

I WANT MY BACK BACK



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WELCOME!

This workbook covers a variety of topics designed to promote physical and mental health. You will find practical, implementable, step-by-step strategies to learn how to avoid the failures, achieve the successes and *be better*.

Thank you for your time and participation today. I welcome and encourage you to continue the conversation with me at the contact information below.

Be happy, be healthy, and be better,

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Thank you.

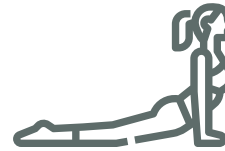
DAILY ROUTINE EXERCISES

TO NEGATE THE DAMAGE THAT DENTISTRY, LAPTOPS, AND PHONES ARE DOING TO OUR BACKS



Double Chin

While sitting in your car, smash the back of your head into the headrest, activating the head-supporting muscles at the back of your neck.



Press Ups

Lay on your stomach, then push your upper body off of the floor. Contrary to a “pushup” you want to keep your hips and pelvis on the floor, bending your spine backward.



Holding Our Phones Differently

Keep your elbows to your sides, holding the phone up higher to your face, so you can read it while keeping your head straight. The greater angle you bend your neck, the more weight your head has to hold up.



Football Goal Posts

Stand with your back against the wall, then maintain wall contact with your ankles, your butt, your shoulders, elbows, knuckles, and the back of your head. At this point, you will be creating somewhat of a football goal post shape with your arms.

While maintaining contact with the wall, slowly raise your knuckles and elbows up the wall.

NOTES

Stretches for Lower Back Tension

Approximately 6 Minutes

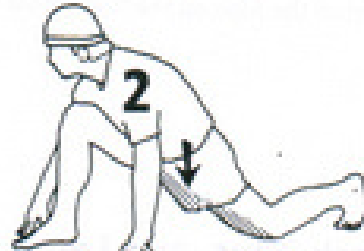
These stretches are designed for the relief of muscular low back pain and are also good for relieving tension in the upper back, shoulders, and neck. For best results do them every night just before going to sleep. Hold only stretch tensions that feel good to you. Do not overstretch.



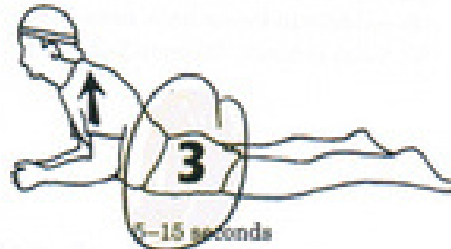
30 seconds
(page 26)



10-12 seconds
2 times
(page 46)



15-20 seconds
each leg
(page 51)



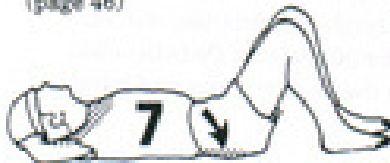
5-15 seconds
2 times
(page 33)



20-30 seconds
each leg
(page 63)



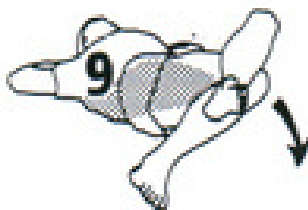
Contract 3-5 seconds,
then relax
2 times
(page 27)



Contract 5-8 seconds,
then relax
2 times
(page 29)



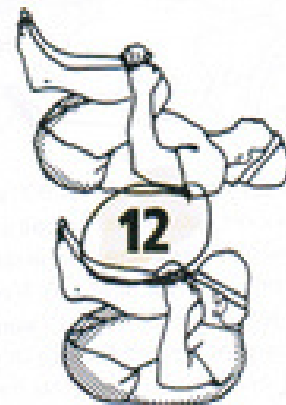
Rock gently back and forth
15-20 times
(page 26)



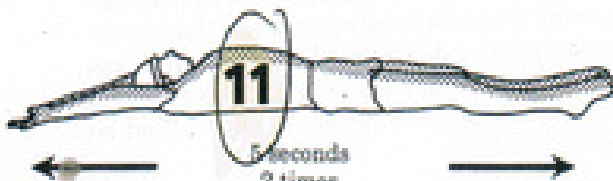
15-30 seconds
each leg
(page 27)



10-15 seconds
each leg
(page 32)

