

Absolute Health Chiropractic

# Wellness News You Can Use Inspiring Health and Wellness



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Halloween has just passed and that means we are full on into the Holiday season. There are a lot of exciting things going on around the country, and we have some thoughts we want to share with you. Two hot topics of discussion in the news right now are healthcare reform and the Swine Flu. The greatest stress to our healthcare system is unhealthy lifestyle that accounts for 75% of the chronic diseases Americans suffer from. In 'Health by Choice, Not by Chance' we point out the three areas that need to be addressed to achieve optimum health. The great news about living a healthy lifestyle is that it creates a robust immune system that will strengthen your

defenses against the "Swine Flu".

We are also in the middle of fall and the Thanksgiving season. We know this can be a challenging time of year for many people. However, you have the ability to make radically different choices about how you show up and how you choose to act each and every day. By changing your mind you can change your outcomes. We share our ideas around this subject in two articles this month, "Falling Forward" and "What I Am Grateful For."

Happy Thanksgiving!

## *What I Am Grateful For*

This year I am grateful for my dash and everything in it. Let me explain. There is a poem called "The Dash" that refers to the dash on a tombstone between the date of birth and death. The dash represents our time here on Earth. In other words, I'm grateful for my life and everything in it. By everything I truly mean everything, even the stuff I don't like. It makes me who I am.

Think of it like this, if you are being chased by a wild animal it's not real important at that moment that your body is in a state of growth. However, if we live in a state of constant stress then we can't be in a state of optimum growth. That is why I'm grateful for everything in my life. When we hold onto those things that have hurt us in the past, we allow them to continue to hurt us. When we are at a

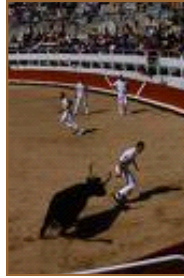
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**I am grateful  
for my  
'DASH'**

## What I Am Grateful For

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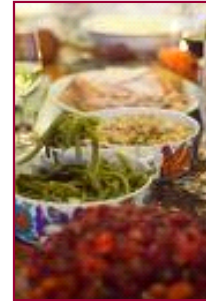
*...if you are being chased by a wild animal it's not real important at that moment that your body is in a state of growth.*



treatment and knowing that the body is constantly growing and dying, he set out to put his body in a state of optimum growth.

First he created a positive and deliberate focus on what he wanted. That meant he had to remove all negativity from his mind. He lived a healthy lifestyle and maintained a clear neurological connection through regular chiropractic care. Eleven months later his cancer was gone.

As we enjoy the Thanksgiving holiday, take the time to truly be grateful for the blessings in your life and decide to maintain an attitude of gratitude throughout the year.



*As we enjoy the Thanksgiving holiday, take time to truly be grateful for the blessings in your life...*

point of forgiveness, we are still in a state of judgment. When we are in a state of gratitude, we are free.

This same chiropractor was told he had stage 4 cancer that had spread through his body, and with all the medical treatments available only had 6 months to live. Knowing he didn't want to go through all of that

## Health by Choice, Not by Chance

One of the biggest challenges we face in today's society is taking responsibility for the choices we make. Chances are you have heard, or even said, "It runs in my family...it's genetic." Genetics commonly takes the blame for many of today's health challenges. There certainly are diseases that are obviously genetic due to duplication or deletion of certain chromosomes. However, blame on genetics is wrongly placed when it comes to diseases created by lifestyle, diseases that lead the pack in causes of death...cardiovascular disease, diabetes, cancer, etc. Even though genetics do play a role in our health, that role is small. The bigger role is played by the lifestyle choices we make. The reason why some diseases appear to run in families is more likely due to the fact that families tend to have similar lifestyle behaviors. Family members tend to eat similar



**Your health is not determined by chance.**

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**It is not a lottery.**

diets, have similar activity levels, and similar habits. The question is, are those lifestyle behaviors health promoting or disease promoting. In 2000 a report from the World Health Organization indicated that the US ranks 37 out of 191 countries in healthcare while spending the highest percentage of its GDP on healthcare. This number has been debated over the last decade and may not be entirely accurate. However, we know that all of the leading causes of death in the US are lifestyle diseases. So the answer to our problem is not more

drugs and surgery. The only way to improve our health standing is to create more healthy people, and the only way to do that is to improve the way that we live our lives each day.

