

Absolute Health Chiropractic Wellness News

Wellness News You Can Use

Inspiring Health and Wellness



March is a busy month and there is plenty to write about and celebrate. Obviously March is well known for, and associated with, St Patrick's Day and all things green.

This month we share some ideas with you about eating green and what you can do to preserve the planet's environment, as well as your own internal environment. March also marks the beginning of spring, which gets us thinking about our gardens and the planting season. This month we want to do some planting of our own and plant some seeds of health in your minds.

March is also Women's History Month, and so this month we recognize the valuable contributions women have made

to the profession of Chiropractic. As you will see, unlike many professions, chiropractic has embraced women almost from the beginning.

Finally, you may not know this, but the first week of March is National Procrastination Week. I was going to write an article about procrastination but I didn't get to it yet. Hopefully it will make it to next month's newsletter!

With so much to enjoy and celebrate, I encourage you to make the most of each and every day. Remember, you can't control everything that happens in your life but you always have the choice of how you show up each every day.



Inside This Issue:

Eating Green	1-2
Women In Chiropractic	2
Planting Seeds of Health	3
Read This Later...	4
Recipe of the Month: Greens with Gorgonzola Dressing	4
Recommended Reading	5
Wellness Quiz & Answers	5
Upcoming Articles	6

EATING GREEN

This month many will be celebrating St. Patrick's Day, and we all will be celebrating the coming of spring. HURRAY! March is the month of green and the perfect month to think Green in our diet. When we talk of eating green, we are talking about the concept more than the color of the food.

In today's world we have more choices than ever before when it comes to the food we eat and the places we acquire it. Two very important questions that need to be considered when choosing our diets are:

- * What is the nutritional value of the foods I consume, and what is its effect on my health.
- * What is the environmental impact of the foods I choose and how does that impact my health.

Now, I do not suggest that many of the people reading this article lose sleep over these questions, but I do assert that as a nation of educated and conscious consumers, we are

starting to awaken to the idea that our choices have an impact that is measurable and quantifiable. In fact, it is certain that what we eat today will have a future impact on the quality and quantity of our lives and the lives of others.

In the book "6 Arguments for a Greener Diet", Michael Jacobson argues that the cost of an animal-based diet far outweighs the benefits to the environment, the economy, or to the health of the nation. I have quoted one

...continued on page 2



What is the environmental impact of the foods I choose and how does that impact my health?

EATING GREEN *...continued*

section for you to read.

“University of Chicago geophysicists, Gidon Eshel and Pamela Martin, calculate that it takes about 500 calories of fossil-fuel energy inputs to produce 100 calories worth of chicken or milk; producing 100 calories worth of grain-fed beef requires almost 1,600 calories. But producing 100 calories worth of plant foods requires only 50 calories from fossil fuels”.

This small excerpt focuses on the energy spent compared to the energy produced and it shows that there is an overall energy loss when comparing plant based diets versus meat based diets. The book is an eye opener when you read the long term personal and environmental effects of different

diets as well. I recommend that you go to:

www.cspinet.org/EatingGreen/download.html

and download Six Arguments for a Greener Diet. You will learn more and can decide for yourself that your diet choices could lead to a cleaner more efficient body and a cleaner healthier environment.

As always, I leave you with this disclaimer: I learned as much writing this article as I hope you do reading it.

Thank you for the opportunity to learn with you, share new ideas, and to become more aware and grow stronger in my understanding of optimal health and a vital life.

Women In Chiropractic



March is Women’s History Month and we want to recognize the role women have played in the chiropractic profession. From the beginning of its history, women have been embraced by the chiropractic profession. The first chiropractic school, Palmer School of Chiropractic, was opened in 1897 and two women graduated from the class of 1899, Mrs. J.C. Bowman and Helen DeLendreie.

Although she wasn’t the first female graduate, Mabel Heath Palmer is known as the First Lady of

Chiropractic. She graduated in 1905. She was not only the wife of Dr. B J Palmer, the Developer of Chiropractic, she was one of his closest advisors. Mable was a guiding force in the early days of chiropractic and the school her father-in-law, DD Palmer, started. Mable also taught at the school for 30 years and was most recognized as an anatomy instructor.

National College of Chiropractic had nine people in their second graduation class in 1907. They were all women. There have been episodes in the history of Chiropractic where the attendees of the schools consisted of 50% women or more.

Today, there are many powerful women in chiropractic who are leaders in their practices, communities, and the profession as a whole.

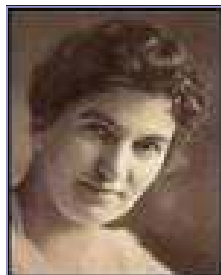
In 1992 there was a movie called Little Sister, starring Jonathan Silverman. The premise of the movie is based on his character creating a female alter

ego in order to join a sorority as part of a college prank. Cheap comedy and drama unfold as he falls in love with one of the sorority sisters. Of course she is quite upset when she learns what he is up to.

