



Spring/Summer

W.O.W.

Way Of Wellness Newsletter

Tackle your Tension: Tips to De-Stress

We have all known proper exercise and diet are important to managing stress. Stress experts offer these additional tips to tackling your tension:

Take Notice: Make a list of the areas in your life that don't *feel* right. Voila, the areas of your life causing you the most stress. Make a plan to address each problem area. This one small step will bring relief.

Attitude is Everything: Keep your thoughts positive and your attitude bright. If a stranger talked to you the way you talk to yourself, would you like them or hate them? Your internal chit-chat must be respectful, encouraging and empowering!

Have a Laugh: Turns out laughter really is the best medicine (see *Laughter*)

Worry Time: Set aside 15-minutes each day to worry. At any other time during the day when you begin to worry, stop yourself. Save it for "worry time."

Visit your D.C.: Since vertebral subluxations affect the body's ability to manage stress and are themselves a major cause of physical stress it only stands to reason that getting a regular chiropractic adjustment should be a priority. Visit your Doctor of Chiropractic regularly.



Will Everyday Stress Finally Do You In?

We're surrounded! Surrounded by stress, that is. It's all around us. Stress at work, stress at home, it really is the new epidemic.

Stress is a normal part of life and at times a certain amount of stress is the stimulant we need to achieve our goals. It's when stress becomes constant that our bodies become overwhelmed and strained.

When stressed, our bodies release adrenalin and a series of reactions begin to take place. Heart rate increases, muscles tense, blood pressure rises, pupils dilate, your body jumps to attention preparing to fight or retreat. The body also shuts down functions not needed for immediate survival, such as the immune and digestive systems, choosing instead to funnel all available energy to the situation at hand.

This response is critical to surviving any dangerous situation; however, the body reacts to physical, emotional and chemical stress in all the same way—regardless of whether you are speeding car or struggling with a conflict at work, your body jumps to attention preparing for your next reaction. And, if stress continues over a period of time, the body gets locked into this defense reaction. It's this long term continuous stress that causes your body to adapt in ways that are often unhealthy. The Centers for Disease Control sights a significant link between stress and six of the leading causes of death; heart disease, cancer, lung ailments, accidents, cirrhosis of the liver and suicide.

Subluxations: a major cause of physical stress.

One major cause of physical stress is vertebral subluxations (misalignments of the spine). When spinal bones lose their normal position and motion from stress, trauma or chemical imbalance, the disturbance to the spine and nerve system begins to affect body function. When body function decreases the body loses health. Untreated, vertebral subluxations can not only limit your body's ability to manage stress but can lead to headaches, digestive problems, back and neck pain, decreased immunity and many other conditions.

While many resort to treating these symptoms with medications that does nothing to correct the underlying cause of the problem. Getting regular chiropractic adjustments ensures that you are not only getting relief for your symptoms but are correcting any underlying conditions at the root of the problem by correcting spinal misalignments.

Share the impact of stress on overall health with your friends and colleagues through the Get a Grip on Stress educational workshop. Presented to local companies and organizations free of charge, Get a Grip on Stress provides insight on how to managing stress and minimize its negative affects on the body. Contact our office today to schedule a workshop date.

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A Time for Planting

This is the time of year to break ground and get planting. Start by planting the seeds of health...great health!

Health and wellness is like a beautiful garden. We plant seeds in our minds with our desire for more energy, a healthier life or relief from our pain. We nurture these seedlings by making healthier lifestyle choices. Gradually a lush, strong and healthy body grows for us to enjoy.

Chiropractic plays an important role in growing a strong and health body.

**Regular chiropractic adjustments
grow health!**

Plant the Seeds of Good Health

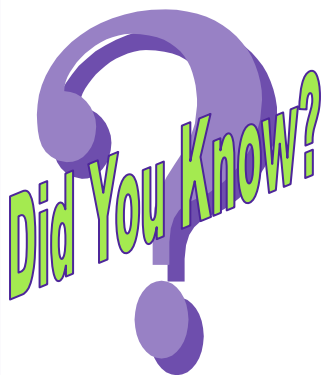
May 18, 2009 to June 5, 2009

Spring... the season of new life and the perfect time to sow the seeds of wellness. Help nurture and grow wellness in the lives of your family and friends!

Take advantage of Dr. Schulte's offer to **PLANT THE SEEDS OF EXCELLENT HEALTH** with your family and friends for just \$27 (*a \$130 value*)

Pick up a certificate **TODAY (or before June 5th)!**

See Lynda or Steph at the front desk for more information or call the office at 630-485-5088



- ❖ There are 45 miles of nerves in your skin alone! Throughout your body there are literally thousands of nerves which control every bodily function!
- ❖ The brain sends nerve impulses or messages down the spinal cord to the body at 270 miles per hour? The speed of life...
- ❖ Only 10% of your nervous system is programmed to perceive pain. 90% is for function. How are you functioning?
- ❖ The adult head weighs between 8 and 10 pounds...the same weight as a bowling ball. Thanks to the natural curve of your neck it can support this amount of weight easily. Lose the curve in your neck and the muscles and ligaments have to work 50 times harder to support your heavy head!



Laughter: *The Best Medicine*

by David Granirer MA, North America's Psychotherapist/Stand-up Comic

We've all heard the saying "Laughter is the best medicine," but now it's scientifically proven! According to Dr. Lee Berk of the Loma Linda School of Public Health in California, laughter strengthens the immune system and lowers levels of stress hormones like cortisol and epinephrine. After a bout of laughter, blood pressure drops to a lower, healthier level than when the laughter began. Dr. William Fry of Stanford University found that "twenty seconds of guffawing gives the heart the same workout as three minutes of hard rowing."

Another year-long study of heart attack victims done at the Oakhurst Health Research Institute in California found that of those who spent half an hour a day watching comedy videos, 10 percent had a second heart attack, whereas 30 percent of those who did not watch had a second attack.

Since laughing is something people can do sitting down, costs no money, and requires no special exercise equipment or skill, it's the perfect workout for anyone who doesn't have the time or desire to participate in a regular fitness program. So here's a tip for the next time you feel stressed and need a wellness break. It's called the Smile Time-Out. Take a deep breath, smile, exhale, and say "Aaah" while visualizing all your muscles and cells smiling. Then add to that a memory of a time you felt really good and laughed and laughed. Remember, even when you fake a smile or laugh, you get the same physiological benefits as when it's the real thing, because your mind is smart, but your body is stupid and can't tell the difference!

David Granirer, North America's psychotherapist/stand-up comic, is a speaker and trainer who gives humor and laughter in the workplace presentations to hundreds of organizations throughout North America. For information about David's programs and products, contact him through National Speakers Bureau/Global Speakers Agency 1-800-661-4110 or David's Web site at www.granirer.com