

HEALTHY TIMES

Your Chiropractic Newsletter



CHIROPRACTIC OFFICES OF GONSTEAD & STANGL

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NEW YEAR... NEW WEBSITE

As the year changes over we needed a bit of a change too, so we improved our website!

Features include...

- A new look
- Research based health articles
- Interactive information on chiropractic including a spinal nerve chart
- Office information and location
- New patient forms
- Doctor and staff bios
- And more!!!!

Please check it out at www.TogetherForYou.com and give us some feedback about what you think!

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FYI: EC Fibromyalgia Support Group

There is a new support group forming in Eau Claire for those affected by Fibromyalgia. If you or someone you know has or is affected by Fibromyalgia please be aware of the following information...

FIBROMYALGIA SUPPORT GROUP

“Join us for an evening of support and information.”

When: Second Monday of the Month beginning January 12, 2009

Time: 6:30pm – 8:00 pm

Where: Sacred Heart Hospital, Treacy hall (near the cafeteria in the lower level)

Cost: FREE (donations accepted to defray costs)

For more information contact: ECFMSUPPORTGROUP@GMAIL.COM or 715-834-7496 (Dianna)

Please e-mail/call before coming to confirm above information

Chiropractic releases deep stress



Chiropractic frees you from a deep stress caused by a distortion in your body structure – the subluxation. Subluxations hold you back by interfering with your energy & preventing you from reaching your full potential.

Most people have subluxations in their bodies and don't know it. It can happen from a difficult birth, a fall or some other injury in infancy or childhood (or later in life), from pregnancy, emotional stress, chemical stress and even from sitting or working in the same position day after day (micro-trauma).

Chiropractors spend years learning how to free you from damaging subluxation stress. Chiropractic promotes improved nerve and energetic communication between your brain and spinal cord, and your organs, muscles, joints, glands and many body systems.

Chiropractic's purpose is to free you from nerve interference so you may live a healthier, happier life.

When your body is functioning at 100%, free of toxins and supplied with the nutrient dense foods it needs, the result is:

- A body making all the drugs and chemicals it needs.
- A healthy body – free of chronic illness and able to adapt to life's stresses.
- A healthy mind – able to adapt to life's ups and downs.
- A long life – may we all live to the Biblical ideal of 120 years. The Lord said...his days shall be a hundred and twenty years. (2)
- Living to your potential: a happy, healthy, rich, creative, successful, long life.

With a foundation of physical, mental and spiritual wellness and growth, 2009 may be a wonderful year for us as we rise up to face the many challenges the year brings.

Midwives increasing in popularity

Want to know why more and more educated women and men are turning to midwives? Watch an amazing documentary, “The Business of Being Born,” produced by the actress and former talk show host Ricki Lake. It is becoming an underground hit among expectant parents since coming out on DVD. Go to

www.nytimes.com/2008/11/13/garden/13birth.html?partner=rss&emc=rss&pagewanted=all



SMART Goals



2009 gives us a fresh new opportunity to evaluate our lives, our health and our happiness. Unfortunately, the New Year sometimes goes hand in hand with feeble new years resolutions that fizzle by February. This year, resolve to abandon resolutions and instead embrace smart goals that amplify successful changes.

SMART goals are Specific, Measurable, Attainable, Realistic and Time-limited. They keep you organized in reaching your goal while providing a sense of purpose and accomplishment along your path of achievement.

Begin by setting a SMART goal. A SMART goal is not “I am going to exercise more.” A SMART goal is, “I am going to take part in aerobic activity at least 5 days per week by May 1st 2009.”

Next attach a motivating purpose to your goal. “To lose weight,” is a purpose but not a very motivating purpose. A better example of a motivating purpose would be, “I am going to accomplish my goal to elevate my personal health and allow myself a better ability to be active with my grandchildren.” Making life changes is never easy. Adding a motivating purpose to your goal will help remind you why you began working on your SMART goal and what is in it for you when you accomplish what you set out to do.

The next step is to set long-term and short-term goals that will help you attain your SMART goal. SET THE LONG-TERM GOAL FIRST: An example of a long-term goal is, “I will walk briskly or exercise on the elliptical machine without stopping for 30 minutes per day at least 5 days per week.” SET THE SHORT-TERM GOALS TO HELP YOU GRADUALLY MEET YOUR GOAL: “I will walk briskly for 10 minutes after work 2 days this week.” Then take it a little further, “I will walk briskly for 15 minutes after work 2 days and exercise on the elliptical for 15 minutes once this week.” Then increase your short-term goals working your exercise time from 15, to 20, to 30 minutes and increase the number of days per week gradually. After adding many baby steps in the form of short-term goals, you’ll have met your SMART goal.

Being confident in reaching your goals is an important predictor of your success. After setting your goals, evaluate how confident you are that you will reach them on a scale of 1 to 10, not confident at all to very confident. If your rating is below 7, adjust your goals so you bring your confidence level to 7 or higher.

As you begin your journey of setting your SMART goal and working your way toward accomplishing it remember that life has its way of pushing you off the balance beam. If you step off your path to success forgive yourself and move on, your journey is not over. Re-visit your motivation, do not overcompensate by doing twice as much the following week and create solutions to avoid the same or a similar problem in the future as you work your way back to the path of success.

As you reach short and long term goals along the way make sure you celebrate your successes. If you’ve managed to stay on track for a month, reward yourself with something you enjoy. Successfully meeting your goal is a journey not a destination. Make your experience enjoyable so that you are willing to build on your successes in the future. Mount Everest is not climbed in a day but the summit is always begun with a single step in the right direction.

