



# Osseo Chiropractic & Health Center

## Newsletter 2013

It is the mission of Osseo Chiropractic and Health Center *“To check, educate and inspire as many families as possible towards optimal health through natural Chiropractic care”.*

This is the first edition of the **Osseo Chiropractic and Health Center** newsletter. Our goal is to share what Chiropractic is and how it can enable you and your family to successfully live a healthy and active lifestyle.

### ***BACK TO BASICS***

**W**hether you are new to Osseo Chiropractic and Health Center or have been here for the past few months, you have learned that your chiropractor is great at helping you “feel” better. That is great!

Our first goal when you walk into our office is to help get you out of the crisis mode. Help alleviate the pain and symptoms you are experiencing that are keeping you from enjoying your life. Our ultimate goal, once we have helped you feel better, is to improve how your body functions, how it heals, and maximize your healing potential. How does that happen? In order to understand, we first have to cover the basics.

First, we are exposed to three different kinds of stress.

**Physical stress:** accidents, falls, sitting (sitting is to your spine, like sugar is to your teeth), stomach sleeping.

**Mental/Emotional stress:** Spouses, kids, jobs, financial, death of a loved one.

**Chemical stress:** Soda pop, smoking, medications, processed foods.

Stress comes in many forms, but your body responds the same way. It creates subluxations in your spine. Much of this is due to imbalances that are created in your muscles and your body trying to adapt through the stress response (more on this later).

Chiropractic care is designed to remove subluxations from your spine. Subluxations are misalignments in the spine that create decreased nerve function.

Our nerves control every cell, tissue, and organ of our body. When subluxations decrease nerve function to every part of your body, you lose the ability to function and heal on your own, the way you were designed. It has easily been described as a rock putting pressure on a garden hose. When this happens, water slows down through the hose. Similarly, subluxations do the same thing to your nerves. When you get adjusted, your chiropractor realigns your spine, removes the subluxations from your body, and your nerves function again. Your body heals itself!!

Now that was the basics. The basics of chiropractic have helped people understand and explain how chiropractic has worked for 117 years. The amazing thing about chiropractic care is that it improves nerve function and overall body function. It goes even deeper though. Being patients

at Osseo Chiropractic and Health Center, you are some of the most advanced wellness seekers in the Chippewa Valley, probably, the world!

Thus, I want to give you an even deeper understanding on how amazing your body is and how great a decision it is to

receive chiropractic care.

Your spine is comprised of 24 freely moveable vertebra. Between each vertebra, there are over 800,000 nerve fibers called mechanoreceptors. These mechanoreceptors are either stimulated through motion or through a lack of motion. Motion in your spine sends positive messages, called proprioception, to your brain.

This motion charges your cerebellum.

Your cerebellum is the balance center of your brain and the battery for the rest of your brain. When you move, and when your spine moves, you literally create energy for your brain. When you have a subluxation in your spine, that vertebra stops moving. Without motion, those 800,000 nerve fibers send a negative message, called nociception, to your brain.

That negative message actually triggers your brain to start the stress response in motion. The stress response, also known as the fight or flight response, causes a dangerous chain of events in your body. All of these responses contribute to virtually every chronic disease we experience in our society.

Here are some of the changes your body goes through when stress hormones are released: Increased heart rate, increased vasoconstriction, increased blood pressure, increased blood cholesterol levels, increased blood clotting (Heart Disease/Stroke), increased blood sugar, insulin resistance (diabetes), increased cortisol (weight gain), increased feelings of stress, fear, anxiety, and depression (self-explanatory), decreased serotonin levels (depression), decreased cellular immunity (cancer), increased sensitivity to pain, increased break down of muscle and connective tissue (chronic pain/fibromyalgia), decreased health, decreased growth hormones/sex hormones (decreased libido and reproduction), and last but not least, bone loss and decreased R.E.M sleep.

Here is the amazing news, every time you get adjusted, and motion is restored to your spine, your nervous system is stimulated! Those positive neurologic messages (proprioception) are sent to your brain. Stress hormones are shut down! Your blood chemistry changes, your blood sugar changes, your muscles relax, your digestion improves, your immune system gets stronger, your memory improves, your

energy levels increase, you sleep better, your libido increases (got your attention now), etc. All of this because you made the amazing decision to receive a chiropractic adjustment.

As you now see, chiropractic goes so much deeper, impacts so much more than just helping you feel better. Chiropractic helps you *BE* better. Chiropractic helps every cell in your body have the best chance to function at the highest level, to help your body fight back from the stress that we are exposed to everyday. Stress kills, chiropractic kills stress!

