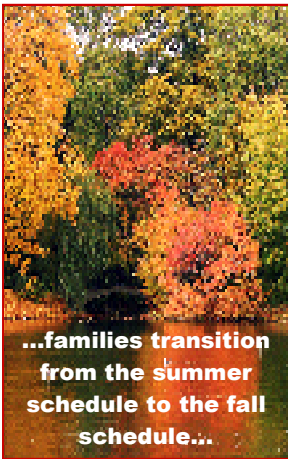


**Absolute Health Chiropractic**  
**Treating the Whole Person, Not Just the Pain**

# Wellness News You Can Use

## Inspiring Health and Wellness



**...families transition from the summer schedule to the fall schedule...**

September is a big month for Chiropractic. It's our birthday. The history of chiropractic is a wonderful story filled with men and women committed to an idea of providing a health care system to the world that focuses on each person's innate healing power. To celebrate our 114<sup>th</sup> birthday we want to share with you the story of the first chiropractic adjustment in our Happy Birthday Chiropractic article.

September is also a busy time as many families transition from the summer schedule to the fall schedule. Mornings can be especially hectic as many of us rush to get out the door on time. Unfortunately, healthy routines such as eating right are often sacrificed to the chaos. We recognize that starting the day, the right way, is important to a healthy lifestyle. So, in Healthy Breakfast Alternatives we offer you a couple ideas to start your day with a couple of quick, easy, and nutrient packed breakfast recipes.

Although we know that eating right, moving right, and thinking right will greatly improve your

health, it is likely that all of us will have some health challenges now and then. How you handle these health challenges can have drastic implications to your health and wellbeing. Over the counter medications are often the treatment of choice because of their availability and perceived safety. However, things are not always as they appear. In our article, Over the Counter Death, we address one of the most commonly used medications and the negative affect it can have on your health.

Lastly, stress not only comes from what we put into our bodies but also often comes from what we put on our bodies. The skin, our largest organ, is our first line of defense from many of the harsh chemicals we encounter on a daily basis. Unfortunately, some of those products that you are using to nurture your skin and your bodies may be doing more harm than good. Learn more about what you are consuming and/or putting in your body by reading, Understanding Labels.

As always, we hope you find this edition of the "Wellness News You Can Use" newsletter as helpful as the last and we encourage you to get outside and enjoy the remainder of the summer!

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## HAPPY BIRTHDAY...CHIROPRACTIC!!!

Happy Birthday Chiropractic! One hundred and fourteen years after Harvey Lillard, the first chiropractic patient, regained his hearing after an adjustment from the Founder of Chiropractic, D.D. Palmer, the profession of chiropractic is still going strong. If you haven't heard the story before, this is how our beloved profession got its start. While living and working along the rivers of Iowa and Illinois, D.D. Palmer studied the science of magnetic healing and opened the Palmer Cure and Infirmary in Davenport, IA. While working late one night he met Harvey Lillard who provided the cleaning services for the clinic. After realizing Harvey was

deaf and had lost his hearing after feeling a "pop" in his back, D.D. reasoned that the two events must be connected. He felt that if he could correct the alignment in Harvey's spine then his hearing should be restored. D.D. convinced Harvey to have a treatment and, low and behold it worked, Harvey's hearing was restored.

Following this event D.D. started using his "hand treatments" as he initially called



*Healing Hands*

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# HAPPY BIRTHDAY...CHIROPRACTIC!!!

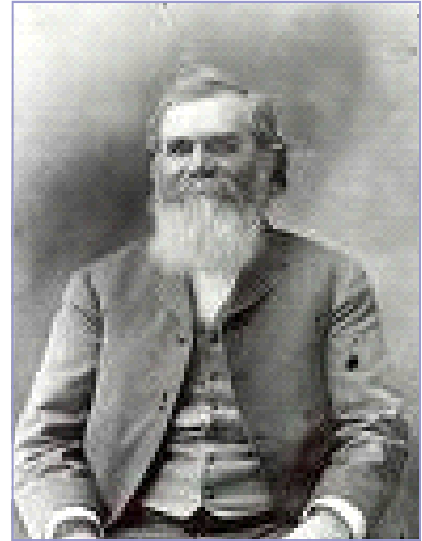
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them on other patients with wonderful results. D.D. dedicated himself to the study of human anatomy and the connection between the spine, the nervous system, and the rest of the body. In 1898 he opened the Palmer School and Infirmary of Chiropractic and started teaching others what he had learned.