We must adopt healthier lifestyle behaviors. A good simple equation to live your life by, made popular by Dr. James Chestnut, is Eat Well, Move Well, Think Well. If you want to improve your health then ask yourself if you are doing well in these three areas. Are you fueling yourself with a nutritious diet, and are you drinking plenty of clean water and avoiding toxic substances? Are you moving your body in a healthy manner through exercise and play? Do you have a positive mental attitude, are you optimistic about your future? If you're not, what are you willing to do to change? The choices you have made so far in life have resulted in your current state of wellbeing.

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## Health by Choice, Not by Chance

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Your health is not determined by chance. It is not a lottery. You don't just buy a ticket and hope for the best. That's a beautiful thing, because it puts the control in your hands. It also means that you are responsible, whether you like it or not. I realize that there are some unforeseen circumstances in life that we have no control over that may affect our

health. The key is how we react and make the very best of those circumstances. **Start today.** You can make change. You can make a difference. If you want to be healthier it's up to you. **Start making better choices today.** You don't have to do a complete 180. Make small changes at first. All you have to do is change your course slightly to end up in a

much different place. Don't depend on chance. **Start making healthier choices today.** If you need support or don't know where to start, call today to set up a consultation with Dr. Morrisroe

Until next time...Eat Well, Move Well, Think Well.

## Falling Forward

Falling forward is not how we normally refer to the changes that occur from summer to fall. We think of, or feel like, we are going backward not forward with all of the changes that occur; we set the clocks back an hour so it feels like we lose an hour of our day, the weather gets colder and breezes have a little more zip to them, the leaves fall from the trees and the grass begins to get brown. With all the seasonal changes that take place and the adaptive challenges we face, we normally refer to it as falling back. It is not only apparent in the environment, it is apparent in our psyche and how we live our lives. Something happens to the way many look at life.

It is common to hear people express a sense that there is



*I challenge you to banish the past behaviors and the limited beliefs that life needs to slow down or take a detour this fall.*

less time in the day to accomplish tasks, they no longer want to get up at 6 A.M. to work out because it is dark out where it used to be light, typically many people spend less time in the fresh air and begin to plan more indoor activities that are less physical in nature and in the end, they are left with a feeling of lethargy or decreased energy and inspiration. I submit that this is all a state of mind and nothing short of self sabotage!

I have a challenge for all those that are willing to take control of their lives. I challenge you to banish the past behaviors and the limited beliefs that life needs to slow down or take a detour this fall. Why not turn this thinking upside down and decide to Fall Forward this time around? Why not create a more empowering frame of reference and commit to making the fall and winter the seasons that you take advantage of a slower pace of life and allocate more time to building your mind library with a great reading list? Why not get up even earlier so that you can get a jump on exercise so you can be more alert, vibrate at a higher level, and celebrate the dawn of a new day with a little sweat on the brow and a sense of accomplishment? Why not plan new and exciting outdoor events for the family like hiking, apple picking, leaf peeping, geocaching, and maybe even a friendly game of ultimate Frisbee?

You have the rule book and you have the pencil and eraser too! If the rules used to be that you Fell Back, write new rules and live life to the fullest; live a life that is out of the ordinary and celebrate life on your terms...starting today!

