

Absolute Health Chiropractic

Wellness News You Can Use

Inspiring Health and Wellness

If you are a regular reader of our newsletter I want to say thank you. Every month we get great feedback. If this is your first time reading our newsletter, I want to thank you too, and I sincerely hope you enjoy the articles and learn something that will have a positive influence in your life.

This month we share our ideas about reading, exercise, dieting, and good health maintenance. One of the primary dimensions of health is mental health, and there are few approaches to enhancing your mental health that match reading. Libraries and bookstores are jammed packed with books that can help you enhance your life, and we want to encourage you to read our article "Reading is Fundamental".

The Biggest Loser has sparked a lot of interest around the country in using competition as a way to motivate people to make changes in their health habits. We applaud any approach that helps people make healthier choices in their lives.

However, there are a lot of gimmicks and empty promises out there, and we share our ideas about this topic in "Compete Your Way to Health".

Modern cars are highly complex pieces of machinery that need regular attention if we want to keep them running smoothly. However, the complexity of a car is nothing compared to the human body. If you want to keep your car and body running efficiently for a long time, make sure you "Get a Tune Up".

Dieting is tough and rarely works long term. Making real lifestyle changes and managing our eating habits is a much more effective approach. Get some helpful tips from our resident nutritionist in her article "No Diet Day".

From our family to yours, Happy Spring...Now go out and enjoy all that life has to offer!

Inside This Issue:

Reading is Fundamental	1-2
Compete Your Way to Health	2
Do You Need a Tune Up?	3
No Diet Day	3-4
Recipe of the Month: Scallops with Avocado-Kiwi Salsa	4
Recommended Reading	5
Wellness Quiz & Answers	5
Upcoming Articles	6

Reading is Fundamental

You may have heard this term before, and if you have you know that RIF is a literacy program that focuses on children and teaching the love of reading around the world. The RIF program started in 1966 and has become a model that has changed many lives and inspired children, parents, educators, and leaders for decades. My earliest memory of reading was when I was a little girl and my mother would read to me during the day or before bed. While she was reading, I would imagine myself in the story and see myself as a fairy tale princess or an adventurer in a foreign land.

As an adult I have found a new joy and a greater use for literature than I had as a child or a student. I have found that the books I read have a major influence on how I think about the circumstances of life, and in turn that directly impacts my actions and attitudes. I have also found that the most successful and influential people in all walks of life are the biggest readers. Now, please don't take this to mean that you must be a voracious reader of books to be

successful in life; what I mean is, there is a common thread that winds itself through history and current times. That thread is the love of reading, the search for knowledge, and the deeper understanding of "who" we are, how we relate to others, and how we personally profit from the ideas and insights of other points of view.

One of the biggest paradigm shifts I have had in my life came from Dr. Wayne Dyer in one

...continued on page 2



...I would imagine myself in the story and see myself as a fairy tale princess or an adventurer in a foreign land.

Reading is Fundamental *...continued*

sentence of a book where he stated: “when you change the way you look at things, the things you look at change.” This simple idea allowed me to change my perspective on many challenging issues and has lead to a new conscious awareness of how I operate in life. In fact, every time I finish a book, I realize I am a different person than I was when I opened the front cover.

will give you new insights into parent/child relationships. If you struggle with diet and weight, read a book written by someone who overcame that obstacle in life. When you are finished, email me your new insights so I can celebrate the transformation with you...my email is:

drcaitlin@absolutehealthchiropractic.org

This month I want to challenge you to read at least one book and send me the highlights of your reading, not just any book, but a book that is specific to a challenge that you are having. If you struggle to exercise with regularity, pick a book about jogging. If you have issues in relating to your children, pick a book that

P.S. Not sure what to read? Start with one of the books from the recommended reading on page 5 for both you and your children!

Compete Your Way to Health

When I sat down to write this month’s article I decided to Google the title and see what would come up. I found it interesting to see that there was no direct link with the title or key words of “compete your way to health”. What I was not surprised to find was an endless number of books, web pages, articles, companies, clubs, journals, blog spots, machines, supplements, you get the point. The references and resources were endless.

learn from.

Of all the different diet pills, ab machines, calorie counting schemes, and the companies that will “hold you accountable”, what captured my attention the most was something at the bottom of the search page. What I saw was a section where multiple different key word searches such as dance your way to health, bike your way to health, walk your way to health, jump your way to health, rake your way to health, etc..... were available to read and

I found myself wondering which area got the most traffic, the millions of pages of pay for service programs, what some would call gimmicks, or the free stuff that is available at a moment’s notice and as often as we want? Getting and staying healthy is as easy as we want to make it, or it can be as hard as we make believe it is. If you read some of the information available on the internet, you may believe that it takes hours a day of cardio, 5 days a week of weight training, an expensive membership to the gym, and endless hours preparing meals, or you could believe that getting and staying fit is as easy as moving your body more often and purposefully, thinking more optimistically, and eating more consciously.

maintain my own fitness, I can tell you that if you live your life thinking there is something outside of you that will make you healthy, you will be competing in a game you just can’t win.