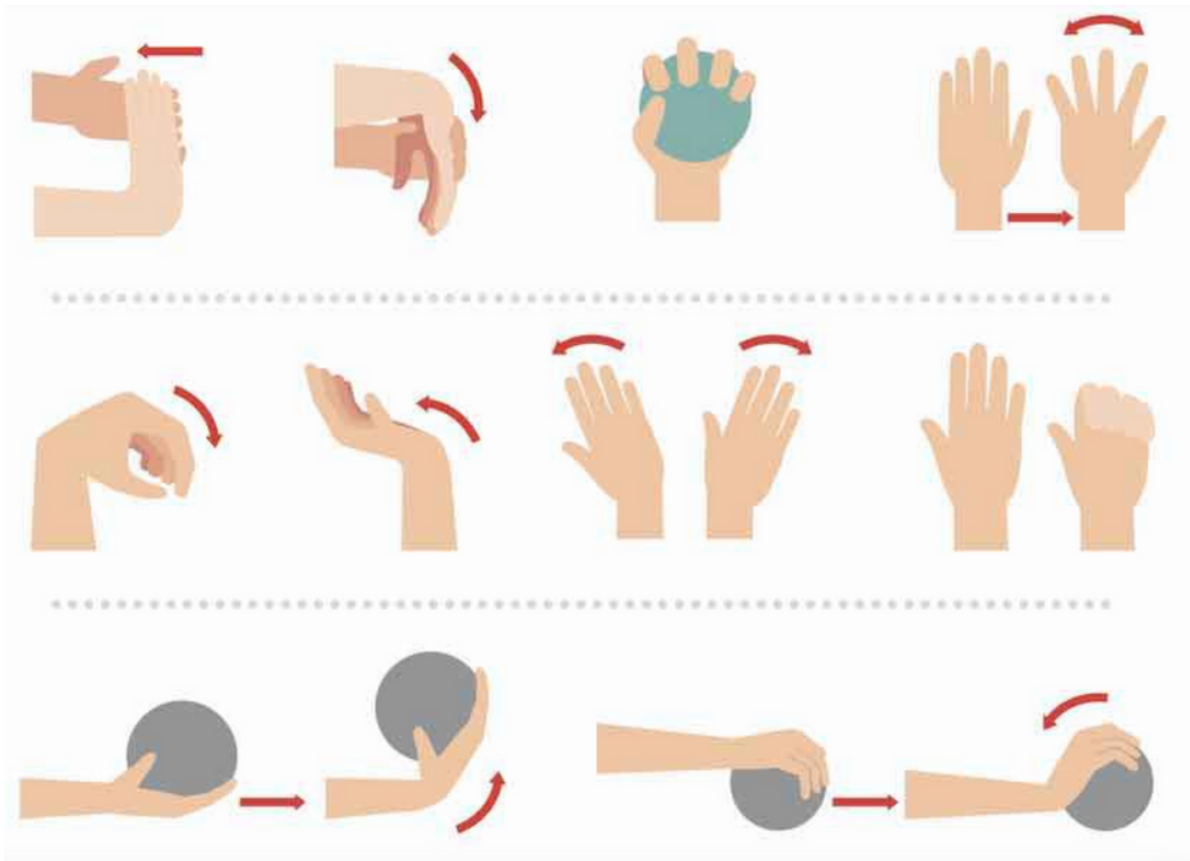


10-15 seconds
2 times
(page 63)



5 seconds
2 times
(page 30)

CARPAL TUNNEL SYNDROME EXERCISES



SADDLE STOOL



WAKING UP OUR SLEEPY GLUTES

Search on YouTube:

Sleepy Glutes, Rangan Chaterjee

DAILY ROUTINES AND HABITS

SHARED BY ALL OF THE *BLUE ZONES*

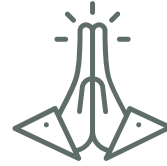


Hari Bachi Boo

Stop eating when 80% full



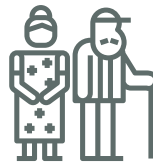
**Diet rich in colorful fruits,
veggies, beans, lentils**



**Regular attendance
in a faith-based community**



Constant, mild movement



**Getting old is honored,
not feared**



**One glass of red wine
every night, with family and friends**



Meditation / Prayer

BOOK RECOMMENDATION

*The Blue Zones: Lessons for Living Longer From
the People Who've Lived the Longest*

DAN BUETTNER, 2010

OUR MICROBIOME

HOW WE GET THE GOOD BACTERIA

1. **Eat plants**
2. **Exercise**
3. **Be outdoors**

“Live Dirty, eat clean!”
- Robynne Chutkan, MD

*Dr. Greger's Daily Dozen is available as
a free app on iPhone and Android.*

BOOK RECOMMENDATION

*How Not to Die: Discover the Foods Scientifically
Proven to Prevent and Reverse Disease*

MICHAEL GREGER, 2015

BOOK RECOMMENDATION

The Miracle Morning: The Not-So-Obvious Secret Guaranteed to Transform Your Life - Before 8AM

HAL ELROD, 2012

S

Silence

A

Affirmations

V

Visualization

E

Exercise

R

Read

S

Scribe

AFFIRMATIONS

SMART GOALS

S

Specific

Be clear and specific so your goals are easier to achieve. This also helps you know how and where to get started!

M

Measurable

Measurable goals can be tracked, allowing you to see your progress. They also tell you when a goal is complete.

A

Actionable

Are you able to take action to achieve the goal? Actionable goals ensure the steps to get there are within your control.

R

Realistic

Avoid overwhelm and unnecessary stress and frustration by making the goal realistic.

