

Absolute Health Chiropractic

**Wellness News
You Can Use**

Inspiring Health and Wellness

POSITIVE ATTITUDE MONTH



Welcome to the October edition of Wellness News You Can Use. Every month Absolute Health Chiropractic publishes this Newsletter to enrich and educate our community on various aspects of health and wellness. We strive to provide useful information that you can apply in your life that will allow you to experience greater health and vitality.

In this issue you will learn about the benefits exercise can have on your mental health and how to improve your day by simply changing your mind or putting on a smile.

You will also learn how the people you choose to surround yourself with affect your success in life.

As always, if you find this information valuable, share it with your friends and family. If you have questions or would like to find out how the partners of Absolute Health Chiropractic can help you achieve greater health and wellbeing, please contact us.

Until next month...live well!

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Attitude Determines Altitude

Maybe you have heard someone say “your attitude determines your altitude”, or “turn that frown upside down”. Have you ever wondered what they are trying to say with these one-liners? It is a well known fact that what we think (our attitude) determines what kind of day or even life we will experience. How we choose to think is our decision.

For example, let’s pretend that it is Monday morning. You get out of the shower and there is no towel and you discover that your curling iron is broken. At this point you have to decide how to think about and react to this situation. You can get angry that there is no towel. You can be annoyed that the curling iron didn’t last as long as you wanted. Or, you can decide not to dwell on the past and focus on the future. You can decide to check if there is a towel ready for you and accept that tools like the curling iron only last so long. It’s not what happened to you that morning that counts. What counts is your reaction to the events and how you choose to think about them.



Turn that frown upside down!

I believe that there is always a good side to every bad situation. Sometimes it takes a lot of time and searching to discover it. There is a story about a couple who has twin boys. One is an incurable pessimist where nothing is ever good or right. The other is just as incurable, but an optimist. The parents wanted to bring them toward the middle a bit and hatched a plan for Christmas. They loaded the pessimist’s room with all the latest and greatest toys and games. There was no way he could be disappointed by this effort.

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Attitude Determines Altitude

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Christmas morning turned into sobs and disappointment as the colors were not cool anymore, the computer chips were outdated, and there wasn't enough stuff. The parents were upset and discouraged at the failure to change the pessimist, until they heard the laughter and screams

of joy from the optimist's bedroom. The parents were dumbfounded at this as they had dumped a wheelbarrow of manure on his floor. Why are you so happy, they asked? At this the boy yelled, "With all this manure there must be a pony in here somewhere!"

So you see, what you believe creates your reality. Whether you believe you are happy or sad, you are right.

Have a great day...if you don't, it's your own fault!

You Can't Soar With the Eagles If You're Flying With the Turkeys

Isn't it funny how many of the things our parents did or said to us as children now make so much sense..... "eat your veggies, brush your teeth, I'd rather you not hang out with them, etc." If you were like most kids, your parents tried to regulate the company you kept. They didn't want you befriending other kids with bad reputations that might lead you into trouble. If you were like most kids, you didn't follow their advice, in fact you probably did just the opposite. However, if you made it through your childhood in one piece and are reading this newsletter, then you have unlimited opportunity to follow your parents advice now.

Have you ever noticed how successful people tend to surround themselves with other successful people? This principle is what our parents were

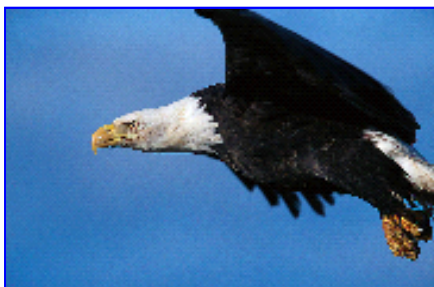
trying to apply in our lives as children. This is the, You Can't Soar with the Eagles If You're Flying with the Turkeys principle. Millionaires hang with millionaires, elite athletes hang with elite athletes, and so on and so forth. Take a look at your life. Are you right where you want to be? If so, then great, keep up the good work. However, if you are struggling to attain success, then look at what it is you're trying to accomplish and surround yourself with others that have already accomplished it.

One of the best pieces of advice I have ever heard is, "To get what you want the fastest, surround yourself with those that have what you want." Now I am not just referring to financial success. You can apply this principle to any goal in your life. If you want to lose weight, then surround yourself with folks that have already accomplished this in their lives. If you want to get a promotion and work your way up in the company, engage others that have

done the same. If you want to learn to play the guitar or improve your skills in any activity, surround yourself with others that have already achieved great skill at this activity. I could go on and on, but you get the point.