Start competing in a different way today and begin to win in the game of health and wellness. Getting well can be fun and the rewards are priceless. Here are three simple steps:

- ~Find something active that you enjoy and do it more often.
- ~Listen to music, read books, and spend time with people who affirm what is good.
- ~Eat more live foods that do not come in a bag, a box, or a can.

As a Health Care professional, a human being who is competing with the media to educate my patients, and with nature to

Move Well, Think Well, and Eat Well to compete and win in life!



Do You Need a Tune Up?

When it comes to cars, I'm no expert. I know how to change a tire and check the fluids. I make sure I change the oil regularly, keep the tires in good shape, and change them when they need it. That is about the extent of my knowledge of cars. In a perfect world my car would always run and would never break down. Unfortunately, I have never had a car like that and my car certainly doesn't care how little I know about how it operates and how inconvenient it is to me when it breaks down.

Many people have similar attitudes about their bodies. They don't really know how their bodies work but just expect that every day they are going to get up and everything is going to be hunky-dory. While our bodies are self healing, self regulating, and do everything they can do to adapt to the barrage of stress we put them through, their healing capacities are limited. It is foolish to expect that we can neglect our bodies and still maintain optimum function.

When our cars start to break down we usually know by how they handle, unusual noises, or the check engine light comes on. Even then many people ignore the issues until it stops running altogether. Here the analogy to our health is just as valid. We often ignore the signs and symptoms or



Ignoring signs, symptoms, and health issues or trying to cover them up with medication...is like ignoring your check engine light...this only works for so long and eventually catches up to you.

try to cover them up with medication so that we can get on with our busy lives. However, like ignoring your check engine light, this only works for so long and eventually catches up to you.

Take a fresh look at your approach to health. Like taking care of your car, taking care of your health is not always easy, convenient, or cheap. However, compared to the alternative, it is much easier, more convenient, and less expensive. So schedule a tune up if you haven't had one in awhile. When it comes to your health, getting your spine checked by your chiropractor is a great place to start.

NO DIET DAY

May 5th is National No Diet Day. Every day should be **no diet day**, because diets do not work! For something to be effective it must be sustainable. Diets that rely on pre-packaged foods and gimmicks are not sustainable. Instead of dieting we need to focus on eating healthfully and mindfully.

The latest figures on the diet industry in the United States show that 72 million dieters spend upwards of \$58.6 billion on weight-loss products and programs annually. Many of these programs rely on pre-packaged,

manufactured food – foods that are filled with chemicals that add color, flavoring, and shelf life. Current market trends indicate that diet soft drinks, artificial sweeteners, health clubs, commercial diet center chains, mail order and multi-level marketing diet plans, diet books and exercise videos, diet websites, diet food home delivery services, medically supervised programs, retail meal replacement products, diet pills, low-calorie entrees, and low-carbohydrate foods are viewed by the diet industry and food manufacturers as ways to capitalize on the dieting trend.

While some may succeed in losing weight using these products, they often cannot sustain that weight loss without the gimmicks. Eventually most people return to

Plant your own organic vegetable garden!



NO DIET DAY

...continued

the unhealthy eating habits that made them overweight in the first place. To attain optimal weight and wellness we have to rely on two things, personal accountability and whole foods.

Personal accountability means that as adults we are 100% responsible for what goes into our mouths and into the mouths of our children. We cannot be healthy if we do not eat healthfully. We must take responsibility for planning healthful meals and buying fresh, nutrient-rich foods. It means eliminating pre-packaged foods, especially those that are high in sugar and fat, and avoiding "fast food" meals that add calories without nutrition.

In Maine we are fortunate to have passionate farmers and artisans producing healthful whole foods for our enjoyment. Whole foods are enzyme, vitamin and nutrient-rich. In

the grocery store whole foods are found around the perimeter of the store. During the summer months farmers' markets throughout the state are the best sources of locally grown, wholesome fresh produce, meats, and grain products. In some communities these farmers' markets continue indoors during the winter. Many communities also have farms that offer farm-share programs. You can find a complete list of these Community Supported Agriculture farms on the Maine Organic Farmers and Gardeners website, <http://www.mofga.org/>. Click on Find Local Organic Food on the left-hand side of the home page.

As spring awakens, become an adventurer. Seek out farmers' markets, plant your own organic vegetable garden, visit a nursery, and take a class on growing your own foods seasonally. Let this be the year that you discover



...if possible, **farmers' markets** are the best sources of locally grown, wholesome fresh produce, meats, and grain products...

the benefits and pleasures of eating whole foods prepared at home and enjoyed with your family and friends. Your body will thank you.



