



## QUIZ #1 - Healing Principles

### **Intro to the Wellness Wall**

1. Because of its impact in every other area of your life an important concept is to identify health as your most \_\_\_\_\_ asset.
2. Speaking of value, health is similar to wealth because it can be \_\_\_\_\_ through good habits (adjustments, exercise...etc) and it can be \_\_\_\_\_ through bad habits (sedentary postures, fast food...etc).
3. Your spine is the \_\_\_\_\_ to your health, youth and vitality.
  - a. Friend
  - b. Foundation
  - c. Foe.
4. T / F - The Wellness Wall program is designed to support your corrective chiropractic care by teaching you healthy habits and how to care for your body for a lifetime.
5. What are the 3 legs of spinal correction:
  - a. Exercise (and Traction)
  - b. nutrition
  - c. adjustments
  - d. habits
6. T / F - Graduation to the Wellness Wall is a significant accomplishment demonstrating commitment and follow through in creating a strong, healthy and corrected spine as well as proficient knowledge in physical self care in the areas of stretching, rolling/mashing and good postural habits to protect your lifeline for a lifetime.

### **Bonus** Circle what applies:

1. Subluxations cause damage to your spine which leads to eventual symptoms that make you feel bad/good, which makes you stronger/weaker, which increases/decreases your stress levels, which makes you crave healthy/unhealthy foods, which causes you to gain/lose weight, which inflames your tissues causing even more/less symptoms, which makes you more/less irritable, which improves/harms your relationships, which increases/decreases stress, which increases/decreases productivity and job performance, which adds/reduces stress, which continues to strengthen/weaken your body, which increases/decreases likelihood of disease resulting in good/bad health & quality of life as well as shortened/lengthened life span.
2. T / F Functionally and Structurally correcting your spine and participating in The Wellness Wall program focuses on reversing the results of the above bonus question, increasing the quality and quantity of a person's life.

### **Healing is Growing**

1. Healing is "up and down on the way \_\_\_\_\_."
2. Becoming sick is "up and down on the way \_\_\_\_\_."
3. Regarding symptoms, a reduction in frequency, duration or \_\_\_\_\_ indicates healing is taking place.

4. In the moment, the healing process can feel like it is taking forever. As your body heals and increases freedoms, it is important to remember two things: Your past (where you came \_\_\_\_\_) and your goals (where you're \_\_\_\_\_).

### Speed Your Healing

1. Name 2 side effects that can happen from becoming healthier:  
1. \_\_\_\_\_ 2. \_\_\_\_\_
2. T / F The #1 thing required to speed the process of healing and get the best results is to be *consistent* with your care.
3. The 3 things that make up the "spinal health and healing" 3-legged stool are:  
1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_
4. What is pain? \_\_\_\_\_
5. Movement is critically important for healing; however, you must listen to your \_\_\_\_\_ when you feel pain.
6. Food choices have a large impact on levels of inflammation. In order to heal quickly, it is important to stay away from \_\_\_\_\_ and \_\_\_\_\_ foods.
7. Hydration has a huge impact on healing rate and pain level. Your body needs to have a good inflow and outflow like a beautiful \_\_\_\_\_, not a stagnant, moldy \_\_\_\_\_.
8. Research proves Omega 3 deficiency contributes to everything from joint \_\_\_\_\_ & inflammation as well as heart disease, depression and anxiety.
9. T/F High quality Omega 3 supplements are key for nervous system healing and repair.
10. To speed healing, \_\_\_\_\_ stress and get as much \_\_\_\_\_ as possible.

### Recovering from Injuries - parts 1 & 2

1. T / F Patients who have been under SBFC care for a while are healthier, and therefore typically recover from injury and setbacks faster than prior to care.
2. T / F Recovery happens the fastest with no movement (ie bedrest).
3. Painkillers and anti-inflammatories work at reducing pain and inflammation; however, research is reporting that if used as a long term solution, these medications disrupts the \_\_\_\_\_ process and can cause more joint \_\_\_\_\_.
4. T / F Listening to your body when injured is overrated. No pain, no gain.
5. T / F You should exercise when injured, but modify the movements to avoid pain.
6. You should mash and roll body tissues \_\_\_\_\_ and \_\_\_\_\_ the sore spot (strain) of a *recent injury*.
7. T / F Chronic injuries are typically okay to roll and mash right on the spot.