The most valuable factor in our lives is our health. Without health you cannot achieve much of anything. Just ask somebody who has lost it and they will tell you that health really is your greatest commodity. So if you are struggling with health challenges, look around you. Are the people you associate with healthy? Do they eat well, do they exercise and move their body in a healthy way, do they engage in healthy lifestyle behaviors, and do they have a positive mental attitude? If not, you may need to sever some unhealthy relationships or help encourage those around you to follow the same

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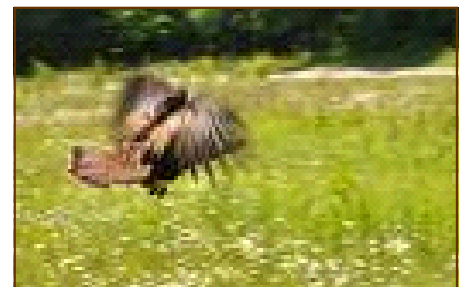


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Do you want to Soar with the Eagles

~or~

Fly with the Turkeys?



You Can't Soar With the Eagles If You're Flying With the Turkeys

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advice. Severing unhealthy relationships can be very difficult, but in order to be successful you must rid yourself of the negative, depressed, pessimistic, and passionless influence of those unhealthy relationships and create healthy relationships. Relation-

ships that are enthusiastic, fun, motivating, and passionate.

If you are in the market for a healthy relationship then visit Absolute Health Chiropractic today to experience a unique healing environment

designed to surround you with others who have already achieved what you are seeking...a newer, healthier version of you.



Movement Matters



Did you know that you can improve your mood and attitude at the same time that you condition your body? Physical exercise is a crucial part of keeping your body working in top condition, but it also elevates mood and helps to keep you positive. Researchers in Vermont recently conducted a survey where they had participants perform moderately intense aerobic exercise, and then surveyed them about their moods at intervals thereafter. They also surveyed a control group who did not exercise. Not only did the exercise group experience a better mood right after the exercise, but the mood boost lasted up to 12 hours in many of the participants! They also found that people who did moderate aerobic exercise were more able to deal with the stresses that occur in everyday life

without getting as upset as their non-exercising counterparts.

Any sort of exercise can be used to boost your mood. Remember though, making it something that you enjoy can make it a lot easier to get yourself started. Do you hate going to the gym? Maybe playing basketball would be a better way for you to exercise. Despise jogging (I know how you feel!)? Maybe riding a bike is more your style. Any way that you do it, increasing your heart rate for at least 20 minutes per day has vastly positive effects on your physical and mental health.

So what causes exercise to elevate your mood in such a way? The chemicals responsible for this are called endorphins. When scientists discovered it they named it "endogenous (meaning from within) morphine" because of the effects that it has on the brain. They later shortened it to endorphins, because it's a lot easier to say than "endogenous morphine". These endorphins work in the brain to block pain pathways and stimulate dopamine release, which also elevates your mood. Unlike exogenous (from outside the body) drugs, however, endorphins carry none of the negative effects of pharmaceuticals. Don't be surprised, however, if you may get addicted to exercise because of how good it makes you feel! Depending on the individual, it takes 3-6 weeks to form a habit. See if you can make a habit out of exercising. It may well be your favorite habit that you ever develop!



...Hiking



Soccer...



...Biking



Basketball...

Any type of exercise can be used to boost your mood... remember to make it something you enjoy!

The trees are beautiful and the breeze is blowing so get out this Fall in the fresh air and lift your mood!

Smile: It Improves Your Face Value



Have you ever made a phone call and had the person on the other end answer in such a cheery tone that you couldn't help but smile? In fact, it's almost as if you can hear their smile over the phone. Or, have you ever seen a smile that was so bright and lively that it made you smile without even talking to the person? Smiles are an expression of powerful positive emotions and they are intense and palpable.

One thing that my years of practice have taught me is that the greatest factor in a person's overall health and wellbeing is their mental health and wellbeing. When people are mentally well they are more likely to do the things they need to do to support and nurture other aspects of their health.

The great thing about a smile is that it is not only an expression of health, but it can also enhance your health and the health of those who see you smile. Smiling has been proven

******Just smile, it will improve your face value******

to lower blood pressure, causes your body to release feel good hormones called endorphins, and makes your face look younger. When you smile you tend to be less stressed and more relaxed, and this improves immune function. If you want to give your immune system a boost during cold and flu season, laugh and smile more.

Finally, smiling is also attractive, contagious, and makes you appear successful. People are drawn to this type of energy. This will create opportunities for new relationships, friendships, and business opportunities.

So if you want to give yourself a makeover, you don't have to spend a ton of money. Just smile, it will improve your face value.