T

Time-bound

A date helps us stay focused and motivated, inspiring us and providing something to work toward.

AFFIRMATION EXAMPLES

By December 31 of this year,
I'll have \$_____ in my
emergency fund



By the time I turn 45, I will successfully
complete an Ironman race

Before my daughter starts high
school, I am going to take both
kids on a 2 week, no screens,
road trip

MORE BOOK RECOMMENDATIONS

Breath: The New Science of a Lost Art

James Nestor, 2020

The Rational Optimist: How Prosperity Evolves

Matt Ridley, 2011

Breath: The New Science of a Lost Art

James Nestor, 2020

The Invisible Touch: The Four Keys to Modern Marketing

Harry Beckwith, 2000

Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones

James Clear, 2018

The Subtle Art of Not Giving a F*ck: A Counterintuitive Approach to Living a Good Life

Mark Manson, 2016

EntreLeadership: 20 Years of Practical Business Wisdom from the Trenches

Dave Ramsey, 2011

The Way of The Iceman: How The Wim Hof Method Creates Radiant, Longterm Health—Using The Science and Secrets of Breath Control, Cold-Training and Commitment

Wim Hof and Koen De Jong, 2017

French Kids Eat Everything: How Our Family Moved to France, Cured Picky Eating, Banned Snacking, and Discovered 10 Simple Rules for Raising Happy, Healthy Eaters

Karen LeBillon, 2014

Cues: Master the Secret Language of Charismatic Communication

Vanessa Van Edwards, 2022

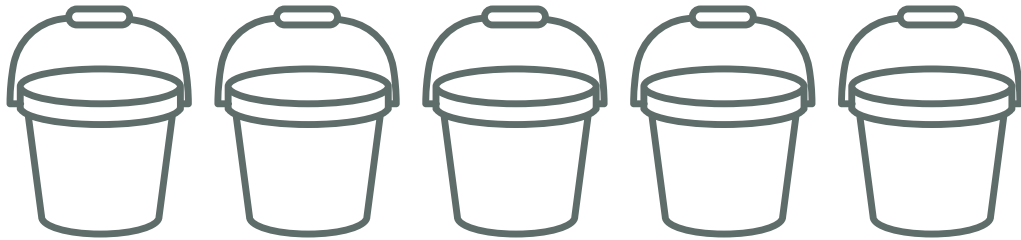
People Buy You: The Real Secret to what Matters Most in Business

Jeb Blount, 2010

Stress Less, Accomplish More: Meditation for Extraordinary Performance

Emily Fletcher, 2020

EXAMINE YOUR BUCKETS



Money

Sleep Quality

Back Pain

Inner Peace

Relationships

THE FOUR PILLARS OF HEALTH

Diet

Exercise

Stress

Sleep

NOTES

SLEEP

The Rules of Sleep

- Get up at the same time every day. Expose your eyes to the photons from the rising sun Warm up in the earlier parts of the day
- Enjoy your coffee, but stop after 10am
- Remove clutter from your room
- Develop a meditation/prayer/gratitude practice
- Journal/Checklist
- Cool down and enjoy darkness as the sun goes down
- Don't look at electronic devices 2 hrs before bed. If you do, get blue light cancelling glasses

Every Night

- We should be sleeping 7-8 hours
- Our mouths should be shut the entire time, breathing soundlessly
- Our tongues should rest in contact w/ our palate, creating almost a suction
- Teeth 2-3mm apart



NOTES

SUFFERING...FAILING TO THRIVE

PROBLEMS

- Missing 1st premolars
- Bruxism
- Venous pooling under the eyes
- Tipped in lower teeth
- Malampati III or IV
- Tongue tie
- Speech issues
- Mouth breather
- Snoring
- TMJ pain
- Tired all the time
- Reverse swallow
- Frequent sinus issues
- Allergies

WHAT CAN A DENTIST DO?

Kids

- Preventive orthodontics
- Myofunctional therapy

Adults

- Co-Diagnosis and referral
- Non-surgical palatal expansion

Everyone

- Myofunctional therapy
- Sleep hygiene
- Education
- Home sleep test
- Mandibular advancement

NOTES

DAVE RAMSEY'S BABY STEPS

1 **\$1000 emergency fund**

- Cash, not investment
- Un-touchable unless a true, genuine emergency
- Best if not kept in your usual checking/savings acct

2 **Eliminate all debt except for home mortgage**

- Use the debt snowball
- Smallest balance first

3 **Put 3-6 months of expenses into a savings/emergency fund**

Remember, now you have an additional \$1500 a month!

- Just like emergency fund, make this cash or money market, not investment
- Spouse income

4 **Invest 15% of your household income in retirement**

- Roth
- Why 15%?
- What about the kids?

5 **Begin funding other tax-advantageous investment products**

- College Savings Account
- UTMA
- Health Savings Account

6 **Pay off the rest of your mortgage**

7 **Accumulate wealth, and give**