

Infinite Wellness Chiropractic

Wellness News You Can Use

Inspiring Health and Wellness

Welcome to the December 2010 issue of Wellness News You Can Use. It's hard to believe that the year is already drawing to a close and that we are in the midst of another holiday season.

As I reflect upon the past eleven months, I think mostly of the people in my life, those who we've welcomed, those who are steady, and those who we've had to say goodbye to. I am reminded of how precious the gift of life is and how important relationships are in our lives. So, as you go about this holiday season, give the gift of love and appreciation to those important people in your life. Make it more about your presence, than the presents you give.

In this month's newsletter you will find more helpful information and tips to keep you well. Mental and emotional balance are also key ingredients to living a healthy lifestyle, and meditation is a great way to achieve that balance. If you are not a fan of mediation or have never tried it, read our article, Meditation to Free Your Mind, with an open mind and give it a try. Find out how chiropractic care can give your immune system the boost that you need, and if you have been trying to eat healthier by buying organic produce, you need to check out "The Dirty Dozen & Clean 15". We hope you enjoy this month's articles and we look forward to sharing more healthy tips and insights next month.

Inside This Issue:

Meditation to Free Your Mind	1-2
A Natural Boost	2-3
The Dirty Dozen & Clean 15	3
The Living Universe	4
Recipe of the Month: Saute of Chicken with Apples and Leeks	4
Recommended Reading	5
Wellness Quiz & Answers	5
Upcoming Articles	6

Meditation to Free Your Mind

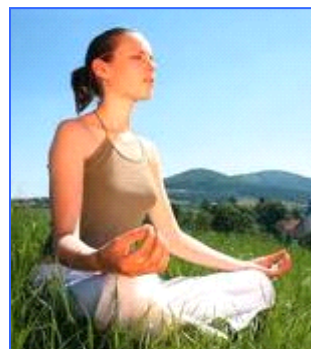
In today's hectic and demanding life, many of us feel frustrated, stressed out, and exhausted. It sometimes feels as if there are not enough hours in the day to accomplish all that needs to be done. Besides simplifying and becoming more organized, it is important to have ways of freeing your mind from the stresses of modern life, for these stresses can seriously affect your health and quality of life. One great way of reducing stress is meditation. For those of you who haven't meditated before you may have the visual of someone sitting cross-legged saying, "Om...", and while that may be one form of meditation, there are hundreds to choose from.

In general, meditation is a practice intended to focus or control attention in order to achieve some benefit. Meditation is rooted in eastern religions and spirituality and has been practiced by many cultures for thousands of years. Today meditation is being researched for its health benefits. A recent study conducted at the University of Massachusetts Medical School indicates that those who meditate

regularly shift brain activity from the stress-prone right frontal cortex to the calmer left frontal cortex resulting in calmer, happier people. Other studies are looking at the benefits of meditation on anxiety, depression, and high blood pressure. Since stress is a key factor in all those problems, meditation is addressing the root cause, making it an attractive solution.

As I mentioned before, there are literally hundreds of meditation techniques, and finding the right technique for you is

...continued on page 2



...meditation is a practice intended to focus or control attention in order to achieve some benefit.

Meditation to Free Your Mind ...continued

important. There are techniques that use mantras, which are words or phrases that are significant to you that you repeat over and over to help create focus. Other techniques involve guided imagery or focused breathing. I will share with you one method here.

Step 1: Make time to meditate regularly. You can meditate anytime and anywhere, but set aside a specific time everyday that you meditate anywhere from 10 to 30 minutes. Experiment with morning versus mid-day versus end of day meditation to see which you benefit most from.

Step 2: Find or create a quiet relaxing environment that is free from distractions such as television, phone, or other disruptive appliances.

Step 3: Sit on a comfortable surface (floor or chair) with good posture making sure your spine is straight and your arms and legs are relaxed.

Step 4: Body Scan - slowly “scan” your body looking for areas that are not relaxed. Look for those areas where you store stress like your jaw, neck, shoulders, and back. When you find them, relax them. If you find it difficult, try adjusting your position slightly until comfortable.