Chiropractic is now practiced in 115 countries by 79,000 chiropractors who have learned the science, art, and philosophy of chiropractic in one of the 38 schools around the world. While chiropractic is well known in North America and its popularity is growing around the world, it

still has a long way to go. Chiropractors are taking their skills around the world and are fighting for their patients' rights to receive chiropractic care. Of the 115 countries with practicing chiropractors only 42 of them currently have laws on the books for chiropractic.

So if you are reading this and you are one of the millions of people that has the opportunity to enjoy the benefits of chiropractic, offer up a Happy Birthday and thank you to D.D., Harvey, and the thousands of chiropractors who have worked so hard for so long to make this great profession what it is today.



*D.D. dedicated himself to the study of human anatomy and the connection between the spine, the nervous system, and the rest of the body.*

## Healthy Breakfast Alternatives

BEEP, BEEP, BEEP...The alarm sounds...you shower, throw some clothes on, get the kids ready, herd everyone out the door, run back in for something you forgot, run back out, jump in the car, and race to all the required destinations...school, daycare, work. Does this sound like your morning?

What was left out? How about breakfast. Now wait a minute, you say, "I stopped at the coffee shop for a coffee and some doughnuts... does that count"? Well, that does count for something, I guess, but it certainly is not the breakfast of champions. I'm sure you've heard the old adage that breakfast is the most important meal of the day. It really is. Put it this way, a racecar driver would never start a race

on an empty tank, nor would they fill their tank with poor quality fuel. Yet this is what many of us do on a daily basis. Do not despair, I know that life is hectic for many of us, so I will present two quick and easy healthy breakfast alternatives to the drive-through doughnut and the bowl of cereal filled with overly processed flours, refined sugars, and



BEEP...  
BEEP...  
BEEP...

How  
about  
breakfast?

preservatives.

One of my favorites is the Smoothie. Smoothies are a quick nutrient dense breakfast that is enjoyable for all ages. To make a basic fruit smoothie start by adding approximately 1 cup of frozen antioxidant-rich berries, such as blueberries, raspberries, or blackberries into a blender. I also like to add other frozen fruit, such as strawberries, mangoes, or a banana. Next, you need to add a liquid such as orange juice, carrot juice, whole apple juice, almond milk, or rice milk. You could just leave it at that, but to make it more nutritious consider adding lactose-free protein powder or pre-soaked almonds and a greens powder or fresh greens if you have a really good blender. Add a teaspoon of omega 3 fish oil and ground flax seed for essential

...continued on page 3

# Healthy Breakfast Alternatives *...continued*

fatty acids and fiber. You can also add a liquid multivitamin. Once you have all your desired ingredients in the blender just turn the blender on until your smoothie reaches the desired consistency. I prefer to be able to drink mine so that I can take my smoothie with me on the way out the door. It is helpful to have a nice blender. You may find that you go through several a year if you elect to go with the cheapest one you can find. I use a Magic Bullet Blender, which is a decent blender that lets you mix right in the cup, but well worth the investment.

Next is the Power Oats breakfast. If

you are a cereal lover this is a great alternative. To save time in the morning pre-mix in a big container whole rolled oats, raisins, and nuts and seeds (almonds, pumpkin seeds, sunflower seeds, or walnuts). From here you can either add healthy toppings and eat the mix raw or lightly cook it. If you like cooked oats I recommend scooping out a ½ cup of oats per person then adding an equal amount of water to a saucepan. Bring the water to a boil then add your oat mix. Let cook for one minute then turn stove off and cover for 2-3 minutes.

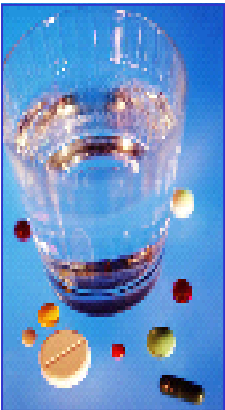
Next divide portions equally and top

with other healthy ingredients. You could add some ground flax seed, frozen berries, almond milk, rice milk, or even some honey or molasses to sweeten it up a bit. Once you've added the desired topping it is time to eat.

