

Humans shrink in height as they get older

Question: I am in my mid-60s and I feel like I have gotten noticeably shorter. Is it true we get shorter as we get older and does your spine have something to do with it?

Answer: Your entire body is made up of almost 80 percent fluid and your discs in your spine are approximately 88 percent fluid. It is a normal progression of aging to dehydrate. As healthy tissues, normally enriched with vitamins and minerals when we are younger, start to age, they lose their healthy resiliency and get dry and more rigid. The loss of fluid in tissues in the entire body in general creates a loss in height. The spinal discs make up about one sixth of our total height. It is not unusual for each disc to lose half its fluid concentration as we reach our 60s or 70s. A loss of two to three inches is common toward the end of our life span.

A healthy lifestyle may encourage a slower rate of dehydration and loss of height. The ingestion of six to eight large 8-ounce glasses of water daily helps keep all systems, especially the spinal discs, healthier. Spinal adjustments by your chiropractor can minimize spinal compression and misalignment, which can cause spinal disc dehydration. Staying active and stimulating movement of fluid through all your joints will reduce chances of arthritis and joint deterioration. Healthy diets that avoid excess sugars, animal fats and dense carbohydrates may reduce stress on tissues, which cause them to age quicker than normal.

Some people are genetically predestined to shrink, as they get older. In this case there is not much you can do but where lifts or heals which could be slightly

uncomfortable for a man. There is a difference between shrinking due to natural disposition and leaning forward due to a degenerative spine or ailing joints. Poor posture habits can be rectified in many cases prior to permanent change. Should you notice changes in your significant other, family member or in yourself, have a Chiropractor examine you to determine if there is help in correcting your posture changes.

Quote of the week: *“Endurance pierces marble.”* - Moroccan Proverb