Specific **M**easurable **A**ttainable **R**ealistic **T**ime-limited

My SMART goal is _____

My motivating purpose is _____

My long-term goal is _____

My short-term goals are

- _____
- _____
- _____
- _____
- _____

1 -----5-----10
Not confident at all Confident Very Confident

Go Yogurt!

Our bodies contain approximately 400 species of helpful bacteria, known as probiotics, most of which cling to the walls of our stomach and intestines. These 'friendly' bacteria aid in our digestion, ward off other harmful microbes and help us process folic acid and other critical nutrients. These friendly bacteria come from many sources including; breast milk, yogurt, buttermilk, fermented cheese, cultured milk and fermented soybeans. Scientists have long suspected a link between these microbes and good health. A Nobel Prize was even given in the 1900s to a Russian bacteriologist name Elie Metchnikoff for linking yogurt consumption to longevity.



Some yogurts sold on your grocery store's shelves contain active live cultures of bacteria that may improve your digestive function. Here are four ways yogurt may help!

CONSTIPATION

A study on Dannon's Activia showed that consuming Activia yogurt daily improved constipation in women ages 18 to 55. Other research shows that yogurt may be best in older individuals or those who suffer with irritable bowel syndrome(IBS).

DIARRHEA

An Institute of Food Technologists spokesman states that eating 2 cups of yogurt a day helps prevent traveler's diarrhea.

One study showed that preschoolers who ate yogurt every day for a year had shorter episodes of diarrhea.

Yale experts report strong evidence that yogurt bacteria help prevent antibiotic-associated diarrhea.

ALLERGIES

An Italian study showed that children eating daily yogurt containing L. casei bacteria had fewer attacks of allergic rhinitis.

Finnish research showed that women consuming yogurt during their last trimester had babies less prone to allergies.

CANCER

Swedish research showed that two daily servings of yogurt or sour cream cut bladder cancer risk by 38%!

Other studies show that yogurt and other calcium-rich daily products may help fend off color cancer.

Back to shoveling



After it snows and its cold we often times worry more about quick removal of snow from our walks and driveways then we do taking care of ourselves. Chiropractors know that improper snow shoveling technique can result in back and muscle pain for their patients!

To help prevent problems the American Chiropractic Association (ACA) offers the following preventive tips for exercise of the snow shoveling variety:

- Listen to weather forecasts so you can rise early and have time to shovel before work.
- Layer clothing to keep you muscles warm and flexible
- Shoveling can strain "de-conditioned" muscles between your shoulders, in your upper back, lower back, buttocks and legs. So, do some warm-up stretches before you grab that shovel.
- Push the snow ahead, don't throw it. Walk it to the snow bank and avoid sudden twisting and turning motions.
- Bend your knees to lift when shoveling. Let the muscles of your legs and arms do the work, not your back.
- Take frequent rest breaks to take the strain off your muscles. A fatigued body asks for injury.
- Stop if you feel chest pain, really tired or have shortness of breath. You may need immediate professional help.
- Do post-shovel-maintenance by stretching again, re-hydrating with a glass of water or two and/or by taking a hot shower to allow your exercised muscles to relax.

Do you feel lucky?

Knocking on wood, a Pagan ritual aimed at eliciting help from powerful tree gods, is still in common use today even though few, if any of us, actually worship tree gods. We often resort to these silly tactics and superstitions to help surround ourselves with luck but according to a Reader's Digest article by Richard Wisemen, "How to Get Lucky," there is scientific proof that you create your own lucky breaks.



The author, over a 10 year period, scientifically interviewed 400 men and women ages 18 to 84 who considered themselves either lucky or unlucky. He found that lucky people are lucky because they seize chance opportunities, create self-fulfilling prophecies thorough positive expectation and adopt resilient attitudes that turn bad luck good.

OPEN YOUR MIND

Unlucky people miss chance opportunities because they're too busy looking for something else.

Lucky people see what is there rather than just what they're looking for. For example, the author gave lucky and unlucky people a newspaper and told them to count how many pictures were inside. On average, unlucky people spent about two minutes on this exercise; lucky people spent seconds. Why? Because on the paper's second page, in big type, was the message "Stop counting: there are 43 photographs in this newspaper."

RELISH THE UPSIDE

Scientists call the ability to imagine what might have happened rather than what actually happened, counter-factual thinking. Counter-factual thinking can have a lucky or an un-lucky twist. For example an unlucky person would consider being shot in the arm during a bank robbery bad luck for having been at the bank during the robbery whereas lucky people would consider themselves lucky they weren't shot in the head. The kind of thinking that makes people feel better about themselves and keeps expectations high increases the likelihood of continuing to live a lucky life.

LEARN TO BE LUCKY

After the study the author evaluated each unlucky person and taught them lucky techniques that included being more open to opportunities around them, breaking routines, and dealing with bad luck by imagining things being worse. They were also asked to carry out specific luck producing exercises for one month. After changing their behaviors, 80% reported they were happier and more satisfied with their lives – and luckier!



Thoughts and behaviors affect the good and bad fortune we encounter. Science has proved that the most elusive of holy grails – an effective way of taking advantage of the power of luck – is available to us all. Good luck in 2009!

Brain Teaser



Try this foot vs. brain teaser!

While sitting, lift your right foot off the floor and make clockwise circles with it.

While doing this, draw the number 6 in the air with your right hand.

Did your foot change direction?

We hope you enjoyed your Healthy Times Chiropractic Newsletter.

Remember to start your new year off right...

Call to make yourself and your family an appointment
for a health promoting chiropractic adjustment.

WE ARE HONORED BY AND APPRECIATE YOUR REFERRALS!

WE WISH YOU A SUCCESSFUL, HAPPY AND HEALTHY 2009!



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