

Active Chiropractic LLC

Wellness News You Can Use

Inspiring Health and Wellness

Welcome to 2011's final installment of Wellness News You Can Use!

We hope you have found this past year's collection of articles useful and have applied something you learned to create meaningful change in your life.

In this issue you will read about the value of taking time for yourself and hopefully find useful tips here on how to enjoy being alone. You will be able to read about the importance of decreasing

the amount of information you "download" into your mind each day, and also learn about the valuable concept of "spinal hygiene" and expressing more life by staying connected to the root of health...your nerve system!

We hope you enjoy the following articles and we look forward to sharing more with you next year!

Until then, live well!!

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Connect to Your Roots

It's time to play a little switcheroo on you! When I conceived this article I wanted to cover our connection to our roots, not as in what grounds us (like a tree), but allows us to function day in and day out, the system that allows us to weather the storms of life and enjoy the deepest and most meaningful experiences. If you are an avid reader of the "Wellness News You Can Use", then you no doubt know that I am talking about the nervous system.

Let's start from conception, the moment when two half cells (our roots), come together and the egg is fertilized. Each of those tiny cells, the sperm and the egg, are literally incapable of expressing life without each other, but something miraculous happens when they unite. Once union is made, they immediately begin to double and redouble and on and on until approximately 9 months later, you and I have arrived. This happens in most cases flawlessly (miraculous)! There is an intelligence at work from the very beginning and that intelligence will be there to the end of our lives, constantly dictating adaptive changes that allow us to

perform in spite of the constant physical, chemical, and emotional stresses that we face in everyday life. The more capable our nervous systems are at expressing that INNATE intelligence, the better we adapt to stress, the further we move away from sickness or dis-ease, and the closer we move to optimal well-being and vital health.

Getting back to our roots, did you know that

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Connect to Your Roots

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in the earliest stages of our development the first system that develops in the rapidly dividing cells is the nervous system (spinal cord)? It's true. What is also true is from that point on, every other cell, organ, muscle, gland, and system is derived from the cells that originally came from the spinal cord!

Since you are reading this, there is nothing you can do to change the genes (roots) you were given but there is a lot you can do to make sure they have a fighting chance at expressing themselves in health-adaptive ways.

- Get your spine and nervous system checked as early as possible and continue to do so for life.
- Eat a diet that supports proper cellular development (whole foods as natural and alive as possible).
- Get plenty of exercise and stress your body in ways that



...the better we adapt to stress, the further we move away from sickness or dis-ease and the closer we move to optimal well-being and vital health.

require it to continuously build stronger movement patterns, turn over cells in your bones and muscles, and build new arteries and veins. Stay positive and practice optimism in all aspects of your life.

When you live this way you will nourish your body with everything it needs to be optimally well and your roots will get stronger and stronger and express themselves the way they were designed; to thrive not merely to survive!

Dr. Brent Reiche

All By Myself

By nature, humans are social creatures. Whether it is for love, protection, companionship, play or some other reason, we like being around other people. The reclusive hermit living away from society is the exception. However, there is something to be said

for spending some quality alone time too.

If you ever feel like the demands of everyone around you are always taking priority over your time you may want to consider scheduling yourself some alone time. Use that time wisely to create that sense of peace and balance that will help you cope with the rest of your life in a positive way.

For some of you a much needed nap might be just the right thing. A quiet bath, a walk, prayer, meditation, and exercise are all great activities. Taking the time to enjoy a hobby that you have neglected because you just haven't had the time is another good option. Here's an idea, try something that you would not typically do alone. Go to the movies or treat yourself to a nice dinner. It might seem a bit awkward at first but you may find that you enjoy it.

In the end it is important that we find ways to create balance in our lives and an important part of life are the relationships we keep. The most important relationship you will ever have is the one with yourself. If you don't make the time to nurture that relationship you may just find that you may lose your sense of who you are.

Make that personal time a priority and stay connected to what you hold dear as a cornerstone of who you are.

Stay connected to your hopes and dreams.

Stay connected to your values and your value to the world.

Love yourself enough to make yourself a priority in your own life!

Dr. Brent Reiche



The most important relationship you will ever have is the one with yourself!