Step 5: Concentrate on your breathing. Observe your breathing and your thoughts without making judgments, focusing on one thing at a time only. Some find it helpful



...there are literally hundreds of meditation techniques, and finding the right technique for you is important.

to recite a mantra, prayer, or sound in order to focus their thoughts.

Step 6: Free your mind. After practicing meditation regularly for some time you will find that you are more relaxed and less stressed. If you make it a spiritual or religious practice you may experience growth in that realm as well.

By committing to meditate on a regular basis you are taking a giant step towards better health, vitality, and enlightenment. I encourage you to explore the many different methods of meditation to discover which works best for you.

A Natural Boost

For years I have witnessed the health benefits of chiropractic for myself, my family, and my patients. I love it when I hear patients say that since starting care they have noticed that they, and or their kids, get sick less often. Since we are in the middle of cold and flu season we thought it would be appropriate to review this concept in more detail.

The field of Neuroimmunology, studies the interactions between the nervous system and the immune system. This subject alone could fill

many textbooks, so for our discussion today we will just state that the interactions between the two systems are vast, and for the body to function at its optimal potential it is necessary for each of these systems to function optimally.

It should also be stated that the immune system is much more than the white blood cells floating around the blood stream. The immune system starts with the skin on the outside and extends inward to the gut and

everywhere in between. Dispersed throughout the body are nerves that constantly relay signals to the brain in order to monitor the internal environment of the body. If you can imagine the scope of what these two systems have to do in order to keep us healthy and balanced, you can see why I said this topic could fill volumes of textbooks.

While more research is needed there have been some wonderful studies that show the benefits of chiropractic

A Natural Boost *...continued*

on improving the function of the immune system. One study demonstrated a 48% increase in CD4 cells in HIV patients over a six month period. In another study that is a bit dated, but still very telling, Dr. Ron Pero of New York Preventative Medicine Institute and Environmental Health at NYU found that individuals under long term chiropractic care had an immune competency 200% greater than the average population not under chiropractic care.

In a more recent study researchers looked at the levels of thiol in the blood of three groups of patients. Serum thiols are primary antioxidants associated with DNA repair enzyme activity. Thiol levels have been shown to correlate with lifespan and aging. The research showed that the group under long term chiropractic care had the highest levels of thiol followed by those under short term care, and finally those not under chiropractic care.

commitment to make healthy choices. Research is great, but personal experience is always the best form of education.

So, take care of yourself this cold and flu season. Give your immune system a boost by taking some real fermented cod liver oil, avoid sugar, manage your stress, and get adjusted!

The immune system starts with the skin on the outside and extends inward to the gut and everywhere in between.



One of the challenges in working with patients and communicating the benefits of chiropractic as a part of a healthy lifestyle, is how to show them what diseases they will not suffer from because of their

The Dirty Dozen & Clean 15

More and more people are striving to eat healthier and buy organic foods to avoid the health hazards of consuming conventionally raised produce that contain harmful pesticides. However, many times it is not feasible for you to buy everything organic.

An organization known as the Environmental Working Group has responded to this concern by conducting research on foods that consumers commonly purchase. They found that if you consume the recommended five fruits and vegetables a day from a list they call the Dirty Dozen, you would consume an average of 10 pesticides a day. They also found that if you eat from a list of 15 least contaminated conventionally-grown fruits and vegetables you would ingest fewer than 2 pesticides daily.

So, here you go...Introducing the Dirty Dozen and the Clean 15!...

Dirty Dozen - Buy These Organic

- *Celery *Grapes (Imported) *Nectarines
- *Peaches *Potatoes *Bell Peppers
- *Strawberries *Kale/Collard Greens *Spinach
- *Apples *Cherries *Blueberries

Clean 15 - Lowest in Pesticides

- *Onions *Honeydew Melon *Kiwi
- *Avocado *Sweet Potato *Cabbage
- *Sweet Corn *Grapefruit *Asparagus
- *Pineapple *Watermelon *Eggplant

These lists can be found at the following link where you can also download a convenient Dirty Dozen iPhone app.:

<http://www.foodnews.org/walletguide.php>

...Now go out and enjoy your fruits and vegetables!

