

The Science Behind Personal Wellness for Executives

Plannning for personal wellness is an investment in yourself.

Total Access Medical, LLC®
Modern medicine. *Old fashioned CARE.*



The life of an executive is a life of being on the go constantly. Don't let your business come before your health. When you're sick, it costs both you and your business time and money. You can avoid sickness by being proactive about your health and maintaining a relationship with your doctor.

Workforce Illness in the United States Costs $576 Billion Annually

39% ($227 billion) of that is a result of "presenteeism"

Presenteeism: (n.) an employee comes to work but underperforms due to being sick.

Too many people don't take proactive measures and end up being caught off guard by diseases or health problems brought on by things that could have been avoided. Let's take a look at how your doctor can help you take action to stay healthy and fit.

Total Access Medical, LLC®
Modern medicine. *Old fashioned CARE.*

Part I
It Takes Healthy to Make Healthy

The importance of nutrition cannot be stressed enough. Over the course of the last hundred years or so, the way we eat has shifted dramatically. Globalization has brought foods around the world from every culture, from herbs and vegetables to cheeses and meats. At the same time, our foods have become more artificial and processed.

People are overeating but they're malnourished. The foods we eat are providing empty calories and over processed ingredients that don't deliver adequate nutritional value. Our bodies need vitamins and nutrients to perform bodily functions and grow properly. As we get older, our needs don't dissipate; they just shift.

The nutrition we need from food regulates our metabolism and growth, but also our body's defenses and ability to repair. Every day, scientists and doctors are learning more about what foods can do for us and every breakthrough sparks a fad diet or rumor about how loading up on a certain food can improve your body in some way. The truth is that we need a balance. There is no one food that is all encompassing.

For those with dietary restrictions or chronic illness, nutrition can be exceptionally important. Beyond managing such illness, proper nutrition can prevent diseases like adult onset diabetes and heart disease. The right foods go a long way, but the problem is that not everyone needs the same things or the same amounts.



Talking to a doctor about nutrition can change your life pretty dramatically. People frequently write off symptoms as their body's quirks when they're actually experiencing an adverse or allergic reaction to something they ate. Mild cases of lactose intolerance, for example, can just seem like gas or indigestion. Even mild symptoms can lead to something more serious, if it's not caught in time.

Nutrition also determines how our body processes and uses foods. Ingesting certain vitamins and minerals will help your body process foods better and more efficiently. Other vitamins and minerals give us energy. There are a lot of misconceptions about what gives us energy and what is good for our bodies. Caffeine is a common go-to for people looking for energy. The problem is that the energy we get from caffeine is short lived and will often cause an energy crash that makes us feel more tired than we did before. Eating foods with high iron and B vitamins are a necessary way to raise your body's energy level. A lack of iron in your diet can cause iron deficiency and leave you feeling more tired than you normally would.

The problem with nutrition is that it's such a complex subject that it's hard to really grasp it unless you dedicate your life to doing so. For that very reason, doctors who have a nutritional specialty or background are extremely valuable. After all, nutrition is just one piece of a larger puzzle. Thorough discussions with your doctor are absolutely necessary to find out your nutritional needs and what you can do to improve your diet.

In our 40's, our skin loses some ability to synthesize Vitamin D. At around age 50, our stomachs produce less gastric acid, stunting our ability to absorb B vitamins.

Part II
Use It or Lose It

Our bodies are made up of muscle groups. The thing about muscles is that if they don't get used, they atrophy—or disappear. Our lungs and hearts are muscles that get stronger by frequent use an incremental challenge. Most people know that cardiovascular workouts strengthen the heart and lungs, making our body more efficiently use blood and oxygen. What many people don't know is that exercise greatly reduces the risk of diseases.

It's not just heart disease either; exercise reduces the risk of cancer, among other things. Sedentary lifestyles lead to an increase in fatigue, depression, and weight gain. Routines are hard to break, but it's important that we work physical activity into our schedules.

The same way our need for nutrition works, our need for exercise varies throughout life. We always need to be physically active, but the intensity varies. Doctors and physical therapists have researched and found ways to exercise virtually anywhere. From a hotel room to your living room; you don't need a gym to get your workout in. Even if it's just a brisk walk, research shows that walking just 30 minutes a day will clear your mind and work your body enough to benefit anyone.



Exercise and physical activity promote a healthy immune system and heighten the body's ability to defend against sickness and injury. Your body also uses the amount of physical activity you get to help regulate your metabolism and sleep cycle. Because exercise burns calories and uses the energy stored from food, it also helps your get the most out of the food you eat. Because you're expending that energy, exercise also helps you sleep better through the night and get a more restful sleep.

Every time you go to the doctor for a physical or check up, your doctor should be checking your weight, heart rate, and blood pressure against what it was previously and what it should be. Use that motivation to do better for yourself. It can save your life. It's never too late to start improving your lifestyle. Make an appointment with your doctor to get some ideas about what exercise can most benefit you. There are exercises to fit any lifestyle and exercise should be a part of every lifestyle.

Starting around the age of 25, the average maximum attainable hearbeat for a man declines by about one beat per minute every year. His heart's capacity to pump blood drops 5%-10% every decade.

Part III
The Tortoise and the Hare



The life of a busy executive is too often characterized by a schedule that never stops. Traveling, meetings, and other business obligations end up eating personal time. Living that sort of a life wears on a person. Stress builds up, worries pile on, and there's an inevitable loss of sleep.