# Swine Flu: What You Need to Know

There has been a lot of talk about the H1N1 virus (or as it's more commonly known, the Swine flu) lately. A lot of this information is alarming and most of it is conflicting. It's enough to make you sick. Here are the facts:

- H1N1 is just a different strain of the flu that appears EVERY YEAR. In fact at this point H1N1 is less virulent than the regular flu.
- People with compromised immune systems die of the flu every year. This is an unfortunate fact, but people with suppressed immune systems aren't able to cope with diseases that healthy people can easily fight off.
- This is not the first time that the swine flu has been around.

In 1976 a similar swine flu panic occurred in the US with a similar response, where many people were vaccinated. The result? Within a few months, \$1.3 billion in claims had been filed by victims who had suffered paralysis from the vaccine. The vaccine was also blamed for 25 deaths. This was more deaths than attributed to the actual flu! The worst part was that several hundred people developed crippling Guillain-Barré Syndrome after they were injected with the swine flu vaccine. Even healthy 20-year-olds ended up as paraplegics. Mercola.com Even early on in this go-round of vaccinations, Guillain-Barre Syndrome has begun to pop up in healthy people who have been vaccinated.

Tamiflu, the treatment being used this time, has common side



## Recipe of the Month: Brussels Sprouts with Walnut-Lemon Vinaigrette

**Prep & Ready Time:** 15 minutes

**Yields:** 4 servings, about 3/4 cup each

**Ingredients:**

1 pound Brussels sprouts, trimmed and quartered  
 2 tablespoons walnut oil  
 1 tablespoon minced shallot  
 1/4 teaspoon freshly grated lemon zest  
 1 tablespoon lemon juice  
 1 teaspoon whole-grain or Dijon mustard  
 1/4 teaspoon salt  
 Freshly ground pepper, to taste

**Directions:**

~Place Brussels sprouts in a steamer basket and steam in a large saucepan over 1 inch of boiling water until tender, 7-8 minutes.  
 ~Whisk oil, shallot, lemon zest, lemon juice, mustard, salt and pepper in a medium bowl.  
 ~Add sprouts to dressing and toss to coat.  
 ~Serve & Enjoy!

effects such as nausea, vomiting, diarrhea, headache, dizziness, fatigue, and cough....the very symptoms that the flu causes. The benefits? It could possibly reduce the amount of time that you have the flu by 24-36 hours.

So what should you do to protect yourself from getting the flu?

- Regular chiropractic adjustments help to keep the immune system working at peak potential. This will enable your body to fight off the flu before it can even get started.
- Make sure that you are getting enough Vitamin D. This can be hard in the fall and winter so supplementation may be necessary.
- Avoid sugar which decreases the effectiveness of your immune system.
- Make sure you get enough sleep.
- Exercise.
- Take an Omega-3 supplement daily.
- Wash your hands.

By following these recommendations you can vastly increase your chance of avoiding the H1N1 virus without having to resort to putting strange chemicals in your body.



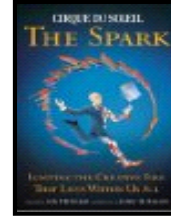
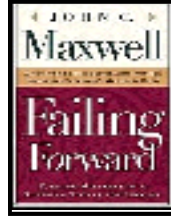
T1—A subluxation or interference at this spinal level can affect the arms from the elbows down, including hands, arms, wrists and fingers; esophagus and trachea; heart.

Having a nervous system screening using SEMG and thermography will help determine if these nerves are healthy. For additional information go to:

[www.absolutehealthchiropractic.org](http://www.absolutehealthchiropractic.org)

Check Out These Great Books. Go to Your Local Book Store and Ask Them To Order You A Copy or visit [www.amazon.com](http://www.amazon.com).

- **Failing Forward**, by *John C. Maxwell*~ Turning mistakes into stepping stones for success.
- **The Spark**, by *John Bacon*~ Based on Cirque du Soleil this book is about igniting the creative fire that lives within us all.
- **Gratitude: A Way of Life**, by *Louise L. Hay & Friends*~ Insights and wisdom from some of the most inspirational teachers and authors.



