



NEGATIVE NEWS, NEGATIVE HABITS AND HEALTH...

*How Do
They Relate?*



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**NEGATIVE
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*How Do They
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I know for myself, when I see or hear the words “good news”, my attention perks up and I want to know the details of what is good as it does not get promoted like its opposite. As news organizations rarely publicize news that would raise one’s mood, one might ask the question, “What are the consequences on our overall health from ingesting a regular diet of negative news?” And, is it possible to become desensitized to the promotion of sad or disturbing events, literally becoming numb to the news, and so we lose perspective to its deleterious effect on us?

Is it possible the consumption of such heavy content over years of time could be a player in one’s declining health by affecting our internal physiology and even contributing to the perpetuation of our bad habits?

Or conversely, could we improve our health by avoiding negativity and replacing it with being out in nature, appreciating its beauty or observing art and images that uplift? Is it possible that through ingesting such a diet,

the stressed systems in our body are calmed and our mind, body, and emotions begin to lighten? Yes, a lot of questions which could be having the effect of raising the eyebrow of skepticism in the reader. Yet, read on and have an open mind, we even have a research link to support these assertions.

Instead of all the emphasis on the negative, if our attention was routinely put on seeking the beauty in our world and the positivity in humanity, would our health and feelings about life start to change? Would such a sensory diet move us away from the heavy emotional charges that potentially restimulate us into our negative habits as we look for some way to soothe the agitation from disturbing news? “Frank, make me a double scoop of double fudge, I got to numb out from the news.” I don’t really know but it seems there is good evidence the opposite has been occurring for a long time. As a nation with a heavy focus on the negative in the media, we are not getting healthier even as we have advanced exponentially in knowledge about the body. There are many reasons that could be given, but could there be a connection between too much negative news and our health?

(Continued Inside)

Perhaps we need to reevaluate what we consume each day in terms of the “Negative Nightly News.” Even the neighbor or friend perpetually sharing sad or heavy stories has some bearing on the weight of emotion we accumulate.

How do you feel after that friend or neighbor unloads? And if one were to look around to find where the negative can hide, look no further than the lyrics in music to find the negative camouflaged under a nice rhythm or beat. It appeals as it deceives, which are the tools of the trade in the media world. In the total sum of influences, whom we chose to associate with and what “programming” we chose to consume weighs in on our mind to either uplift or depress. Our mind is the captain of the ship; influence it and all else follows including stimulating our less healthy habits. Advertisers, politicians, and the media have known this since the first newspaper was printed and now it would be hard to tally the number of ways we are communicated to each day. One cannot even pump their gas in peace with the gas pump now pumping images and commercials at us. It is almost comical how advertisers and the media do not want to give us a free minute to decompress.

With this understanding, what if we made a definite effort to avoid the negative in the news as well as certain people in our world that pull us down? This would be addition by subtraction would it not? We do not doubt the effects of a poor long-term diet, what occurs eventually becomes self-evident. However, the effects on our body from a diet of negative news is not as obvious, yet it is stimulating a stress response which is gaining more and more attention as a strong deterrent to good health.

Historically, we may hear of some bad news coming in from a limited radius, but today we can hear about disturbing news a half a world away. It can add unconsciously to the emotional weight of our day even though it has no direct effect on us.

By giving negative news too much of our attention, it takes an emotional pathway into our body and talks to our immune and nervous systems.

As we numb out to the daily grind of negativity wanting our ear, it is not recognized how our body is coping more and more on a deeper unconscious level in our immune and nervous systems which can affect our mood, health and ultimately our attitude about life. It is not a stretch to see we are getting hit from all directions, foreign and domestic, and with every form of media. Maybe we need to decide, like a food diet, what our news diet is going to be, and how many negative emotional “calories” we want to ingest daily? Clinically, anxiety is the new “in vogue” diagnosis now, but stress comes at us in many ways and negative news can be a big player.

Research and just plain experience indicate health is not just something that is created purely from exercise or diet (although they are important). There is a whole body of evidence to show that consuming a steady diet of sad and disturbing news undermines our sense of control, safety and feelings for a positive future, which sets up neurobiological influences on our body's biochemistry that undermines our health.

What if someone was to make a commitment to eliminate negative news in their life and maybe, if possible, negative people too (not as easy) for 30-90 days and actually substitute that influence with the positive. What would be the effect?

Research in Japan has been investigating the relationship between nature, health and mankind for decades and is finding a correlation between healthy physiology and walking among the trees in a forest (could it be that easy?).

They actually call it “Forest Medicine” or “Forest Bathing.” I have included a link to an article which is a fascinating story on how Japan is investing in their citizen's health with, of all things, natural beauty. I would highly recommend giving it a read and to expand your understanding between health, nature, and our immune system — the link is found on our website at the end of this article.