As we look forward to all the wonderful and exciting things to come in 2013, we also want to look back and reflect on 2012. We have met many wonderful people and look forward to meeting many more!

At Osseo Chiropractic and Health Center, we would be remiss if we did not give thanks to the hundreds of wonderful patients we have the honor and privilege of serving. Each day that we come to the office, we do so with the purpose of serving our community.

It is our mission to improve the health and lives of each individual that we come in contact with. Our mission drives us to improve the health of our community. We serve our patients to the very best of our ability each and every day with love, passion, and energy. Our mission could not be accomplished without the amazing people who we get to serve, and that's you. Therefore we want to take a moment to thank each and every one of you. We wish you health and happiness in 2013. We are here for you and will work tirelessly to help you achieve your health goals. We love and appreciate every one of you and thank you for your patronage.

## **Your Health. Our Mission. From The past into the Future**

"We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called opportunity and its first chapter is New Year's day."

-Edith Lovejoy Pierce

"Character is the ability to carry out a good resolution long after the excitement of the moment has passed."

-Cavett Robert

## WINNER vs. LOSER

The Winner is always part of the answer;  
The Loser is always part of the problem.

The Winner always has a program;  
The Loser always has an excuse.

The Winner says "Let me do it for you;" The Loser says "That is not my job."

The Winner sees an answer for every problem; The Loser sees a problem for every answer.

The Winner says "It may be difficult, but it is Possible;" The Loser says "It may be possible, but it is too difficult."

When a Winner makes a mistake, he says, "I was wrong;"  
When a Loser makes a mistake, he says, "It wasn't my fault."

A winner makes commitments;  
A loser makes promises.

Winners have dreams; Losers have schemes.

Winners say, "I must do something;"  
Losers say, "Something must be done."

Winners are a part of the team;  
Losers are apart from the team.

Winners see the gain; Losers see the pain.

Winners see the possibilities;  
Losers see the problems.

Winners believe in win/win;  
Losers believe for them to win someone else has to lose.

Winners see the potential;  
Losers see the past.  
Winners choose what they say;  
Losers say what they choose.

Winners use hard arguments but soft words;  
Losers use soft arguments but hard words.

Winners stand firm on values, but compromise on petty things;  
Losers stand firm on petty things, but compromise on values.

Winners follow the philosophy of empathy "Don't do to others what you would not want them to do to you;"  
Losers follow the philosophy. "Do it to others before they do it to you."  
Winners make it happen; Losers let it happen.





*How to become nutritionally pure and sufficient.*

## **4 SUPPLEMENTS EVERYONE NEEDS EVERY DAY:**

### Omega-3 Fish Oil (EPA/DHA)

ESSENTIAL for health and well-being, EPA/DHA aids in the proper function of the heart, brain, spinal cord, and all cell tissues and organs in the body. Our diets are dangerously deficient in EPA/DHA, and deficiency is a factor in alarming numbers of preventable illness and disease. The only way to SAFELY consume adequate amounts of EPA/DHA is through supplements with purified omega-3s.

### Probiotics

Probiotics are necessary for the proper function of the digestive and immune systems and for overall wellness and prevention. Humans are deficient in probiotics due to stress, sugar intake, prescription drugs, and processed foods. This deficiency is a factor in an alarming number of preventable illnesses from infancy to old age.

### Vitamin D

As a society, it is safe to say we are SEVERLY deficient in this ESSENTIAL vitamin. And unless you get 30 minutes per day, year around, of direct sunlight on your legs, arms, and face you are probably deficient. Studies show being deficient in this vitamin increases your risk of nearly every disease from cancer to dementia to the common cold. Our vitamin D supplement is superior to all the rest in how it is processed, packaged, and the form it comes in. Recommended amount is 5,000-10,000 IU per day.

### Multivitamins

Whole fruits and vegetables contain vitamins and minerals essential for wellness and prevention, yet the western diet is dangerously deficient in these vitamins and minerals. If you can't eat 10 servings of these per day, it is necessary to supplement your diet with ultivitamins. Most multivitamins are made from synthetics (fake vitamins). It has been shown this can cause more harm than good. Ask about our whole food vitamins (vitamins from food, not from synthetics), i.e. fruit and vegetable powder.

## **FRESH FIBER FIRST**

Eat fresh vegetables or fruit before meals and snacks.

## **DECREASE OR ELIMINATE REFINED CARBOHYDRATES AND SUGAR**

Refined carbohydrates include breads, pastas, crackers, and cereals. Watch those items that come in boxes, bags, and cans!