Spinal Hygiene

I'm sure the first thing you think of when you hear the word hygiene is not about your spine. You probably think of your daily personal care routine: washing your hair and body, applying deodorant and brushing your teeth. If you're thinking of dental hygiene or going to the dentist to get your teeth cleaned, you might think spinal hygiene sounds painful. Well, it's not. In fact, it doesn't really exist! It is a concept that I made up that makes a valuable comparison between the approach we take in caring for our teeth and the approach we should be taking in caring for our spine. I think we would agree that our teeth are very important and we are taught from a young age how we should take care of them and that we should visit our dentist on a regular basis for cleanings and preventative care.

My question is this: Is your spine important enough for you to invest in practices that keep it healthy? Obviously your spine is important! It is there to hold you up each day and to protect a part of the most important and delicate system in your body, the nervous system. Besides being a structure for muscles to attach to in order to hold you up and move your body, the spinal column is a miraculous flexible suit of armor designed to protect your spinal cord.

Everyday stresses affect the health of your spine. Stresses such as bending, twisting, falls, being on your feet all day, sitting at a desk or in a car for hours a day, emotional stress, environmental stress, and any more you'd like to add to the list cause tension on the spine that can lead to vertebral subluxation. Vertebral subluxation is simply an area in the spine that loses its normal alignment or ability to move



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freely, thus causing stress or interference to the proper flow of information over the nerve system. Vertebral subluxation is kind of like cavities to your spine. You can have subluxation and be symptom free for years until the health of that area of your spine has deteriorated enough that injury occurs. Then you find yourself at a chiropractor's office. Just like your teeth, it is better and less expensive to take care of your spine over time than waiting for something to go wrong and then reacting to it.

If you are under chiropractic care right now I applaud you and encourage you to ask your chiropractor what more you can do to properly care for your spine.

If you are not currently under care then there is no better time than the present to start. Find a chiropractor in your area and begin experiencing greater health and vitality today!

Dr. Brent Reiche

Information Overload

The sheer volume of information that is at our disposal with a click of a button is nothing short of amazing. It is important to stay informed of current events but it can become overwhelming as well. It used to be that news worthy information came via the newspaper, the nightly news, phone calls and/or hand written letters. Now,

if you want it, you can stay connected 24/7.

Traditional forms of communication have been replaced with 24 hr news stations with streaming banners running across the bottom of the screen, instant messaging, email, text messaging, Tweets, Facebook and many other forms of communication. Technology



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Information Overload

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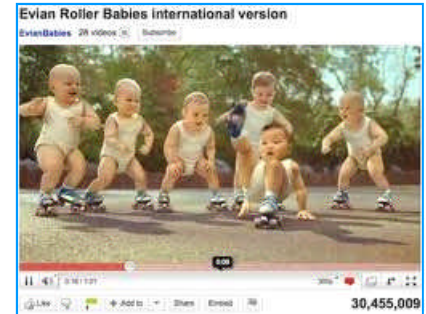
that is supposed to make our lives easier and more convenient is making it more cluttered and confusing.

If this sounds familiar to you, what are you doing about it? The Information Overload Research Group suggests one way to decrease the flood of information is to stop contributing to it and ask those around you to do the same. Think about this, how much of the information you get every day through all the different sources is valuable to you and contributes to your life in a meaningful way? If you're honest with yourself, the answer is "probably very little".

For the self-proclaimed "multi-tasker" I have some bad news for you.

Research shows that the brain can only focus on one high-functioning task at one time. If you are doing more than one high functioning task at a time your brain is actually changing focus from one task to another very quickly. When this happens, valuable time and quality is often sacrificed. If you are doing this at work it costs money. The researcher, Basex, estimates that the cost to businesses of unnecessary interruptions was \$650 billion in 2007.

If you feel that you are overwhelmed by information overload, start cleaning up the chaos. Get rid of the unnecessary junk that comes pouring through. Ask friends to stop forwarding every funny email or chain letter. Clean up your contact lists and create some discipline around your various forms



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of communication. If you do, you just may find that you have more time to accomplish more of those things that will truly contribute to your health and wellbeing.