If you are a daily coffee drinker consider having an herbal tea instead of, or at the very least work to eliminate all the unhealthy additives you put in your coffee, such as cream and sugar.

Both Smoothies and Power Oats are very quick and healthy breakfast ideas. They will help kick start your metabolism, give you the fuel your engine needs to start the day, and get you out the door on time.

## Over the Counter DEATH



*Is  
This  
safe?*

We're all familiar with the routine: we have a common cold, we take Tylenol for the headache and fever, at night we take a cough suppressant to sleep and a couple more Tylenol for the pain. This scenario plays out in millions of homes around the world every day. But is this safe?

Recently the FDA has shed light on this unsafe practice. In June of this year the FDA met and released a warning of the danger of overuse of Acetaminophen. Acetaminophen is the generic name of a drug found in over-the-counter medications like Tylenol, allergy medications, and cough suppressants. Taken alone, as directed, this has risks to the health of your liver. Taken in combination this has significant impact on your liver.

Acetaminophen can cause serious liver damage, worse, liver failure that can lead to death! The signs and symptoms of liver damage may not arouse suspicion at first. You may mistake early liver damage for flu like symptoms (nausea, vomiting, and loss of appetite).

So, what's a person to do about pain and fever?

Chiropractic has an excellent solution to this problem. It's called the Chiropractic adjustment. It is a well known fact that Chiropractic can reduce stress to the nervous system as a whole. The sensory nervous system transmits pain. Reducing the stress of a subluxation on the sensory nervous system will reduce pain. It is also well documented that a fever is part of the body's defense mechanism. Why would we work against our body by artificially reducing the fever with drugs?

This is especially important when the scientific literature shows that 9,606 people died in one recent year due to NSAIDS (non steroidal anti-inflammatory drugs)!

In conclusion, these are dangerous drugs by themselves, but even more so when taken in conjunction with other OTC medications. I believe we really need to rethink what we are putting into our system. Should we allow our bodies to do what they naturally are designed to do, or should we use dangerous chemicals to simply avoid discomfort?

# Understanding Labels

What are you putting on your skin, in your hair, and in your mouth?

This month I bring you up-to-date useful information to make wise choices for you and your family. Without this information you will likely make choices that are harmful to your health. With it, you will be able to rest assured that you have the tools and the knowledge to choose products that will keep you healthy and minimize the damage that occurs to your body and the natural environment we all call, home.

Have you ever asked yourself these questions; how safe are the ingredients in the brand of skin care products I use and, does it contain chemicals that could be harmful to me and/or my children?

If you are not sure, you are not alone. I want to provide you with two links to a website that can answer any and all the questions you may have, so the guessing game can end for good. Go to these links to check the products you use. Check out the ingredients on the labels and the potential toxic effects they may be having on your health:

<http://oneorganicbody.mionegroup.com/en/news>  
<http://oneorganicbody.mionegroup.com/en/articles>

I believe it is essential that whenever possible we use certified organic compounds on, or in our bodies as well as arm ourselves with working knowledge of the different materials that are routinely added to personal care products and the foods we eat.

What does Organic really mean? To be truly organic a product is not just chemical-free by testing, it's classification as organic is determined by the way the product's ingredients have been grown, prepared, processed, and packaged. The whole system is linked to fit the following criteria, taken from [oneorganicbody.mionegroup.com](http://oneorganicbody.mionegroup.com):

**It must:**



*What are you putting on your skin, in your hair, and in your mouth?*

**Be Good for the soil:** Organic systems rely on a modern and scientific understanding of ecology and soil science which will ensure growth of healthy produce as well as weed and pest control.

**Be Good for the environment:** Reduce dependence on non-renewable resources while having best management of the environment and wildlife as a priority.

**Be Good for people:** Organic based ingredients have been shown in a number of studies to contain more vitamins, nutrients, and cancer-fighting antioxidants than non-organic ingredients.