## **WATER**

Consume half your body weight in ounces every day.

Filtered or reverse osmosis is the best. Stay away from tap water if possible.

## **LEAN, GRASS-FED, FREE-RANGE MEATS, ORGANIC MEATS ARE IDEAL (OR EVEN BETTER, WILD GAME)**

Some local sources: Anderson Farms, Wheatfield Organics, Farmer's Markets (best option for variety and prices), Just Local Food, and Festival Food

\*If having difficulty with dietary changes or strong food cravings, consider a cleansing program.



How to become movement sufficient.

## **EXERCISE – BEGIN MOVING MORE!**

The top 3 excuses of people who don't exercise:

1. No time
2. Exercising is boring
3. Don't belong to a gym

No more excuses! Follow this simple exercise plan to start moving more.

Burst/Peak/Surge Exercise Plan - To be done 3 days per week

### First - Lower Body

20 seconds of fast exercises, followed by 20 seconds of rest

i.e. Squats, wall sits, lunges, running lunges, jumps, reverse lunges, etc.

Repeat 3 times per exercise

Do 6 different exercises with this pattern

### Second - Upper Body

20 seconds of fast exercises, followed by 20 seconds of rest

i.e. Pull-ups, push-ups, bicep curls, triceps tips, etc.

Repeat 3 times per exercise

Do 6 different exercises with this pattern

### Third - Core

20 seconds of fast exercises, followed by 20 seconds of rest

i.e. Fast crunches, yoga ball/medicine ball exercises, bicycles, planks, etc.

Repeat 3 times per exercise

Do 6 different exercises with this pattern

## **REGULAR SPINAL ADJUSTING**

Optimizes nerve function

Stimulates proprioception and inhibits nociception

Proprioception = Subluxation free spine

Nociception = Subluxated spine

Signs of too much nociception: stress, fatigue, trouble sleeping, digestive problems, pain, muscle spasms and tension, anxiety and hormonal imbalance

Increases spinal flexibility/mobility

Prevents future degeneration





*How to create a life of peace and happiness.*

## **BEGIN EACH DAY WITH GRATITUDE**

Manage your state of mind:

- Take 10 deep cleansing breaths
- Go outside and get 10 minutes of sunshine everyday
- Pull your shoulders back and stand/sit up straight
- Laugh
- Change your thoughts to change your mind

## **POSITIVE DAILY AFFIRMATIONS/INTERNAL DIALOG**

A statement that builds us up in strong and noble thought

Example: "I am a happy human being worthy of love and fulfilling relationships."

## **SET GOALS**

- Make a list of short-term and long-term goals
- Include personal goals, financial goals, and physical/health goals

## **ELIMINATE CLUTTER IN YOUR LIFE**

- "Messy on the outside; messy on the inside"
- "Free your mind; free your heart!"

## **DECREASE EXPOSURE TO TV, NEWSPAPER, AND OTHER NEGATIVE MEDIA**

## **GET CONNECTED TO NATURE**

**Important Dates to remember:**

March 5<sup>th</sup> - Kid's Day

March 10<sup>th</sup> - Day Light Savings Time Starts

March 17<sup>th</sup> - St. Patrick's Day

March 20<sup>th</sup> - First Day of Spring

March 29<sup>th</sup> - Good Friday

March 31<sup>st</sup> - Easter Sunday

***HMMM ... THINK ABOUT IT THIS WAY!***

I had a root canal fixed ... then I stopped brushing my teeth ... INSANE!

I had my tires replaced ... then I stopped filling them with air ... RIDICULOUS!

I had my carpets shampooed ... then I stopped vacuuming ... BUT WHY?

I got over the flu ... then I stopped taking my vitamins ... HUH?

I had my car engine replaced ... then I stopped changing my oil ... ABSURD!

I had my hair dyed ... then I stopped brushing my hair ... FREAKY!

I had my spine aligned ... then I stopped getting adjustments ... WHAT?

Wait ... why is this one TRUE of many patients? We just don't get it!

Do you get it? We hope so! We have a difficult time explaining how important routine maintenance care is for your spine. Any yet, many patients ONLY come to see us when they're hurting! Why would you wait to break down before taking care of your health? Keep your spine aligned!

Why would you stop maintaining anything that was fixed?

Maintenance is CRUCIAL to your CONTINUED HEALTH!!

**Please email us at [info@osseochiropractor.com](mailto:info@osseochiropractor.com) to let us know what you think of our first newsletter and what you would suggest to make it even better!!**

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