



Chiropractic Miracles

Delivering You the Best Word in Wellness and Natural Health Care

Dr. Atwell's Breakthrough Patient Newsletter...

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Dear Patient and Friend,

When you walk down the street in your town, what do you see? You may notice your fellow man and woman, scurrying toward their next appointment or obligation. You may see the stores and offices that people live and work in. You may see the beauty of Nature in the trees, flowers, earth and sky.

But one thing that is everywhere you look is the opportunity to do good – to find ways to serve or support each other, to share what you have learned, and to take every opportunity to make a difference in your life and the lives of those you can influence.

Sadly, most people you will come across will not be as healthy as they could be. They may be suffering from some kind of painful problem, or some illness, allergy or complaint. They may be okay but not expressing their energy to the fullest they could. Or, they could be doing quite well, but curious about being at their very best.

In any of these situations, inviting those you care about into the world of health and wellness can be a life-altering experience for them. Regardless of their current level of health, everyone can benefit from looking at their current habits, evaluating the places that could use some improvement, and making the necessary changes to have the healthiest life possible.

One way to do this is to include the advice of natural healers like doctors of chiropractic. Chiropractors have unique ways of understanding and working with people to bring out their natural healing ability and help them express their greatest health potential.

Give the gift of health in this season of giving – share what you have learned about safe, gentle, all-natural chiropractic care. Your willingness to reach out to others could change someone's life for the better – and what better holiday present could you offer than that?

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Make Your Holidays Healthier and Happier With Better Planning!

Some people find the holidays exciting, some find them stressful, but almost everyone finds them busy, so as you enter into the full swing of the holiday season, remember that you can get everything done better if you pace yourself, plan a reasonable schedule, and stay present doing what you are doing without letting your mind drift to the other responsibilities you have not yet handled.

Working with a planner or appointment book makes it easier to keep track of all the errands, meetings, shopping, meal and party planning, and the many different tasks necessary to take care of all your needs and wants.

If you don't have a formal appointment book, you can use a simple notebook or pad – just write down all the things you need to do, and compile them into a list. Arrange them by time – in other words, decide when each needs to be complete, and organize them in time order, so you can take action on a timely basis.

If one step depends on another, for example, you'll need to buy the ingredients for your holiday dinner before you cook them, then check to see that each step you write that needs something to happen first is written in the right time sequence in your planner.

If you don't get to one or more steps, you'll need to reposition the steps in your time sequence, so nothing slips through the cracks. Each step you complete takes you closer to a happy and healthy holiday, so use this simple time and energy management tool to streamline the process and have more time to celebrate!



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Common Holiday Errors to Avoid

Too often, our intentions to make our holiday season just perfect backfire on us, as we ask too much of ourselves. Here are a few common holiday errors to avoid.

Doing too much all at once – trying to get everything done at the last minute is stressful and usually compromises the quality of your contribution. Plan in advance so you can pace yourself properly.

Buying favor instead of earning it – be careful not to try to overcome shortfalls in your relationships by throwing money at them – remember those you care about, but no amount of spending will replace genuine loving support.

Carrying heavy packages – balance the weight of the gifts you carry around from store to store or to your car from side to side, and use wheels whenever possible, so you don't lift heavy stuff in an awkward way and risk injuring yourself.

Arguing with your loved ones – they are under stress too, so be gentle and compassionate when interacting with those you care about. Never act in anger, pause and calm down and then respond maturely and appropriately.

Ignoring yourself to help others – much like you would put on your mask first in a plane before helping others, make sure you are at your best, since that is the most likely way that you can be available to serve others the way you want to.

The holidays are a time for joyful celebration, not recovery from mistakes that can be avoided. Follow a few simple common sense guidelines, and avoid unnecessary pain and stress.

Ten Rules for A Healthier Holiday Season

Every year, so many people end up stressing out during the holidays, eating poorly and self-indulgently, dealing with family matters that may be uncomfortable or difficult, or just working too hard to get ready for the festivities.

Here are ten quick and easy ideas to make your holidays healthier.

1. **Take things in stride!** You may not get to every single thing you need to do today – do what you can, and remember the reason you're doing it, so you can feel good along the way.
2. **Eat intelligently** – stuffing yourself, even when the food is delicious and you rationalize that "it's only once a year" is a poor strategy for being healthy – pace yourself with your eating, and wait between courses to see just how hungry you are – don't let your eye be bigger than your belly!
3. **Breathe** – in traffic, waiting on line while shopping, or when in deep thought, remember to breathe so you get life-giving air to all of your body parts. Take a few deep breaths any time you are feeling pressure, and you'll be amazed how quickly you feel better.
4. **Drink lots of water** – you need to hydrate yourself when you are working hard, thinking hard, or playing hard.
5. **Get enough rest** – staying up late occasionally is fine when you have a good reason, but remember to sleep sufficiently to sustain your energy levels, since there tends to be more demand during the holiday season.
6. **Let others help you** – the holidays tend to bring out the martyr in many of us. You don't need to do it all yourself, get some support when needed.
7. **Take a few minutes** (or longer if necessary) to claim some little bit of quiet time for yourself along the way. Those brief meditative interludes are rejuvenating.
8. **Do as much good as you possibly can** – it makes you feel good to be of value to others, especially at this time of year.
9. **Blow off a little steam** with some vigorous exercise at least a few times a week.
10. **Visit your chiropractor** or natural health specialist of choice – keep your body in tune and working at peak efficiency, so you have it when you really need it.

Follow these simple rules, and you'll be amazed how well you handle all the challenges and opportunities that arise. Have a wonderful holiday season!



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