**Use No synthetic chemicals:** Prohibit the use of artificial chemicals, pesticides, and fertilizers.

**Include No GMO's:** Genetically Modified Organisms are prohibited in the standards for organic food and farming. I hope you found this article useful and relevant to your quest for wellness. One last thought...if you decide not to research the products you routinely use at the links I provided there is a simple way to tell if you are buying "Certified organic" products. Simply look for one of the following three labels and you can be sure you are on the right track!



## Recipe of the Month: Fall Roasted Cauliflower Florets



**Prep & Ready Time:** 35 minutes

**Yields:** 4 servings

**Ingredients:**

8 cups bite-size cauliflower florets (about 1 head sliced)

2 tablespoons extra-virgin olive oil

1/2 teaspoon salt, or to taste

Freshly ground pepper to taste

Lemon wedges (optional)

**Directions:**

~Preheat oven to 400 degrees

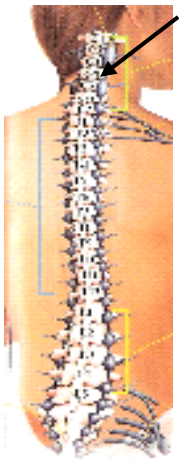
~Place florets in a large bowl with oil, salt and pepper and toss to coat

~Spread florets out on a baking sheet

~Roast florets, stirring once, until tender-crisp and browned in spots, 20-30 minutes

~Serve hot or warm with lemon wedges, if desired

~Serve & Enjoy!



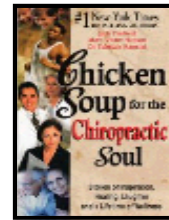
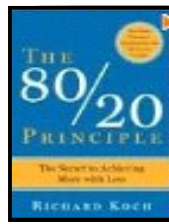
C6—A subluxation or interference at this spinal level can affect the neck muscles, shoulders and tonsils.

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

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).

- **The 80/20 Principle**, by *Richard Koch*~ Teaches you to be more effective with less effort by learning how to identify and leverage the 80/20 principle.
- **Chicken Soup for the Chiropractic Soul**, by *Jack Canfield, Mark Victor Hansen and Dr. Fabrizio Mancini*~ Stories of Inspiration, Healing, Laughter and a Lifetime of Wellness.
- **Chiropractic Speaks Out**, by *Chester A. Wilk*~ The important role Chiropractic plays in health care.



## 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. Who was the first Chiropractic patient and what did the adjustment he received help him to regain?
2. Chiropractic is now being practiced in how many countries and by how many Chiropractors?
3. Name examples of two healthy breakfast alternatives.
4. How many people died in one year due to NSAIDS?
5. What is the true definition of organic?
6. What is the name of the newly offered program for local businesses, and what does it offer?
7. What organs/body parts could be affected by a subluxation at the Sixth (C6) Cervical Vertebra?

### August Answers:

1. Any discussion about backpack safety needs to begin with the root cause, which is lack of body awareness.
2. An empty roller bag can weigh up to 80% more than an empty backpack.
3. You can make pizza healthier by making it at home instead of ordering it out and be sure to select ingredients that are as fresh as possible, organic if you are able.
4. There are several things you can do to plan for a successful school year. Included in these are ensuring your child is getting enough sleep, talking to your child about the upcoming school year by finding out if they are anxious, nervous, excited, or indifferent and then try to address any concerns, and having a plan for how your child will get proper nutritional meals.
5. There are two types of fat that are necessary for us to consume. Omega-6 is the first fat and can be found in corn, soy, sunflower oil, and safflower oil to name a few, and the second is Omega-3, which can be found in fish oils such as cod liver oil, sardine oil and krill oil.
6. The ideal ratio of fats is 1:1, but the typical American diet is too heavy on the omega-6 fats.
7. A subluxation or interference at the Fifth (C5) Cervical Vertebrae can affect the vocal cords, neck glands, and pharynx.

## Inside the October Issue: *Positive Attitude Month*

- Attitude Determines Altitude
- Smile: It Improves Your Face Value
- You Can't Soar with the Eagles by Flying with the Turkeys
- Movement Matters
- Recipe of the Month
- Recommended Reading
- Health & Wellness Quiz

## Absolute Health Chiropractic News & 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.*

## 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.