

Absolute Health Chiropractic

Wellness News You Can Use

Inspiring Health and Wellness



changes in your life in order to be successful. You will find an enlightening article reflecting on this very important question, Why Ask Why.

It's that time of year again, a time for reflection and planning for the year to come. In that spirit, in this New Year's issue of Wellness News You Can Use, you will find a three part series of articles reflecting on the past, present, and future of healthcare trends.

As always, we ask that if you find this newsletter valuable in pursuing your health and wellness goals, please share them with friends and family, and if you ever need assistance on your path to health and vitality please contact us.

As many of you will be adopting resolutions, it is imperative that you understand why you need to make these

From all of us at Absolute Health Chiropractic, we wish you a happy and healthy 2010.

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That Was Then

The turning of the calendar to a new year is always a momentous event. While the world may not change significantly from 11:59pm December 31st to 12:00am January 1st, it is the mark of a new beginning and it is a great time to reflect where we have been, where we are today and assess where we are going. I still remember my childhood as if it were yesterday, as many of you do. Without sounding cliché the world was a different place when I was a kid compared to the world my nephew is growing up in.

While I could list a bunch of things that have changed in the world of politics, technology and so on, I want to focus on how our health was different. In school I knew of one kid that had asthma, one that was hyperactive and two that were overweight. I didn't know anyone with diabetes and I had never heard of Autism, ADD/ADHD, or Bipolar disorder. I also didn't know anyone in school that had to go to the nurse's office every day to line up for their daily dose of medication

and I certainly wasn't worried about someone coming into the school with a gun. We rarely went to the doctors and when we did it was covered by my Dad's insurance that he got through work.

It's hard to reflect and comment on that time without sounding like an old curmudgeon but it is a fact that times change. I don't know if the world is more complicated but it is certainly more technical. My parents' generation got excited about



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That Was Then *...continued*

having a television. My generation got excited about cable and video games. The new generation of kids think that everyone should have a computer and cell phone and want to be instantly connected to the world at all times. A lot of their play time and extra -curricular activities are organized and scheduled and they get bored when there is nothing to watch on the 100 channels they have to choose from.

So what's the point? While technology has made many things easier we have to ask ourselves if it has made our world and our lives better. Are we happier, healthier and wealthier today than we were a generation ago?

This Is Now

So where are we now? As a nation we are extremely overweight and out of shape. Cancer, heart disease, diabetes and other lifestyle diseases are rampant. We have some of the most advanced medical facilities in the world and we have access to medications for just about everything, yet the World Health Organization ranks the US Health System 37th in the world. That puts us right between Costa Rica and Slovenia. On top of all this, millions of Americans go without health insurance because they can't afford it.

Let's look at some other health facts from the WHO and CDC. As of 2008 there was only one state with obesity rates in the 15-19% range. Every other state has at least 20% of their population considered obese, with 6 states having at least 30% obesity. The U.S. ranks 24th in life expectancy, 14th in preventable deaths, 44th in infant mortality and 72nd in overall level of health. Just to be clear, these are numbered from best to worst. All this despite the fact that between 2000-2005 we were 2nd in percentage

of spending on health care measured as a percentage of GDP. Finally, as of 2000 the U.S. ranked first in



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medication consumption. The U.S. consumes 52% of the world's medications even though we only contain 4.5% of the world's population. The bottom line is that we are spending more money and taking more drugs while our population gets fatter and sicker.

The cost of all this is devastating. The CDC reports that 70% of all deaths in the United States are due to chronic disease, which accounts for 75% of our health care costs. The sad truth about this is that most of these conditions are due to poor lifestyle choices.

I know all this seems like gloom and doom but it doesn't have to be. Information is power but the power is in how you use that information.

Are you going to be a part of the solution and do what it takes to turn these trends around, or are you going to live a life that will lead you to be part of the 70 percent that suffer and die from chronic disease due to an unhealthy lifestyle?

You get to decide.

*** YOU GET TO DECIDE! ***

To Infinity and Beyond

To infinity and beyond is a popular phrase introduced to us by Buzz Lightyear of Toy Story. It begs the question, what does our future hold? Are we going to continue down our current path and end up like the humans in the animated Pixar film Wall-E? In case you are unfamiliar with the movie, the human race has left earth because it is uninhabitable. Also, because of advances in technology all the humans look like giant babies floating around in hover chairs unable to do anything substantial for themselves because they are so fat and out of shape. Or do we take a different path where we live in harmony with our innate abilities to experience a healthy and robust life when we live congruently with the laws of nature.