Losing sleep causes the mind to slip and the body to weaken. You lose your focus when you don't sleep. No amount of coffee or energy drink can make up for missed sleep. In fact, becoming dependent on caffeine can cause heart problems, restlessness, and disrupt sleep cycles. Our bodies become addicted to caffeine more easily than we realize.

There is no replacement for sleep. Sleep is when our body takes time to recover mentally and physically. Several theories exist that propose why it is that we sleep; some of which have more evidence than others. Research shows that our bodies repair tissue, grow, and synthesize protein while we sleep. In studies where animals were deprived of sleep, it only took a matter of weeks before the body's immune defenses broke down and failed.

We spend so much of our time active that we need sleep to take a break. When we're infants, we sleep upward or 14 hours a day. As we get older, we need less sleep, but we do still need at least 7 to 8 hours as adults. There is no universal number for the time we need to sleep, but we do know that oversleeping can cause us to feel more tired and unfocused.

Some studies suggest that the amount of time we need for sleep can be tracked by our body's natural rhythm, which causes us to enter the deeper stages of the sleep cycle. For those who have trouble sleeping, a sleep study and analysis might reveal a sleep disorder that keeps the body from entering those deeper stages of sleep. Sometimes a change in exercise patterns or diet can throw off your body's ability to rest. Your doctor can help you determine what factors affect your personal sleep habits to make sure that you're getting the rest you need.

Our need for sleep is determined by a number of factors including, but not limited to, our lifestyle and natural cycle. You could have probably guessed that, just as with nutrition and exercise, everyone has individual needs that need to be carefully assessed. Getting enough sleep allows us to keep our memories sharp and our energy levels where they should be throughout the day.



Daytime sleepiness doesn't always translate to a need for more sleep; it can be a symptom of an underlying medical disorder such as sleep apnea.

Total Access Medical, LLC®
Modern medicine. *Old fashioned CARE.*

Part IV
The Best Offense is a Good Defense

Being healthy and staying healthy is an every day challenge. Everything about our bodies is a fascinating combination of delicate and hearty. Our diet, exercise habits, and sleep cycles are the cornerstones to a healthy life. The real key is to be proactive.

Modern medicine has adapted to be reactive—meaning that we treat the symptom more often than the cause. If you have a headache, you're likely to take medicine for it before realizing that it's caused by dehydration. On the other hand, if you stay hydrated, you are less likely to experience headaches to begin with.

Our focus has been too late for too long. If we treat our bodies right to begin with, we're far less likely to get sick or need medication. Overuse of pharmaceuticals and self-medicating can be dangerous and lead to health problems and complications. The body wants to heal itself and is much more capable than we give it credit for; all we have to do is plan ahead and live well.



Total Access Medical, LLC®
Modern medicine. *Old fashioned CARE.*

Planning ahead and staying ahead of our selves is the way to higher quality of life. When we don't get sick, we waste less time and feel better. The best way to deal with sickness is to avoid sickness as much as possible in the first place. Avoiding in sickness completely is impossible but by being proactive about your health, you can reduce your risk and boost your defenses so that on the rare occasion you do get sick, you're down for less time.

Being proactive involves planning and dedication. Eat healthy, be active, and get enough rest. Those three things are the perfect start to a healthy lifestyle. Since everyone has unique needs, it's imperative that you talk to your doctor about what you can do to improve in all of those areas.

Our body's immune system diminishes from birth. By age 65, our thymus has shrunk to 5% the size of a newborn's. The thymus is critical in T cell production.

Make Time for the Doctor to Save Time for Yourself.

Executive wellness programs are designed to fit around the life and lifestyle of the modern business executive. Total Access Medical offers plans for executive healthcare that are both flexible and comprehensive. Your health is our concern. Your schedule is our consideration. When you enroll in an executive healthcare plan, your doctor will work with you find time in your schedule for routine exams. When you need your doctor, you'll have a direct line and the assurance that you won't have to wait for appointments or answers.

In 2010, a study showed that every $1 spent on wellness programs reduced medical expenses by $3.27 and cut back absenteeism cost by $2.73

We want to do everything we can to ensure that you're living life to the fullest and maximizing your potential while staying healthy. Your time is incredibly valuable and we want to help you make the most of every day by living a healthy life and feeling the best that you can.

Total Access Medical, LLC®

Modern medicine. *Old fashioned CARE.*

Total Access Medical is a concierge medical practice that brings old-fashioned care to modern medicine.

Total Access Medical, LLC®
Modern medicine. *Old fashioned CARE.*

Healthcare in America is characterized by copays, limited doctor availability, and substantial time spent in waiting rooms. The time that a doctor and patient get to spend together is very often brief and can feel rushed. It's hard to feel like your doctor has a good idea of who you are and what your life is like when they know what you and a chart tell them.

It's high time for a change and Total Access Medical is pushing forward on the frontier of concierge medicine. By enrolling in a program, you become one of a set number of patients that a doctor will take on in a year's time. When you need your doctor, you can call or email to set up a time to see them without having to worry about copays.

Our doctors are all very proactive and have varying backgrounds and specialties. From holistic medicine to internal medicine, our team is ready to provide the best care possible to bring you the best possible quality of life. Visit us online or call us to find out more about how concierge medicine can make a difference in your life today.

Let us know how we can help.

Follow @totalaccessmed

Like Share

www.totalaccessmedical.com