

OCT 2011

EVERY BODY FOR LIFE

Total Natural Health



EAT MORE RAW FOODS

CANCER AWARENESS MONTH

AT CHIROPRACTIC TODAY

Upcoming Wellness Workshops:

October 11 & October 24, 6:15-7:00pm

#1 secret to fighting cancer...a strong nervous system!!

CANCER TESTIMONY

I'm a 33-year old female who has battled breast cancer twice. I had suffered pain from cancer treatment, radiation, and had horrible posture from the constant tightness and pain. I had tried so many prescription medications and treatments but none of these improved my condition. I had thought this was just how I was going to have to live.

Then I gave chiropractic care a try. I was amazed that I saw improvements from after one treatment, after I had gone

through years of treatment with other doctors. I have almost full range of motion in my right arm and the greatest thing is that I am able to breathe again!! On top of that, I am now able to exercise more and have much better quality of sleep. I would tell everyone now that they don't have to live with pain!
-J.P.



The Big 5

Faith



Psalm 16:8

"I have set the Lord always before me. Because he is at my right hand, I will not be shaken."

Neurological Connection

Keep The Power On

If you're starting not to feel well, that is the best time to come in and get adjusted. If you're already feeling great, continue with regular adjustments in order to prevent sickness.

Eating



Raw Foods Are Best

When you're at the grocery store, ask yourself "Is this God made food or man made food?" Try to avoid processed fake food and eat REAL food!

Moving

Try Burst Training...at home!

Running in place, jumping rope, or doing jumping jacks or squats for 30-60 second bursts, 3 times a week. Start with 4-6 sets!

Thinking

Positive Attitude

People who have a positive outlook on life are less likely to get sick. Focus on surrounding yourself with positive people and keeping a gratitude journal.