Creating health is a multifactorial process of influences, but eliminating the consumption of negative news has typically not been in the forefront of recommendations.



As it relates to changing our bad habits, it would be helpful to remember that emotions are powerful, fighting them with our wills, extreme diets, and exercise is not always the answer.

An idea with no ill side effects which can be easily combined with diet and exercise is to become aware of the sources of negativity in your life (newspapers, social media, TV, and certain people would be a good start) and eliminate them.

Replace such influences by seeking to notice beauty throughout your day and see if this cannot make a bad habit not be as emotionally needed anymore.

For some, it can be a realization that the majority of our news is about communicating what is wrong in life.

Unfortunately, the long-term consequences of such an influence can unconsciously affect not only our own health but filter into everything to create a “glass is half empty attitude.” Our mind is literally being trained, story by story, to notice what is wrong in life.

The antidote is to eliminate the negative and start to look for what is positive or beautiful in our day, as hidden as it might be at times. Make it a game of noticing what is good or positive hiding in the less obvious places and in people too and acknowledge it. What we acknowledge becomes

more real whether positive or negative in our lives, why not make it work in our favor?

Even better, regularly saturate yourself with a long walk in the woods. Like a dry sponge placed into a bucket of water, feel yourself surrounded by the soothing power of the natural world in all of its seasons.

This is probably one of the simplest recommendations I have ever made to improve someone's health; it adds a positive spin to the idiom, “Go take a hike.”

Full Potential Physical Therapy can help make the road out of this dilemma easier when pain is part of the picture, which it often is. Pain and the negative news diet are often found together. How about you start working on the inside and we on the outside and together we will meet in the middle with a body and mind ready to go out and find some good news, or maybe — make some good news for someone else to notice. Look out, it could become contagious!

Full Potential is your partner in this journey to feeling holistically better. Call 616-392-2172 or reach out through our website, fullpotentialpt.com and we will be in touch.

To noticing the good in life,

Vincent Hanneken, PT/Owner

Learn More: Scan the QR code to read about Forest Medicine. This complements and adds much more depth to the idea of the healing potential of nature with studies and anecdotal evidence.



**Has your pain come back? We can help! Call us at 616-537-2864 to book your appointment today!
Book online at FullPotentialPT.com**

IRONMAN x2!

JEREMY DECKER, DPT, COMPLETED HIS SECOND IRONMAN RACE

I'm so thankful to have completed my second Ironman in Lake Placid this summer. The race went really well. It was a beautiful day in an even more beautiful location. I'm grateful to my wife, Sarah, for encouraging me to pursue my interests and for creating the time for me to train. Ironman training and racing has been a lot of fun over the past two years. I've learned so much. I'm excited to stay active in different ways going forward, but I expect to do another Ironman at some point.

Congrats on completing such a demanding race, Jeremy!

Jeremy and family this July after his Ironman race.



Dr. Jeremy wants to know...

Do You Have a Fitness Goal, Too?

If you or someone you know has running goals, or is involved in endurance athletics and looking for treatment from a qualified professional to achieve their athletic goals, we can help! Dr. Jeremy Decker is not only a participant in high-endurance athletics, but is also certified in the McKenzie method and completed the Rehabilitating the Injured Runner certification course through the Institute of Clinical Excellence. No matter how far you're looking to walk, run, bike, or swim — having a provider who can relate to the demands of your sport can be very beneficial for your care. Call our office for more information or to set up a consultation with Dr. Jeremy.



Unfriend Us!

Just kidding! But you may have noticed we stopped posting on our Facebook a while ago... it's not because we didn't want to connect with you! After multiple attempts to resolve an issue with Facebook Support, we are sadly having to part ways with our original page. However, we now have a new Facebook Page where we can share our clinic updates and news! To ensure you're getting the most recent news, we encourage you to promptly UNFOLLOW our old page, and FOLLOW the page linked to this QR code. (Our new page also tells you how you can **win a Post Family Farms gift certificate!**) We hope to see you there!



Nagging pain that won't go away? Call us at 616-537-2864 to book your appointment today!
Book online at FullPotentialPT.com

PATIENT *Success* STORY



IT'S A SUCCESS!



MY PT HAS MADE A HUGE DIFFERENCE!

I was so concerned that my knee would continue to hamper my activities and ability to do even simple things, but my PT has made a huge difference - very little or no pain and most of all I can walk distances without any pain,

The clinic's strength was the team effort with persons involved in my care- front desk persons so friendly and fun- Thank you all!

Marsha D.

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PLAY THE REFERRAL GAME

286 Hoover Blvd · Holland, MI 49423
Phone: 616.537.2864 | Fax: 616.392.1726
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