Dr. Brent Reiche



Recipe of the Month: Five-Spice Scallops



Prep & Ready Time: 20 Minutes

Yields: 8 Servings

Ingredients:

- 1 pound large dry sea scallops, quartered
- 2 teaspoons canola oil
- 1 teaspoon five-spice powder
- 1/4 teaspoon salt

Directions:

1. Preheat broiler.
2. Toss scallops with oil, five-spice powder and salt.
3. Broil on a baking sheet until cooked through, approximately 4-5 minutes.
4. Serve with toothpicks.
5. Enjoy!



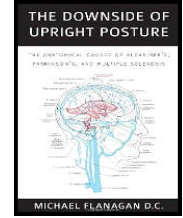
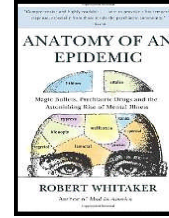
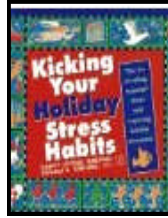
T2—A subluxation or interference at this spinal level can affect the heart, including its valves and covering, coronary arteries, lungs, bronchial tubes.

Having a nervous system screening using SEMG and thermography will help determine if these nerves are healthy. For additional information call:

207-571-8028

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

- **Kicking Your Holiday Stress Habits**, by Donald A. & Nancy Loving Tubising~ Use these ideas to learn how to learn new patterns of thinking.
- **Anatomy of an Epidemic**, by Robert Whitaker~ Magic Bullets, Psychiatric Drugs, and the Astonishing Rise of Mental Illness in America.
- **The Down Side of Upright Posture**, by Dr. Michael Flanagan~ A must read for anyone interested in Alzheimer's, Parkinson's and Multiple Sclerosis research.



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:

Wellness Quiz
 439 Main St #104
 Saco, ME 04072

We will enter your name in a monthly drawing to win a 1 hour of personal training at Bear Essentials Fitness with Matt Thorne. He looks forward to working with you soon! 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. The more capable our nervous systems are at expressing INNATE intelligence, the better we what?
2. What should you do if you feel like the demands of everyone around you are always taking priority over your time?
3. Name three things you could do while spending time alone.
4. What is the most important relationship you will ever have?
5. Is your spine important enough to invest in practices that keep it healthy?
6. What does the Information Overload Research Group suggest?
7. What organs and/or body parts could be affected by a subluxation at the second (T2) Thoracic Vertebrae?

November Answers:

1. 'Most people spend the first half of their lives building wealth while their health crumbles and the second half of their lives trying to regain their health while their wealth crumbles and when the dust settles, they are left with little of either'.
2. Earn more than you spend and save at least 10-15% of your income in a place where you do not have easy access to it.
3. The Cancer Treatment Centers of America have adopted an integrated approach to cancer treatment by offering services such as acupuncture, mind-body medicine, naturopathy, nutrition therapy, spiritual support and chiropractic care.
4. Studies have shown that chiropractic adjustments directly affect the central nervous system, creating a more relaxed state or parasympathetic state.
5. 3,000 children smoke for the first time every day and nearly 1,000 will die as a result of it.
6. Levity is defined as lightness of mind, character or behavior.
7. A subluxation or interference at the first (T1) Thoracic Vertebrae can affect the arms from the elbows down, including hands, arms, wrists and fingers, esophagus and trachea, heart.

Inside the January Issue:

- One Thing
- Tea Time
- Show & Tell
- Share a Hug
- Recipe of the Month
- Recommended Reading
- Health & Wellness Quiz

Active Chiropractic News & Updates



HAPPY HOLIDAYS!!!

FROM YOUR FRIENDS

AT

Active Chiropractic

Be sure to submit your answers to the wellness quiz for a chance to win the 1 hour personal training each month!!!

***Why wait until New Years to start taking care of yourself?
New Patient Checkups: \$20.12 Offer expires Jan 30th 2010***

About Active Chiropractic



At Active Chiropractic we offer a full range of wellness services including full spectrum nervous system and spinal screenings, health consultations, and care planning from acute care through wellness development and maintenance. We supply our patients with continuous education and opportunities to build stronger, healthy bodies and minds. If you haven't had your spine and nervous system checked recently, it could be the best investment you ever make in your future. For more information, please contact us by phone, email or by stopping by our office.

Our Mission Statement:

Active Chiropractic
439 Main St #104
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Phone: 207-571-8028
[Facebook.com/activechiro](https://www.facebook.com/activechiro)

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.