injuries with pain medications which do not promote healing. As a result, in time, most people suffer from frequent joint and muscle pain, reduced mobility and an over-all lower quality of life.