



SPINAL COLUMN

Happy
Birthday
America!
JULY 4TH

Health Defined, Not Only a Chiropractic Perspective.

How do you define health? Is health to you not having a cold? Is it feeling good? Or maybe health is something more.



In chiropractic we have always considered health to be something much more than not being sick, something more than just pain free, something that speaks to a higher quality of life itself.

But do not take our word for it. Here are two definitions of health that seem to approach the fullness of what we are speaking about in chiropractic:

World Health Organization - Definition of Health:

Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity"

The Vatican - Pope John Paul, Definition of Health:

Health is a dynamic tension towards physical, mental, social and spiritual harmony, and not only the absence of illness, which gives man the ability to fulfill the mission which has been entrusted to him, according to the state of life in which he finds himself."

TAKE AN ACTIVE ROLE IN YOUR CARE



Knowledge is Power.

*Understand your problem
and enjoy better results.*

Use Our Experience.

*Stay on track by following
our recommendations.*



Exercise and Massage.

*Brisk walking or simple
exercise can be helpful.*



Improve Your Nutrition.

*Eat the quality raw materials
your body needs.*



Drink Plenty of Water.

*Pure water is an essential
ingredient for good health.*



Get Adequate Rest.

*Restful sleep allows your body
to make needed repairs.*

Adopt Healthier Habits.

*Stop smoking and get
to your optimum weight.*



Reduce Emotional Stress.

*Live in the present and learn
to forgive and forget.*

Attend to Spiritual Matters.

Stay connected with your higher power.



10 ways

HELP US
to
HELP YOU



Remain Hopeful.

*Healing is a process that takes time.
Stay optimistic. We are!*

Dear Friends,

Many of you know (or are about to know) that I had hip replacement surgery at the end of April.

The accomplishments of modern medicine in this field has been a blessing to many as myself who desire to have an active life that has been limited.

I receive chiropractic adjustments to make sure my body's nerve system is functioning at its fullest potential. I also get adjustments so my body is able to adapt to life's stresses that I subjected myself to. That is what prompted me to seek chiropractic care initially when I was 24, and it continues to be the reason I get checked regularly I want to ensure that my nerve system, and thus my body, is functioning at its best..

That being said, it is important to note that I didn't receive chiropractic care until I was 24. No one told my parents the importance of receiving chiropractic care for the reasons of staying healthy and maintaining a healthy spine and structure.

Through my 57 years, I have been very active in sports and all kinds of outdoor activities, many of which, as I look back, have been unkind to my body. In my early years before I became a chiropractor, I had a very physical job that also may have been too much for my body to adapt to AND I was not receiving chiropractic adjustments at this time to help my body recover.

This all takes a toll on the body as the stresses we subject our body to may OVERLOAD it. That is why we teach this to new people so they can understand how they became subluxated in the first place.

By the time I did get under chiropractic care, there may have already been damage in this area. These factors and giving chiropractic adjustments for over 30 years now, is what I believe to have been stresses that were too much for my body to adapt to.

I cannot stress enough to be reasonable about the stresses we put on our bodies. As young people we feel we are invincible: we are not! We are flesh and bone, not iron. I also will take this time to stress the importance of having young spines checked to make sure they are able to function and adapt to the stresses that will be put on them.

Also, for those who may have damage in the spine and joints, keeping your nerve system free of interference will allow your body and joints to be the healthiest they can be. Adjustments may not erase the damage that's there, but may keep it from getting worse and the adjustment is still about FUNCTION, not pain!

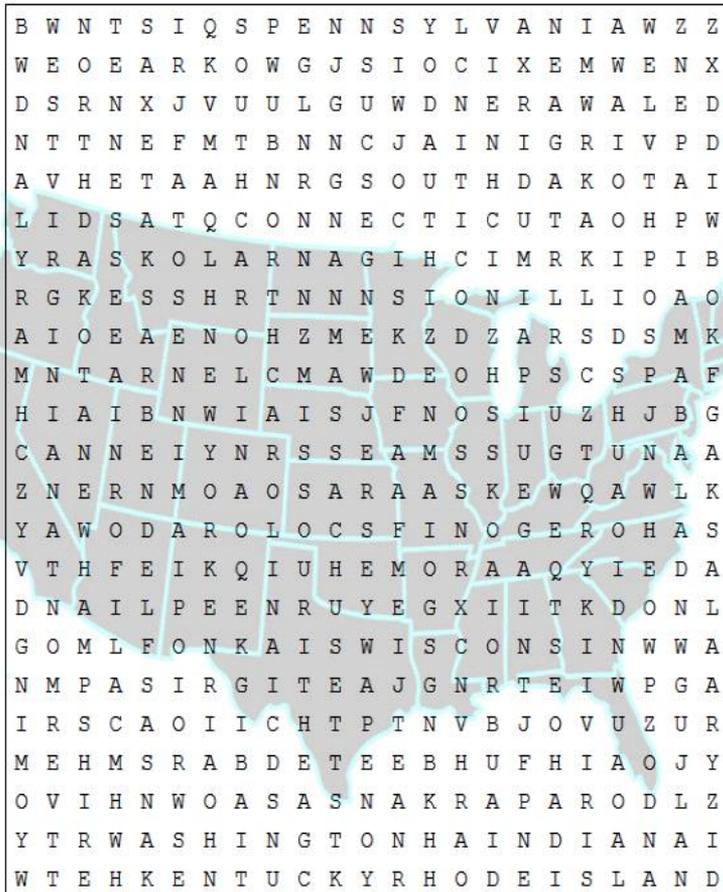
I hope this explains my particular situation. I continue to get-and will always get-regular adjustments for as long as I live because I know that it is important to my LIFE and the quality of life I desire to have for the rest of the years that God gives me here.

