Chiropractic Miracles

Delivering You the Best Word in Wellness and Natural Health Care

Rejuvenate Chiropractic's Monthly Newsletter

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IN**THIS**ISSUE

Page 2 ::
Get Off The "Symptom See-Saw"

Page 3 ::
Adapting To Stress: Body And Mind

Page 4 ::
25 Acts Of Little Kindnesses

Dear Patient and Friend,

Do you notice the hum in the air? Maybe you can't really hear it, but can you feel it? Can you feel the vibration? The "vibrations" around us are not mysterious at all; they are the result of life in motion. The only thing that is a constant in life is "change." Change occurs faster and faster, and sometimes we can feel overwhelmed from the pace.

A generation or two ago, grandparents used to complain about too much change. They do not complain about the changes themselves, they complain about the speed of the changes. Younger people and children are the ones who seem immune to the acceleration of change. Those who shop for groceries know that evidence of change can be seen at the supermarket. Try to find a cereal you purchased last week.

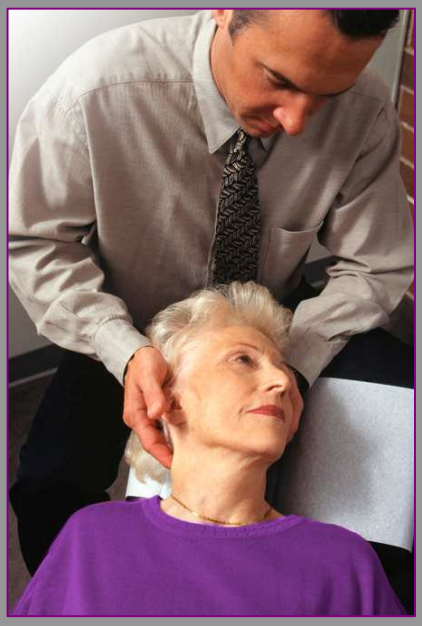
"Younger people and children are the ones who seem immune to the acceleration of change."

You probably won't find it because It has already been replaced by a Low-carb, low sugar version.

In spite of the rate of change in many areas of the human experience, some things never change. For example, we all want to succeed. We don't frequently change our life goals of health, financial security and happiness, because none of us would choose to be sick, poor or sad. We know that motivation and persistence are two key factors of success, no matter what our goals are. We strive to become healthy and remain healthy. However, frequently our habits reveal that we have slipped into patterns of motivation that hurt us rather than help us.

" We should value ourselves enough to strive for the highest level of health."

What motivates up to seek the help of health professionals: health or sickness? Unfortunately, many of us would have to answer that we look for help only after we become sick. When we are motivated by sickness, we seek help only when we already are experiencing symptoms or health issues. In this circumstance, we are not really in control of the quality of our health because we are taking a reactive rather than active approach to healthcare. When we take a reactive approach we rely on pills to mask symptoms. Although this approach may make us feel better temporarily, it never really helps us achieve and maintain health. Reactive healthcare leaves us battling symptoms for most of our lives. Rather than living on the "symptom see-saw," instead we need to act on a plan designed to achieve and maintain optimal health.



Corrective chiropractic care is the best way to achieve this goal. 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.

Practicing chiropractic for more than 3 years, I have been at the leading edge in healthcare and I have coached hundreds of patients of all ages to take full responsibility for their health. Inside this issue I will share with you a wealth of valuable information that is guaranteed to address many of your concerns and answer pressing questions. It will absolutely provide you with all of the tools necessary to empower you to make the best health choices for you and your family and guide you on a path to "optimal health."

Adapting To Stress: Body & Mind

Health is a state of well being in three distinct areas:
1. Physical 2. Mental 3. Social.

One of my major rules for "Maximized Living" is "Peace Management."
A negatively stressful life will rarely lead to a healthy body. A struggling, desperate individual will likely experience illness despite following most of the other important rules of wellness. Even if you could be healthy while experiencing stress, you'd just be a healthy miserable person.
And, who wants that?

On the other hand, someone who has peace of mind, knows who he or she is, works hard to emerge victorious over struggles and experiences loving relationships will very likely enjoy ongoing good health. If you're not having a good time living in your body, it's hard for that body to be well or for you to call it healthy. The fact is, you can't separate your wellness from your emotions. Every feeling you have affects some part of your body.

All feelings create physiologic change. Skin, heart rate, digestion, joints, muscle energy levels, the hair on your head and endless cells and systems you don't even know about change with every emotion. These changes can be called the stress response.

Celebrations and tragedies alike cause a stress response in the body. Some stress is unavoidable. The only stress-free people on the planet can be visited at any local cemetery. On the other hand, stress becomes negative only when:

Your response to it is negative.
Your feelings and emotions are inappropriate for the circumstances.
Your response lasts an excessively long time.
You are feeling continuously overwhelmed, overpowered and overwrought from circumstance.

Our personality and emotions are not pre-determined and pre-programmed as we once thought. You are not who you perceive yourself to be! Many of us feel stuck inside a brain that doesn't work the way we want it to. What science has discovered is that we control our genes. They don't control us!

Although your DNA is your basic blueprint, it is triggered by our attitude and environment. By beginning to embrace and cooperate with life and recognizing how powerful you are, you can start to have a spirit of overcoming, experiencing positive, healthy stress, rather than living as a victim in a state of overwhelm, and negative stress.

Stress has become a serious health hazard. If you don't get a handle on it quick, stress can take a huge toll on your physical, mental and social well-being. Let me share with you the simplest way to turn stress into your ally and not your enemy …

Regular chiropractic adjustments are the quickest and most effective way to reduce stress to your nervous system. Spinal nerve stress caused by a vertebral subluxation is a dangerous mechanism that damages nerves, weakens health and depletes energy stores. Many people may walk around with a painless subluxation for years without knowing it. Doctors of chiropractic are professionals who specialize in correcting vertebral subluxations, the cause of spinal nerve stress, which leads to increased energy, improved health and a rejuvenated body.

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Closing Thoughts …

Acts of Little Kindnesses … One Thoughtful Gesture Can Make Someone Else's Day Much Brighter

1. Take a minute to direct someone who is lost, even though you are rushing.

2. Write a letter to a child who could use some extra attention. Kids love getting mail.

3. Offer to pick up groceries for an elderly neighbor.

4. Give homeless person your doggie bag.

5. Say "I love you" to someone you love.

6. Put a coin in an expired meter.

7. Help a mother carry her baby stroller up the stairs, or hold a door open for her.

8. Each time you get a new item of clothing, give away something old.

9. Take someone's shift as the carpool parent.

10. Bring your assistant coffee.

11. Out of the blue, send flowers to a friend.

12. Say "please" and "thank you" and really mean it.

13. When you are on a crowded train, offer your seat to an elderly, disabled or pregnant person.

14. Don't interrupt when someone is explaining herself.

15. Offer to babysit for a single mom.

16. Let a fellow driver merge into your lane.

17. Put your shopping cart back into its place.

18. Call or write a teacher who changed your life.

19. Bring a box of donuts to share at the office.

20. Forgive someone a debt and never bring it up again.

21. Listen with all your senses.

22. Encourage someone who seems despondent.

23. Volunteer to take care of a friend's dog while he or she is vacationing.

24. Help a friend pack for a move.

25. Pass along a great book you've just finished reading.