## Health and Wellness Quiz:

Each month we will be doing a Health and Wellness Quiz. You can e-mail or snail mail your answers to:

[info@absolutehealthchiropractic.org](mailto:info@absolutehealthchiropractic.org)

or

Wellness Quiz  
Absolute Health Chiropractic  
PO Box 7640  
Portland, ME 04112

Please include your name and phone number so we can contact you if you win. Your information will only be used to contact you if you are a winner. We will not contact you for any other reason unless asked by you to do so. Winner's first name, last initial, and place of employment will be listed in a future issue.

1. What is Dr. Morrisroe thankful for and what does it represent?
2. When are we free?
3. What does the 2000 report from WHO indicate?
4. All of the leading causes of death in the US are what type of diseases?
5. What is Dr. Morrisroe's challenge?
6. Within a few months of the vaccinations, due to the last swine flu panic, how many billions of dollars worth of claims had been filed by victims who had suffered paralysis from the vaccine?
7. What organs/body parts could be affected by a subluxation at the First (T1) Thoracic Vertebra?

### October Answers:

1. What you believe creates your reality.
2. The most valuable factor in our lives is our health.
3. Some examples of fun activities might be rock climbing, running, walking, hiking, biking, soccer, basketball, football, volleyball, tennis, rollerblading, swimming, and many, many more.
4. Researchers in Vermont found that those who exercise have a better mood immediately after exercising and that their improved mood lasted for up to 12 additional hours.
5. The chemicals responsible for elevating your mood when exercising are called endorphins.
6. Smiling has been proven to lower blood pressure, causes your body to release feel good hormones called endorphins and makes your face look younger.
7. A subluxation or interference at the Seventh (C7) Cervical Vertebrae can affect the thyroid gland, bursa in the shoulders, and elbows.

## Inside the December Issue:

- My Cup Runneth Over
- Fearless Living
- Be Intolerant
- The Gift of Giving
- Recipe of the Month
- Recommended Reading
- Health & Wellness Quiz

## Absolute Health Chiropractic Wellness News and Updates

### *Be on the lookout for Wellness Works!*

Absolute Health Chiropractic is very proud to announce their new “Working Well” program that is designed to improve work place safety, empower individuals in the work force to develop wellness lifestyles and create convenient custom made range of motion and strengthening activities that will help individuals improve their capacity to be well.

Healthy employees, teachers and families are the key to a healthy economy and the “Working Well” program is designed to provide individualized functional activities that can be done in the work place or at home in a matter of minutes. The “Working Well” program helps a company prosper through the development of strong and healthy employees. To find out more about bringing the Absolute Health Chiropractic to your organization or to find out more about the “Working Well” program contact Marin at (207) 699-2622 or by email at [info@absolutehealthchiropractic.org](mailto:info@absolutehealthchiropractic.org).

### *Join Us In Health!*

The staff and doctor at Absolute Health Chiropractic work hard to ‘Inspire Health & Wellness’, not only for our patients, but in our community. The doctors are committed to educating and empowering community members through our community outreach program, available to all businesses, free of charge.

*For more information please call Marin at (207) 699-2622.*

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## About Absolute Health Chiropractic

At Absolute Health Chiropractic, we challenge people to challenge us everyday. We are focused on treating the whole person, not just the pain. Through a customized examination and personalized treatment plan, we examine, analyze and assess our findings to determine muscular imbalances, postural issues and structural components. We look forward to showing you which areas are tight, tender, overactive and restricted. While our initial goal is to treat the pain, our primary goal is to treat the cause. Based on your goals and expectations and of course, if we can assist you, we will look forward to sharing our recommendations. For more information, please contact us by phone, email or by stopping by our office.

## Our Mission Statement:

To provide excellent Chiropractic care, education, and support with the intent to stimulate, nurture, and facilitate growth, learning, health, and well-being for our patients and community, thus empowering and inspiring a new paradigm of health based on the philosophy and principles of Chiropractic.