THE LIVING UNIVERSE

I was at a conference recently and the speaker kept saying, over and over, "I work with the power that animates the living universe." I have heard this before but it is always good to be reminded. I realize that many of my patients wouldn't understand me if I made that comment in my office. No doubt I would get some strange looks.

So here it is. There are forces at work in nature, many of which science is still trying to understand. However, whether we understand it all or not, there is order to the universe. In chiropractic philosophy we call this Universal Intelligence. This is where chiropractic sometimes gets accused of being a religion; not so. Your religious beliefs are your own. The philosophy of chiropractic does not state that Universal Intelligence is God. It is simply recognition that there is order to the universe and in the way it works. What created this Universal Intelligence is for you to decide.

When the forces of the universe assemble matter to the point of expressing life, we call the intelligence of that organism Innate Intelligence. It is the inborn wisdom of the body. It is the force that maintains life in existence. It is the force that separates a corpse from a living being. A corpse may have all the physical parts necessary for life, but something is obviously missing, and we call that force Innate Intelligence.

In humans and many other living creatures there is a nervous system that is the master control center. This is the system that our Innate Intelligence uses to understand and adapt to the environment. In vertebrates (having a backbone), such as humans, there is a brain and spinal cord that make up the

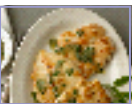


...It is the force that separates a corpse from a living being.

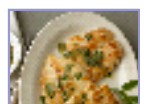
Central Nervous System (CNS). All of the nerves that branch off the CNS are known as the Peripheral Nervous System (PNS). The CNS is protected by the skull and vertebrae of the spine.

When the stresses of life create imbalance in the spine it can create interference in the flow of information between the body and the brain. In chiropractic we refer to this condition as a subluxation. Subluxations prevent the body from functioning at its optimum potential. The job of the chiropractor is to detect and correct subluxations, thus restoring the flow of information between the brain and the body, which then allows for a fuller expression of that life force we call Innate Intelligence.

...That is the force that animates the Living Universe.



Recipe of the Month: Saute of Chicken with Apples and Leeks



Prep & Ready Time: 40 minutes

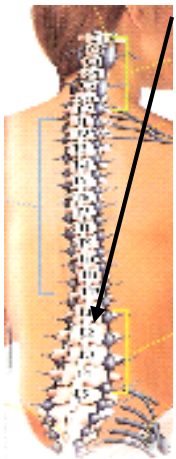
Yields: 4 Servings

Ingredients:

- ~ 4 boneless, skinless chicken breast halves (1-1 1/4 lbs), trimmed
- ~ 3 teaspoons extra-virgin olive oil, divided
- ~ 1/4 teaspoon salt
- ~ Freshly ground pepper to taste
- ~ 2 large leeks, white parts only, washed and cut into julienne strips
- ~ 2 large cloves garlic, minced
- ~ 1 tablespoon sugar
- ~ 2 teaspoons minced fresh rosemary, or 1/2 teaspoon dried
- ~ 1/4 cup cider vinegar
- ~ 2 firm tart apples, such as Granny Smith, peeled and thinly sliced
- ~ 1 cup reduced-sodium chicken broth

Directions:

- ~ Place chicken breasts between 2 sheets of plastic wrap and pound to thickness of 1/2 inch.
- ~ Heat 1 1/2 teaspoons oil in a large skillet over medium-high heat; Season chicken breasts with salt and pepper and add to pan; Cook until browned on both sides, 4-5 minutes per side; Transfer to plate to keep warm.
- ~ Reduce the heat to low, add remaining 1 1/2 teaspoons oil and leeks; Cook, stirring, until leeks are soft, about 5 minutes; Add garlic, sugar and rosemary and cook until fragrant, about 2 minutes more; Increase heat to medium-high, stir in vinegar and cook until most of the liquid has evaporated.
- ~ Add apples and broth and cook, stirring once or twice, until the apples are tender, about 3 minutes; Reduce heat to low and return chicken and any juices to pan; Simmer gently until the chicken is heated through.
- ~ Serve Immediately & Enjoy!



