Chiropractic Miracles

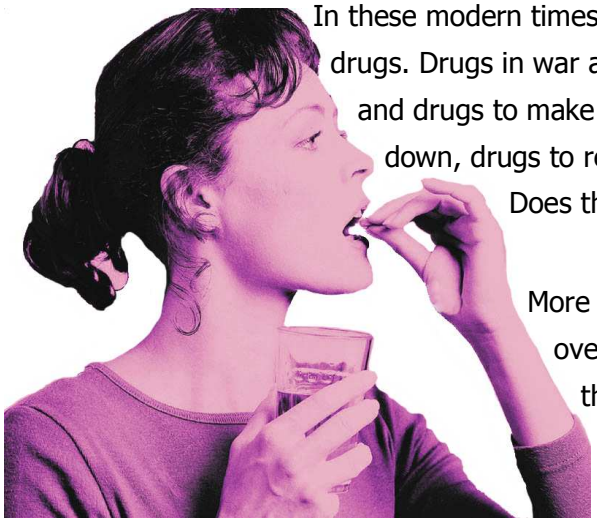
Delivering You the Best Word in Wellness and Natural Health Care

# Rejuvenate Chiropractic's Patient Newsletter

**Dr. Joe Symes**
400 SW Longview Blvd, Suite 160
816.761.3944
**www.rejuvenatekc.com**

**February 2009**

Dear Patient and Friend,



In these modern times, the entire world seems to be more and more dependent on drugs. Drugs in war and drugs in peace, drugs to kill insects, drugs to wake you up and drugs to make you sleepy, drugs to speed you up and drugs to slow you down, drugs to relieve pain, drugs for every phase of life, young and old alike. Does this make any sense to you? It makes no sense to me!

More and more, the medical profession is questioning the misuse and overuse of prescribed drugs and are showing serious concern about the side effects of these drugs as well as the potential risk of addiction to them. We can't listen to the radio, watch television or read a magazine advertisement without being alarmed by excessive urging for us to take drugs or give them to our children for every type of disorder. Take a moment and notice just how this advertising directly affects you and your family. Look in your medicine cabinet at home or your purse and your desk drawer at work. What form of medication do you rely upon? Is it any wonder people suffer needlessly from stress, nervous tension, digestive disorders, headaches and chronic pain? **I ask you to STOP and research how you can escape from this medicine trap.**

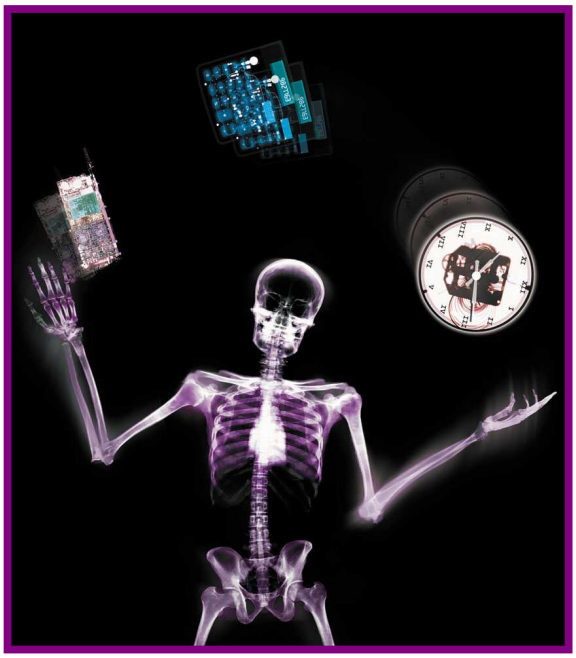
## IN**THIS**ISSUE

**Page 2:** Escaping The Medicine Trap
**Page 3:** What You Assumed About Weight Loss & Exercise May Be Wrong
**Page 4:** Teaching The ABCs To Your Children

Doctors of Chiropractic do not prescribe drugs. For over 113 years, chiropractors have empowered people to understand that every function of the body is controlled and directed through the nerve system.

Health comes from within. When the nervous system is clear from any interference and the communication from the brain to organs and tissues is 100%, the function of the body will be normal, and normal function brings health.