The keys to experiencing a healthy life are simple to understand; Eat Right, Move Right, and Think Right. Although these concepts are simple in theory they can often be challenging in practice. We live in a drive through nation where we want immediate gratification. Fast food is quick and convenient but doesn't contribute to your health and wellbeing. It is easier to sit on the couch and watch The Biggest Loser than it is to get up and exercise, but what is the cost to our own health, wealth,

and happiness?

So I don't know what the future holds. By nature I'm an optimist and I do believe things will change, but as a nation we will have to endure some rough times before things get truly better. I'm happy to say that there are some positive signs on the horizon. After many years of neglect I see schools recommitting to the importance of physical education. I also see schools adopting wellness policies and planting gardens that encourage healthy eating in and out of school. I recently heard on the radio that one school was able to replace plastic utensils with metal, and to provide fresh organic produce to their students by eliminating dessert, the result being a 20% increase in the consumption of fruit and vegetables without increased cost. This is awesome!

Another trend is the emergence of large health food stores and health food sections in major grocery stores around the country. This is a sign that consumers are looking for these healthy options. Here's a question for you. If these are health or natural food stores, what is the rest of the stuff we are eating? Anyway, the point is that as a nation more people are paying attention to what they put into their bodies. Just look at the recent Flu Vaccine trends. About 50% of the U.S. population has chosen not to get vaccinated. You may agree or disagree with this decision, but what I like most about it is that people are taking a closer look at their health options and questioning the status quo. We saw in the article "That was Then" what the status quo has gotten us.

The last point I want to make is that as our leaders in Washington debate health care reform I am pleased to hear more talk about the need to focus on wellness and shift away from treating disease. When we have a healthy society less disease will exist, we will take less medication, health care costs will go down, and as a nation we will be much better off.

So which path will we take? To take the path that will lead us to health and prosperity will take effort and a lot of time. It takes time to change the habits of an entire nation but I have faith that it can be done. It is not OK with me that my nephew's generation is not expected to live as long as my parent's generation. If you're not OK with that then I ask you to make a commitment that you and your family will be healthier a year from now than you are today.



*...provide fresh organic produce to their students
by eliminating dessert, the result being a 20%
increase in the consumption of fruit and
vegetables without increased cost...*

Happy New Year.

Why Ask Why?

This is such a simple question, but it is one that has complex answers with incredibly important and serious ramifications.

Is it important to ask what is in the medication you are taking, and what the short and long term health effects will be? Do you think it is important to ask your children's pediatrician why they would recommend a vaccination or antibiotic over a safer, natural approach? Have you ever questioned whether the "food pyramid" is an effective model of nutrition and if so, why obesity has become an epidemic for a society that has lived under the auspices of this model? Good questions, wouldn't you agree?

In a previous article in this edition we outlined the challenges we face in a sick care system where we invest, manufacture, buy, and ingest more medication and seek more medical care than any other nation, yet we lag far behind most nations in overall health. That is *why* we should ask why, and the

question needs to be asked often and on many levels. In fact, when it comes to protecting our individual health and our cumulative wellbeing, it is the right thing to do.

Asking simple questions and becoming better, more educated consumers is responsible, reasonable, and respectful. Self advocacy is more important than ever, and it can mean the difference between the probability of living a life that is directed and controlled by drug and surgical interventions, or the opposite reality of living a life of possibilities of expanding freedom of health and unlimited vitality where your choices are abundant and filled with opportunities.

So I ask you -- why ask why? The simple questions have the most impactful answers and that is why it is important, or I dare say essential, that we start today to ask 'why' more often with confidence and certainty. Don't be afraid to ask why your insurance doesn't cover your gym membership, or why there are not more natural or

organic foods available at the school or work cafeteria. Ask yourself why you have the habits you have, or what causes your aversion to exercise.

While you are in the asking why mode, ask someone you know who uses chiropractic why they do it, and what benefits they have received from their care. You may be surprised at the answer and you may want to investigate this natural, safe, health care system for yourself and your family.

If you are ready to learn what is possible in the future, come see us. We would love to discuss your current health status and help you achieve your future health goals.

If not, if you are willing to settle for less than amazing health and vitality, it's time to ask yourself an important question...