Recipe of the Month: Scallops with Avocado-Kiwi Salsa



Prep & Ready Time: 30 minutes

Yields: 4 servings

Ingredients:

- ~ 1 avocado, diced
- ~ 2 kiwi, peeled and finely chopped
- ~ 1/4 cup finely chopped red onion
- ~ 1/4 cup finely chopped red bell pepper
- ~ 2 tablespoons chopped fresh cilantro
- ~ 1 jalapeno chili pepper, seeded and finely chopped
- ~ 1 tablespoon freshly squeezed lemon juice
- ~ 1/2 teaspoon salt; divided
- ~ 1/4 teaspoon freshly ground black pepper; divided
- ~ 1 tablespoon olive oil
- ~ 1 1/2 pounds dry (not packed in liquid) sea scallops,

Directions:

- ~ Combine the avocado, kiwi, onion, bell pepper, cilantro, chili pepper, lemon juice, 1/4 teaspoon of the salt, and 1/8 teaspoon of the black pepper in a bowl.
- ~ Heat the oil in a large nonstick skillet over medium-high heat.
- ~ Pat the scallops dry with a paper towel and sprinkle with the remaining 1/4 teaspoon salt and 1/8 teaspoon black pepper.
- ~ Add scallops to the skillet and cook for 2 to 3 minutes per side or until the scallops are opaque and lightly browned.
- ~ Transfer the scallops to serving plates and spoon salsa over each.
- ~ Enjoy!



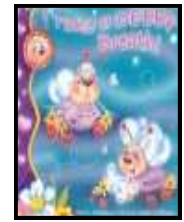
T7—A subluxation or interference at this spinal level can affect the pancreas, duodenum, stomach, liver, spleen, gallbladder, peritoneum.

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 Shack**, by *William P. Young*~ When the imagination of a writer and the passion of a theologian cross-fertilize, this book is the result.
- **The Flat Belly Diet**, by *Liz Vaccariello*~ A flat belly is about food and attitude. Period.
- **I Take a DEEEP Breath!**, by *Sharon Penchina*~ Encourages children to take a deep breath in...accessing their own courage, strength and inner piece.



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 has been found to be true about the most successful and influential people?
2. Fill in the sentence by Dr. Wayne Dyer, 'When you change the way you look at things, _____'.
3. What are three simple steps for getting well while having fun?
4. It is foolish to expect that we can neglect our bodies and still what?
5. What day is No Diet Day, what day should it be and why?
6. What are the two things we need to rely on to attain optimal weight and wellness?
7. What organs and/or body parts could be affected by a subluxation at the Seventh (T7) Thoracic Vertebrae?

April Answers:

1. "I love to share my 'I Love Mondays' story with the people I meet and greet because it immediately helps them set a new tone and direction for the day, week and occasionally the rest of their lives.
2. In the book "Being in Balance", author Dr. Wayne Dyer talks about the difference between thinking thoughts that are in-balance with the universal law of abundance, and thoughts that are out-of-balance with this same law. He talks about the fact that we will attract whatever we hold true and think about with regularity and frequency.
3. Our water supplies are not contaminated the way they used to be with industrial waste and raw sewage because environmental laws have taken care of a lot of those issues, however, medications are now seeping into our water supplies.
4. The most obvious benefit of growing your own food is the knowledge that the food you are putting into your body is nutritious, with no harmful pesticides or fertilizers. Other benefits include breathing fresh air, exercise, and stress relief.
5. Small or large, an organic garden will maximize your efforts toward wellness.
6. Dr. Cait's variation on her favorite quote is, "Work like you don't need money, Love like you've never been hurt, Crank up the tunes and dance like no one's watching."
7. A subluxation or interference at the Sixth (T6) Thoracic Vertebrae can affect the stomach, esophagus, peritoneum, duodenum.

Inside the June Issue:

- Blow Up the TV
- Just Let Go
- Trailblazing
- Health Senses
- Recipe of the Month
- Recommended Reading
- Health & Wellness Quiz

Absolute Health Chiropractic News & Updates

**HEALTH COMES FROM WITHIN
ABOVE DOWN...INSIDE OUT.**

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 Emily at (207) 699-2622.

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 Emily at AHC 207-699-2622 for more information.

Happy Mothers Day!

We are so thankful for all the moms that come into our office and to those that bring their kids too!

Did you know that chiropractic care works for children as well? We can help with colic, allergies, ADHD, bedwetting, ear infections, asthma, and promote lifelong general wellness. Chiropractic is also great during pregnancy, so moms-to-be schedule today.

Have a wonderful Mothers Day!

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.