Doctors of Chiropractic focus on the significance of the spinal column as the key to health. The spinal column is the strength and support of the body. It serves as the means of articulation for the larger bones and the attachment of major muscles. And most important, the spinal column houses the spinal cord and contains openings between the vertebrae for nerves to exit and provide direct communication between the brain and the body. Thus, the spine is the master control center for the entire nerve system and the key to health!



During our busy everyday lives we experience different forms of stress such as physical stress (accidents, falls, lifting heavy objects, etc.), emotional stress (children, work, divorce, etc.), and chemical stress (processed foods, drugs, water pollution, etc.) These forms of stress can cause misalignment of the spinal bones resulting in interruption of nerve flow and proper communication from the brain to the rest of the body. This is called a vertebral subluxation and results in diminished body function, lowered immune resistance and ultimately dis-eases.

**Chiropractic care is a health care approach based upon the body's natural ability to heal itself and is a very important step in a commitment to optimal health.** Optimal health is one of our most valuable possessions. We should value ourselves enough to strive for the highest level of health. When we take responsibility for the choices we make regarding health, we give ourselves the best opportunity to achieve all of our health goals. Chiropractic care can help give us the natural health we deserve when we commit to learning more about our body and take all of the necessary steps to stay well.

# What You Assumed About Weight Loss and Exercise May Be Wrong

**Source:** *New York Times*, September 12, 2006

A *Duke University Medical Center* report on the various factors that affect weight loss points to vigorous, sustained exercise as a key factor.

Estimates for the benefits of milder forms of exercise, such as a one-mile walk burning 100 calories, are imprecise at best, and often do not take into account factors that reduce their actual effectiveness.

Machines such as treadmills, for example, overestimate the calories burned by 10-15 percent.

However, weight-bearing, gravity-fighting exercises like dancing, skating, running, and stair-climbing burn more calories, in the same period of time, than gentler water-based exercises or cycling, although some make up for this by cycling for long periods.

How skillfully you perform your personal exercise regimen affects calorie burn too. Poor technique may make you work harder and expend more calories, but you'll quit faster and may hurt yourself along the way.

CM

Vigorous, sustained exercise does more good, not only for kids, but adults as well. And considering all the good exercise can do – beating diabetes and Alzheimer's for starters -- you'll want to get it right the first time. There is even compelling evidence that suggests exercise makes you smarter.

There are three important variables to consider when you exercise:

- **Length of time**
- **Frequency**
- **Intensity**

Most people don't exercise at the appropriate intensity and as a result aren't able to obtain the benefits. When you use the right dose you will receive absolutely amazing results, but if you under or overdose you will either not achieve the results you seek or suffer from unnecessary side effects.

The bottom line is that one of the best investments you could ever make in your health is your commitment to a regular exercise program that you can do the rest of your life. This is because exercise is not like money. You simply cannot bank it. Even if you were a world-class athlete, in about two weeks of non-exercise you would start to experience serious de-conditioning.

## Closing Thoughts …

### *Teaching the ABCs To Your Children*

*-Glenda Hotton, M.A. Counselor*

**A**lways be on time.

**B**e a model of honesty.

**C**are about their hurts.

**D**o acts of kindness.

**E**very day give plenty of hugs and kisses.

**F**orget past offenses.

**G**ive occasional "token gifts" of love.

**H**ave a happy disposition.

**I**nvest quality time.

**J**ump for joy when they bring home good grades.

**K**eep looking for the good and positive.

**L**isten to their cares and woes and excitement.

**M**ake adjustments for physical pain.

**N**ever criticize in front of their peers.

**O**nly say words that edify.

**P**ut on the heart of patience.

**Q**uietly discipline in private.

**R**ecognize each child is creatively, uniquely different and specially gifted.

**S**pend time reading to them and listening to them read.

**T**ake care of yourself.

**U**nderstand the age appropriate behavior of each child.

**V**oicing- teaching them to share facts, thoughts, ideas, dreams, opinions, intuition.

**W**elcome their friends.

**X**-ray to the need of the heart.

**Y**esterday does not have to dictate today.

**Z**oom in on good behavior.