While this little movie will not go down as a cinematic masterpiece, there was a poignant scene where the lead character talks about women being great because they are women, not in spite of it. His point was that women are different than men beyond the anatomical differences, and it is these differences that have made so many great women who and what they are.

I believe this is true for many of the great women of our profession. I look up to many chiropractors and there is no shortage of women on the list. For all of you who do what you do every day in your own unique style, I am truly grateful.

Thanks!



Mabel Heath Palmer is known as the First Lady of Chiropractic...



Planting Seeds of Health

Have you ever considered how much the food you eat, the actions you take, and the thoughts you think affect your current health and your future wellbeing? In today's busy world and the lives that we have built around activities of work and family, lifestyle can become an afterthought. We see more fast food restaurants popping up every day and people purchase books at Amazon instead of at the book store, or they download audio books so they can listen to them to and from soccer practice and work. We buy and throw away millions of tons of plastic bottles that contain the same water many of us can get from home, and for some, the most exercise we get is with the remote control switching from The Biggest Loser to Lost.

That is the point of this article. No one really wants to lose and if we are not careful, and take more consideration for our lifestyle, someday our health and wellbeing will be lost! I would like to plant a seed for your future health and wellbeing. I would like you to stop for a moment and think of your body as a miraculous system that is made up of separate parts but is united in its integration of functions. Think of your body as a masterful system of intertwined and dependant individuals, the same as a community, a school, or a whole ecosystem.

Let's look at our body like a tree in a forest, and for illustration we can think of its parts (heart, blood vessels, muscles, stomach) like the roots, bark, pulp, and leaves of the tree. Now, let's think of the food we eat as the nutrients of the soil, the things we drink as the water that

the roots carry to all parts of the tree and the exercise we get as the wind and weather that makes the tree's fibers strong and flexible, which ensures its steady growth and strength for survival.

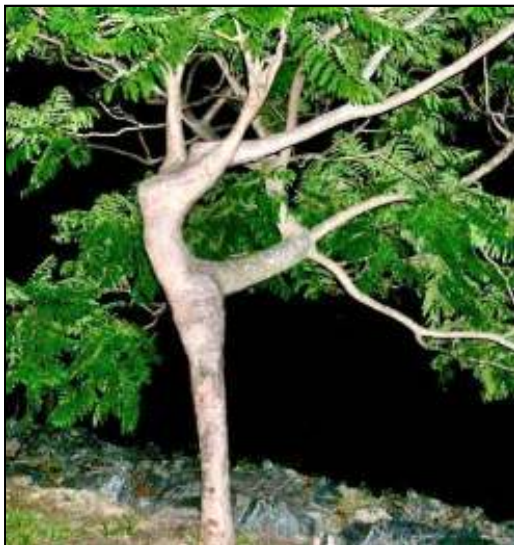
If we get no exercise it would be like a tree with no wind, there would be nothing to challenge our bones, muscles, and joints and therefore, like the tree in the forest, we would not grow stronger. When challenged with a sudden stress, we would suffer permanent damage that would affect our survival.

Think of that same tree as if it were your body and consider if it was fed no fresh clean water, but soda, tea, sugary drinks, and coffee; how well do you think it would compete with the other trees in the forest? Probably not going to be the most majestic tree in the bunch, right?

Now lastly, let's look at the nutrients the roots are getting from the soil. If the nutrients we give our body are heavily laden with trans-fats, simple sugars, and chemicals made in a laboratory, are we going to grow strong robust nervous systems, beautiful long hair, and healthy bone structure that will support us for life, or are we going to end up like that tree that is devoid of leaves, has a shallow root system, and thin bark that we see toppled over in the forest after a mild spring storm?

You get the picture, we are what we eat, and our bodies need good clean fuel to grow strong and healthy. We need constructive exercise to challenge our heart, our lungs and our circulatory system, as well as our muscles and bones so we can stand the test of time. We need to drink plenty of clean water to hydrate our cells, lubricate our joints and support our immune systems or we will fall victim to life's frequent storms.

Eat Well, Move Well, and next month we will cover Think Well.



Let's look at our body like a tree in a forest, and for illustration we can think of its parts (heart, blood vessels, muscles, stomach) like the roots, bark, pulp, and leaves of the tree...

READ THIS LATER...

The first week of March is National Procrastination Week, and we should celebrate...later. Why bother taking care of yourself now when you have thousands of tomorrows to start taking better care of yourself. Unfortunately, this attitude is all too common.

Over my 4 years in practice, I have heard some interesting statements around health and individual approaches to how different people handle their different health challenges. For example, one gentleman once said to me, "I'll do anything to avoid the heart disease that killed my father and uncle; except eat right and exercise." More recently I had a patient say, "Hey Doc, I'm thinking about maybe setting a date to possibly quit smoking." The best one is, "I can't exercise tonight, The Biggest Loser is on."