Recipe of the Month: Apple Spice Outrageous Oatmeal Cookies

Prep & Ready Time: 35 minutes

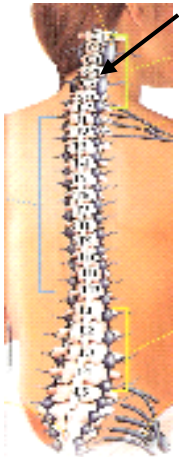
Yields: 24 medium cookies

Ingredients:

1 large free range egg or egg replacer (for vegan)
4 tablespoons water
1/3 cup Honey
1 cup pitted prunes, cut in half
1/4 cup orange juice
1 cup chopped walnuts
1 cup oat flakes
1/2 cup oat bran
1/4 cup whole wheat pastry flour
1 teaspoon apple pie spice (cinnamon, nutmeg)
1 tablespoon baking powder
1 tablespoon arrowroot powder

Directions:

~Preheat oven to 350 degrees.
~Place egg & water in food processor and beat until fluffy.
~Add honey to egg and water & blend.
~Pulse chop the prunes and orange juice until finely chopped.
~Mix dry ingredients in a separate bowl until well mixed.
~Add wet ingredients into dry mixture bowl, stir until well mixed.
~Drop cookie dough by tablespoon onto lightly oiled baking sheet.
~Bake for 13-15 minutes.
~Serve & Enjoy!



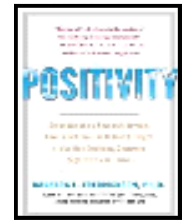
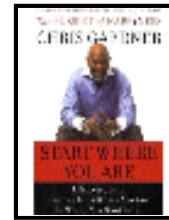
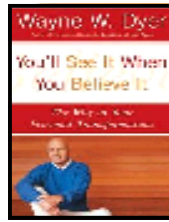
C7—A subluxation or interference at this spinal level can affect the Thyroid gland, bursa in the shoulders, elbows.

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

Check Out These Great Books. Go to Your Local Book Store and Ask Them To Order You A Copy or visit www.amazon.com.

- **You'll See It When You Believe It**, by *Dr. Wayne Dyer*~ Direct the course of your own destiny by tapping the truly amazing power that lies within you.
- **Start Where You Are**, by *Chris Gardner*~ Life lessons in getting from where you are to where you want to be.
- **Positivity**, by *Barbara Fredrickson*~ Groundbreaking research reveals how to embrace the hidden strength of positive emotions, overcome negativity, and thrive.



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

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 you believe creates what?
2. What is one of the most valuable factors in our lives?
3. What are three activities that you could do to keep moving that might be fun for you?
4. Researchers in Vermont found that those who exercise have a better mood immediately after exercising and that their improved mood lasted for _____ additional hours.
5. What are the chemicals responsible for elevating your mood when exercising called?
6. Name three benefits smiling has been proven to have on your body.
7. What organs/body parts could be affected by a subluxation at the Seventh (C7) Cervical Vertebra?

September Answers:

1. The first Chiropractic patient was Harvey Lillard and an adjustment helped him to regain his hearing.
2. Chiropractic is now being practiced in 115 countries by 79,000 chiropractors.
3. Two healthy breakfast alternatives include, but are not limited to, Fruit Smoothies and Power Oats.
4. Scientific literature shows that 9,606 people died in one recent year due to NSAIDS!
5. To be truly organic a product is not just chemical-free by testing, its classification as organic is determined by the way the product's ingredients have been grown, prepared, processed, and packaged.
6. Our newly offered program for local businesses is named, 'Working Well', and is designed to improve work place safety, empower individuals in the work force to develop wellness lifestyles, and creates convenient custom-made range of motion and strengthening activities that will help individuals improve their capacity to be well.
7. A subluxation or interference at the Sixth (C6) Cervical Vertebrae can affect the neck muscles, shoulders and tonsils.

Inside the November Issue:

- Falling Forward
- Swine Flu: What You Need to Know
- What I am Thankful For
- Health by Choice, Not by Chance
- Recipe of the Month
- Recommended Reading
- Health & Wellness Quiz

SPOOKTACULAR EVENING

Absolute Health Chiropractic also wants you to relax and enjoy the fall. Join us for a Spooktacular evening held on Tuesday, October 27th from 6pm-8:30pm. There will be tarot card reading, foot reflexology, massage and Reiki. Tickets are \$50 and all proceeds will be going to the Sexual Assault Charity. Space is limited, so call today and sign up!

Absolute Health Chiropractic News & Updates

Join us In Health!

The staff and doctors 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, schools, groups and organizations, free of charge.

WELCOMING A NEW MASSAGE THERAPIST TO ABSOLUTE HEALTH CHIROPRACTIC

Susan Barnes has recently moved to Portland with her four-year-old daughter Isabella and joins us with five years previous experience in a chiropractic setting. She has dealt with anything from acute site specific neuromuscular issues to edema from injury, chemotherapy or surgery. Her belief is that thru energy transfer and deep tissue work, healing and relaxation can happen at the same time. Susie is also Reiki 1 and 2 trained and is a Certified Lymph Drainage Therapist. We are excited to have her and she will begin on October 15th!!!

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.