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## THE POWER OF RESOLUTIONS

### HOW TO MAKE AND KEEP YOUR RESOLUTIONS

Happy New Year! Now's your chance to make a fresh start: lose weight, stop smoking, save money - again. It seems that year after year many of us struggle with actually *keeping* those resolutions we make so fervently on New Year's Day. You're not alone! Most resolutions tend to evaporate by around March. Why are resolutions so hard to keep? One reason may be that people perceive the beginning of the New Year as a kind of magic barrier. Goals you weren't able to accomplish before the years end suddenly seem possible. There's nothing wrong with starting over or making some needed changes when the New Year begins, but you'll need to be honest with yourself. Here are some tips for realistic resolution making:

**Review your Life** The New Year is an excellent time to take stock, to evaluate where you are and where you'd like to be. Consider what you believe to be the best aspects of your life during the past year, then take a look at the worst areas. What changes or adjustments could you make to improve the bad and hang on to the good? Work these evaluations into your specific resolutions for the coming year.

**Get real AND Be specific** Evaluate your resolutions carefully. Are you ready to commit? Are these goals YOU can reasonably achieve? Be fair to yourself; you don't want to set yourself up to fail! Set goals that are as specific as possible. For example, if you want to quit smoking, start by one cigarette less per day for one week, then two less per day for another week, and so on. Goals can often be broken down in small chunks, making them much easier to swallow!

**Write it down!** It's been said that when you write a thought down, you own it. Writing down your resolutions helps them become real to you. When you own your resolutions, you're more likely to achieve them. In addition, you may want to record your progress. Consider keeping your resolutions in a notebook or journal. Resolve to review and write in your journal at least once a month.

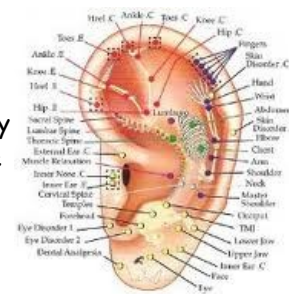
**Excuses, excuses..** Resolutions are broken for a number of reasons, often good ones. However, when you come up

with excuses, you justify your behavior. A resolution can be a powerful, positive tool, even if it's not carried out. At the very least, you've acknowledged there is a challenge. Don't beat yourself up over breaking a resolution, just reevaluate it and decide if it's time to revise your plan.

**Resolve to stay healthy** No matter what your goals and challenges are, you must stay strong and healthy to deal with life. Regular chiropractic care, along with a nutritious diet and regular exercise, will keep you functioning in tip-top condition. You'll be ready to resolve anything!

## WEIGHT LOSS EAR STAPLING

A specialized staple gun is used by a licensed acupuncturist to pierce a slightly protruding piece of cartilage just above and to the left of the tragus portion of the external ear. The surgical-grade,



very thin staple remains in the ear from anywhere from six weeks to three months to help suppress the appetite while it's in there. Once the body gets used to the staple, it needs to be repositioned, which means returning to have the ear re-stapled in a slightly different location. It is recommended to have both of your ears stapled to achieve the maximum weight loss effect.

**Ear Acupuncture** is the source of the effect, while some attribute it to underlying nerve connections to the hypothalamus in the brain, the master regulator responsible for feeling hungry. According to some sources, stimulating a part of the external ear also stimulates the abdominal organs, including the stomach. Other practitioners claim that piercing this particular area of the ear releases **endorphins** -- chemicals released by the brain during pleasurable activities that make you feel good. And because the staple stays in the ear, the endorphin effect is maintained, reducing a person's stress and anxiety levels, which for many people are a big part of the reason they over-eat. Believers in ear stapling claim that by continuously stimulating the Zero Point location, which is said by some to include the Stomach point presented above, they can curb appetite, reduce stress and increase metabolism, among other benefits. Some people who have undergone the procedure say it also eliminates migraine headaches, nicotine craving and insomnia. For more information, ask Dr. Terry McCormick, DAOM, now available through Our Healing Place at Greene Chiropractic Clinic.