Making excuses is easy, and making

changes in our lives can be difficult, but which approach is going to allow you to achieve your goals in life.

Have you ever had something hanging over your head that you were putting off because you didn't want to deal with it? How much of your energy did it drain only to have to deal with the situation that you were trying to avoid but knew you couldn't. How much better did you feel once the situation was finally resolved?

How about your health? What are you waiting for? Are you living the lifestyle today that will allow you to enjoy the lifestyle you imagine for yourself tomorrow? Don't wait for another New Year, birthday, summer vacation, or the next Monday to start making the changes you desire to see in your life. Choose right now with conviction and determination to make a change. Follow through with it



*"I can't exercise tonight,
The Biggest Loser
is on..."*

until it becomes a habit and then take on a new challenge.

If you are reading this before March 8th then wait until next week...

Otherwise, get going!



Recipe of the Month: Greens with Gorgonzola Dressing



Prep & Ready Time: 10 minutes

Yields: 4 servings

Ingredients:

- ~1 ounce Gorgonzola cheese
- ~2 tablespoons strong brewed tea
- ~1 tablespoon white-wine vinegar
- ~1 tablespoon extra-virgin olive oil
- ~1 tablespoon finely chopped shallot
- ~1 teaspoon Dijon mustard
- ~Salt & freshly ground black pepper, to taste
- ~6 cups mixed salad greens

Directions:

- ~Mash Gorgonzola with a whisk in a large bowl.
- ~Whisk in tea, vinegar, oil, shallot, mustard.
- ~Toss with salad greens.
- ~Serve and enjoy!

*Note– You can enjoy this salad as a additional nutrition and a fuller meal,





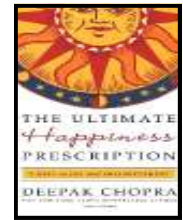
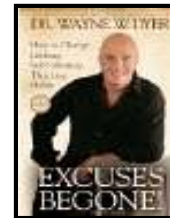
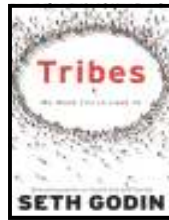
T5—A subluxation or interference at this spinal level can affect the liver, solar plexus, circulation (general), heart, esophagus, stomach.

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 or call 207-699-2622

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

- **Tribes**, by *Seth Godin*~ Anyone who wants to make a difference now has the tools at their fingertips.
- **Excuses Be Gone**, by *Wayne Dyer*~ How to Change Lifelong, Self-Defeating Thinking Habits.
- **The Ultimate Happiness Prescriptions**, by *Deepak Chopra*~ 7 Keys to Joy and Enlightenment.



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 are two important questions that need to be considered when choosing our diets?
2. What was the name of the first chiropractic school, when did it open, and how many women graduated in 1899?
3. How many graduates did the National College of Chiropractic have in their second graduation class of 1907, and how many of those were women?
4. What is the food we eat, the water we drink and the exercise we get in comparison to a tree?
5. What organs and/or body parts could be affected by a subluxation at the Fifth (T5) Thoracic Vertebrae?

February Answers:

1. It is estimated that the annual costs of high blood pressure and its complications to the U.S. economy are more than \$64 billion.
2. A 2007 landmark pilot study conducted at the University of Chicago, in which a specific chiropractic adjustment was delivered to patients with high blood pressure and misaligned C1 vertebrae, resulted in significant reductions in diastolic and systolic blood pressure compared to control groups. The reductions in blood pressure were equivalent to those seen in patients taking two blood pressure drugs.
3. One key to being mentally and emotionally well is to love yourself.
4. If you have defined goals and you know your current lifestyle is not going to get you there, then you need a horsefly on your hind quarter!
5. CoQ10 is a compound that is found in every cell of the body.
6. If you don't have adequate levels of CoQ10 your heart is under constant stress as it tries to function on an energy deficit.
7. A subluxation or interference at the Fourth (T4) Thoracic Vertebrae can affect the gallbladder, common duct, heart, lungs, bronchial tubes.

Inside the April Issue:

- Organic Gardening
- Are You In Tune?
- I Love Mondays
- Don't Drink the Cool Aid!
- Recipe of the Month
- Recommended Reading
- Health & Wellness Quiz



Absolute Health Chiropractic News and Updates

Mark Your Calendars!!!

On Sunday March 21st, from 2-6, we are taking over the Bay Club with a Wellness Day!! All proceeds will go to Tri for a Cure. Admission is only \$25 and we will have approximately 20 different health and wellness vendors, yoga, zumba and NIA demonstrations. We are also going to have a Bellydancing performance as well. Come join us for good food, good friends and tons of fun. Enjoy our Spring Fling while helping out a good cause!!!!

~NEW~ On-site chair massages for local businesses– Invest for a Healthy Business– Improves alertness, reduces physical & mental effects of stress experienced by employees, increases good feelings about the workplace & loyalty to the company! ~Contact Susie Barnes or Tim McLain, LMT @ AHC for more information.

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.