I truly feel blessed and I look forward to getting back to adjusting at full capacity again. I miss seeing you and adjusting you and also to assist you in achieving your health goals.

Yours in Health
Dr. Beth



50 State Word Search



Alabama	Indiana	Nebraska	South Carolina
Alaska	Iowa	Nevada	South Dakota
Arizona	Kansas	New Hampshire	Tennessee
Arkansas	Kentucky	New Jersey	Texas
California	Louisiana	New Mexico	Utah
Colorado	Maine	New York	Vermont
Connecticut	Maryland	North Carolina	Virginia
Delaware	Massachusetts	North Dakota	Washington
Florida	Michigan	Ohio	West Virginia
Georgia	Minnesota	Oklahoma	Wisconsin
Hawaii	Mississippi	Oregon	Wyoming
Idaho	Missouri	Pennsylvania	
Illinois	Montana	Rhode Island	

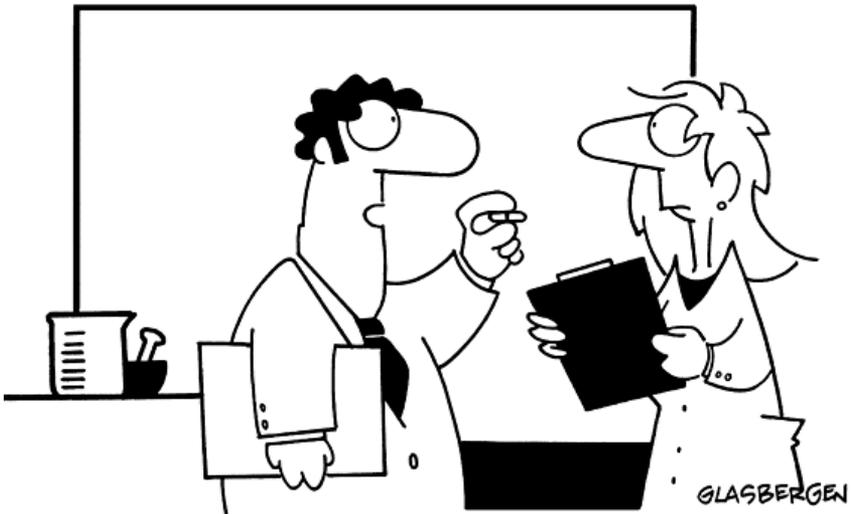


Nature needs no help,
just no interference.

B. J. Palmer

quibstancy

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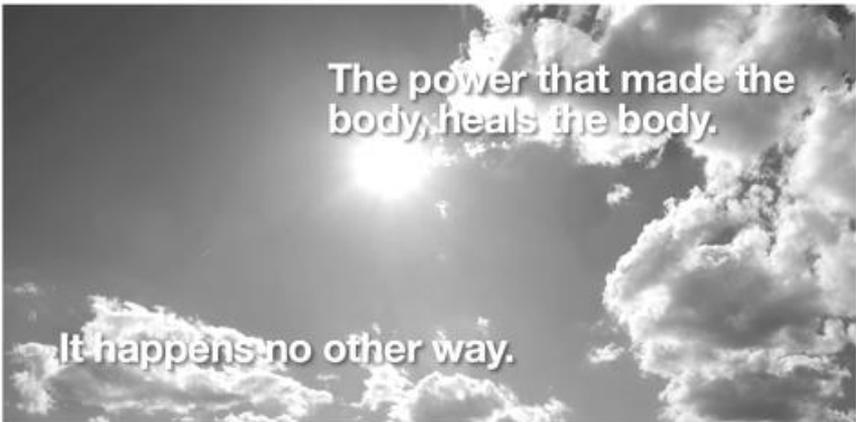
“It’s an exciting new drug that markedly reduces the amount of glucose, cholesterol, and stupidity produced by the liver.”

GEORGE'S CHIROPRACTIC

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The power that made the
body, heals the body.

It happens no other way.

DISCOVER CHIROPRACTIC