
i decided not to buy the boflex dumbbells

Posted by chrisinfinity - 2008/06/30 22:53

im 16 as you no and im 5 foot 2, i begin to noticed that i stayed the same height since 8th grade lol, maybe cause i lifted weights. A lot of buff people told me its a myth and i began to think that too but then when i look at them they have a huge body but there 5 2 too.. -.-. I use to blame myself because im asian. Yes asians have bad feautres small everything but then it cant be. So today my chiropractor said i should not buy it cauze my scoliosis and i still have time to grow. I thought it was over but i guess ill lay off the weights so i can grow. I think growing is more improtant. I still have 20 pounds. Do you think i cant get ripped from that? sorry for the long post

Re:i decided not to buy the boflex dumbbells

Posted by Les - 2008/07/01 10:26

Are you saying that your chiropractor is telling you lack of growth in height is due to your lifting weight?

or is he asking you lay off the weight training due to your scoliosis?

in any case you should ask him if you're using 20 lbs weights to workout is ok and if it is then just do more reps.

Re:i decided not to buy the boflex dumbbells

Posted by chrisinfinity - 2008/07/01 12:26

yes my chiropractor said that and also to lay it off

he said its ok for 20s but anything more is not. im scared that im not gonna get good results or buff or toned

Re:i decided not to buy the boflex dumbbells

Posted by Les - 2008/07/02 04:59

you can get great result you just have to keep doing reps until you feel the burn.

Re:i decided not to buy the boflex dumbbells

Posted by he4dhuntr - 2008/07/02 09:32

Using 20's you won't get the "same" results as if you were using higher weight. You can however get great results. You'll simply be leaner instead of bulkier. Just up the reps until you feel the burn. Once you feel that burn, you know the results are on their way. At this point though I would worry less about being super fit and worry more about your overall health. Just stay in shape and do as your doctors suggest. They usually know what's good for you. Usually.

Re:i decided not to buy the boflex dumbbells

Posted by Val - 2008/07/02 12:38

chrisinfinity wrote:

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I'd say listen to your doctor. Getting buff or super toned isn't worth it if in the process you ruin your health in other ways.

Re:i decided not to buy the boflex dumbells

Posted by he4dhuntr - 2008/07/02 14:42

Val wrote:

chrisinfinity wrote:

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I'd say listen to your doctor. Getting buff or super toned isn't worth it if in the process you ruin your health in other ways.

Totally agree. 150%.

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Re:i decided not to buy the boflex dumbells

Posted by mrphil - 2008/08/24 12:27

Ok I know I'm beating a dead horse here. Seeing as the last post on here was a month ago. But I could not help but notice that a chiropractor was the decisive factor in this. I'm not saying the chiropractor was wrong. But in no way is he a doctor. They go to a four year school focusing on the spine and what causes "subluxations." It can also be a dangerous practice. I know a lot of people myself who get screwed over by a chiropractor, made their back worse or anything along that line.

<http://www.quackwatch.com/01QuackeryRelatedTopics/chiro.html>

If you want a real answer. Talk to a real doctor, a neurosurgeon or a orthopedic surgeon. Someone who actually has a PHD.

<http://answers.yahoo.com/question/index?qid=20070512110719AAD6hzs>

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Re:i decided not to buy the boflex dumbells

Posted by Kevin - 2008/08/24 13:40

Phil,

I think by "doctor" you might mean "physician". That person would have either an MD or DO degree and would be licensed by the state healing arts board to practice medicine in their respective state. a PhD is not a licensed physician.

Chiropractors are not complete practitioners of the totality of medicine. I think your cautions are valid, though.

For Chris, it might be wise to discuss your concerns with your family physician. A physician with a special interest in sports medicine may also give you some sound medical advice as well. I'm sure your chiropractor is concerned and wants only what's best for you, but the chiropractor's armamentarium is limited by training and expertise. An additional opinion may give you a broader perspective as to how to approach this issue.

Hope this helps...

Kevin

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Re:i decided not to buy the boflex dumbells

Posted by BigFoot - 2008/08/26 21:08

go to a real Doctor. Someone that has graduated from a real med school. If your short. Its either genetics,diet or some sort of socio-environmental factors. I would talk to a General Practioner or an MD that has a childrens or teenage practice.

Chiropractors often have less profesional education than RN's and are really just overhyped physical therapists.

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