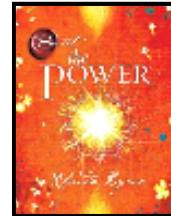
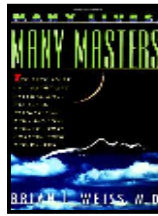
L2—A subluxation or interference at this spinal level can affect the appendix, abdomen, upper leg, urinary bladder.

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

www.iwchiropractic.com
or call: 763-438-5450

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

- **Many Lives Many Masters**, by *Brian Weiss*~ The true story of a prominent psychiatrist, his young patient, and the past-life therapy that changed both their lives.
- **The Power**, by *Rhonda Byrne*~ You will come to understand that all it takes is just one thing to change your relationships, money, health, happiness, career, and your entire life.
- **The Fifth Agreement**, by *Don Miguel Ruiz*~ A practical guide to self mastery.



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@iwchiropractic.com

or

Wellness Quiz
21308 John Milless Drive
Suite 201
Rogers, MN 55374

Your name will be entered into a monthly drawing to win a free Catalyn® whole food multivitamin. 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.

1. Name a great way of reducing stress.
2. What is the study of Neuroimmunology?
3. Dr. Ron Pero found that individuals under what type of care had an immune competency 200% greater than the average population who was not under this type of care?
4. Name four ways you can give your immune system a boost.
5. List four fruits or vegetables from Dirty Dozen & four fruits or vegetables from Clean 15.
6. What does CNS stand for and what makes it up?
7. What organs and/or body parts could be affected by a subluxation at the Second (L2) Lumbar Vertebrae?

November Answers:

1. "Hello" is fine online with a high speed connection, but "How are you" is better done in person.
2. The type of drug that can be the cause of Stevens Johnson Syndrome is NSAIDS, Non-Steroidal anti-inflammatory drugs, which include aspirin and ibuprophen, as well as other over the counter drugs for common colds, allergies, etc.
3. The Stevens Johnson Syndrome Foundation's quote is, "BRINGING LIGHT TO THE ABYSS OF IGNORANCE".
4. Learning to manage chemical, physical, and mental stresses are the key to a healthier more efficient you.
5. A subluxation is the misalignment of the spine that interferes with the proper function of the nervous system.
6. Some signs to tell if your child has pre-symptomatic subluxations include, but are not limited to, unexplained crying, growing pains, poor concentration, participation in contact sports, ear infections, a difficult birth, unusual shoe wear and allergic reactions.
7. A subluxation or interference at the First (L1) Lumbar Vertebrae can affect the large intestine, inguinal rings, uterus.

Inside the January Issue:

- Some Day We'll Laugh About This
- Spice It Up
- Get Creative
- Scale It Down
- Recipe of the Month
- Recommended Reading
- Health & Wellness Quiz

Infinite Wellness Chiropractic News & Updates



HAPPY HOLIDAYS

FROM

Infinite Wellness Chiropractic!

Congratulations to Mary A. from State Farm, for answering the wellness quiz and winning the free Catalyn for November!!!

About Infinite Wellness Chiropractic



At Infinite Wellness Chiropractic we offer a wide range of wellness services including full spectrum nervous system and spinal screenings, Nutrition Response Testing™, 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 at 763-438-5450 or stop by our office on the second floor of Rogers Professional Building.

Infinite Wellness Chiropractic, PA
21308 John Milless Dr. Ste 201
Rogers, MN 55374
Phone: 763-438-5450
E-mail: info@iwchiropractic.com

Our Mission Statement:

To provide excellent 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 whole food philosophy and principles of Chiropractic.