Why?



Recipe of the Month: Turkey Chili



Prep & Ready Time: 30 minutes

Yields: 4 servings

Ingredients:

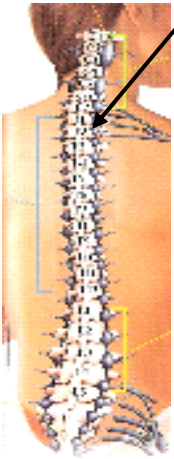
~1 tbsp olive oil
~1 large onion, finely chopped
~1 red bell pepper, seeded and chopped
~1/2 stick of celery, chopped
~2 garlic cloves, minced
~3/4 pound 99% fat-free ground turkey

Ingredients continued...

~2 tbsp chili powder
~2 tsp ground cumin
~1/2 tsp oregano
~1/2 tsp ground coriander
~1, 14 1/2 oz. can crushed tomatoes
~1, 8 oz. can tomato sauce, no salt added
~1, 15 oz. can black beans, rinsed and drained
~4 tbsp fat-free sour cream or yogurt

Directions:

~Heat oil in a large skillet, add onion, celery, chopped pepper and garlic; cook for 5 minutes or until onions are translucent.
~Crumble the turkey into the pan, breaking it apart with a wooden spoon; cook for about 5 minutes or until no longer pink.
~Stir in chili powder, cumin, coriander and oregano.
~Add tomatoes and tomato sauce and simmer for 10 minutes, stirring occasionally.
~Add beans, mix well; cook on low heat for additional 10 minutes.
~Serve & Enjoy!



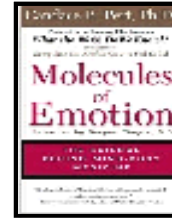
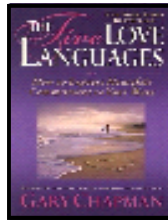
T3—A subluxation or interference at this spinal level can affect the lungs, bronchial tubes, pleura, chest, breast and heart.

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

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

- **The Five Love Languages**, by Gary Chapman~ Learn the five love languages and how to express heartfelt commitment to your mate.
- **Molecules of Emotion**, by Candace B. Pert~ The science behind mind-body medicine and study of the emotional connection to the body.
- **I'm Sick and Tired of Being Sick and Tired: Six Keys to Health and Wellness**, by Dr. Kerry L. Johnson~ A must read if you are serious about improving your health.



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. Name three disorders that Dr. Cait had never heard of when she was attending school.
2. As of 2000 the U.S. ranked first in consumption of what?
3. The U.S. consumes what percent of the world's medications even though we only contain 4.5% of the world's population.
4. What are the three keys to living a healthy life?
5. What did a school have to eliminate in order to add fresh organic produce with out additional costs?
6. Name three 'why's' that you could ask today.
7. What organs and/or body parts could be affected by a subluxation at the Third (T3) Thoracic

December Answers:

1. There are many things that we tolerate as a matter of course in a day; things like noisy neighbors, gossipy co-workers, pushy relatives, and the list goes on.
2. A common toleration that many people complain about and assume is normal are headaches.
3. Living with less fear is a much more courageous way to live life because it demands that we become willing to face our past experiences and the patterns of belief that we have cultivated over the years into strong belief patterns, and re-examine them in a framework of reality.
4. Living with less fear takes a level of consciousness that does not exist with living a fearless life. It requires that we become students of our past and masters of our futures.
5. Webster's dictionary defines the word "give" over 50 ways. A few of them are "to present voluntarily and without expecting compensation", "to produce, yield, or afford", "to make a gift or gifts", "to devote or contribute generosity of: to give of oneself".
6. There are many ways you can give of yourself during the holiday season including, but not limited to, making a special dinner, raking your neighbors lawn, babysitting, cleaning a home, running an errand, and much more.
7. A subluxation or interference at the Second (T2) Thoracic Vertebrae can affect the heart, including it's valves and covering; coronary arteries; lungs; bronchial tubes.

Inside the February Issue:

- Should You Be Taking CoQ10?
- Write Yourself A Love Letter
- Adjust Your Blood Pressure
- The Horsefly on the Mule
- 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 Sarah at (207) 699-2622 or by email at 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 Sarah 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

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.

Follow us on Twitter, Facebook and our blog!!! Go to www.absolutehealthchiropractic.org for links!