

HEALTH

News & Views

May 2012

**What You Think About
You Bring About...**
Expect A Miracle Story

**Colds &
Exercise?**

**Decompress
Your Stress!**



Expect A Miracle



I have a friend who suffered a horrific car crash on December 8, 2008. He was struck by an 18-wheeler and suffered a fractured 4th lumbar vertebra, four broken ribs, and most significantly, a fracture of the atlas vertebra.

The atlas is the top bone in the neck, and it houses and protects the brain stem, which is the Grand Central Station of the nervous system.



This man was told that he was lucky to be alive, that they basically did not know why he was alive with no spinal cord damage. To cut to the chase, they put him in a rigid neck brace and told him to come back in six weeks. After six weeks, there was NO healing, and things looked grim. The neurosurgeon explained that his neck was unstable and that there was a fragment of bone sitting on the right vertebral artery. If he moved his head toward his right shoulder, it would sever the artery, and he would die instantly. If he moved his head toward his left shoulder, a fragment of bone was sitting on the left side of his brainstem and spinal cord, and it would become severed, and he would instantly become a tetraplegic. They said "six more weeks in the collar and then surgery to fuse the top two bones in his neck to his skull", a very risky surgery. He really did not want this risky surgery, but the surgeons told him that it was inevitable.

This person, who had been under chiropractic care since the age of four did not want surgery because he understood the risk and the importance of this area of his nervous system.

We had dinner shortly after he received the news, and he asked for my help. I told him he needed to spend 10 minutes every day seeing his neck totally healed and to feel the feelings he would feel if he had just found out his neck was perfectly healed. I put my hands on his neck and visualized the same outcome for him. His eldest daughter committed to doing the exercise as well.

The result at his next check up showed almost complete healing which the medical specialists could not explain – and no need for surgery. A true miracle!

So, what do you visualize before, during, and after your adjustment? What do you expect from your chiropractic care? How much time do you spend every day visualizing how you would like your life to be?

Remember, what your mind can conceive and believe; it can achieve, for that is why we have an innate intelligence that runs our body.

In other words, What You Think About, You Bring About!

Dr. Peter Amlinger, DC

Article courtesy of expectamiracle.com

Expand Your Viewpoint

There is always something new to learn about, whether you are young or old or somewhere in between. Let us help you *know your stuff!*

Our Website of the Month
(we think its worth checking out)

www.meditationcenter.com

If you are just learning to meditate, you'll find everything necessary to get started quickly and easily. If you are already practicing meditation, you may discover new methods to deepen your practice.

Achy Head? - Don't Lay In Bed!

Should you work out when you feel like you're coming down with a cold? According to the research, this may in fact be a good idea. Studies have clearly shown that regular exercise will help prevent catching colds in the first place, and if you have enough energy to tolerate it, increasing your body temperature by sweating from exercise will help to kill many viruses.

If you want to avoid colds, it's important to understand what causes them. And while exercise-deficiency may be part of the problem, another factor is likely to get top billing. There's compelling evidence suggesting cold and influenza may be little more than symptoms of vitamin D deficiency. The connection between vitamin D and reduced immune function is so strong, that boosting your vitamin D levels anytime you feel a cold coming on should definitely be at the top of your list.

Most people mistakenly believe that colds are caused by bacteria, but this, of course, is incorrect. Colds are triggered by viruses, which is why using antibiotics to treat a cold is an exercise in futility. It simply will not work. The only thing you're doing by taking an antibiotic for a cold is unnecessarily weakening your immune system further, by destroying all the bacteria—both good and bad.

That said, it's important to recognize that although the virus actually triggers the cold symptoms, the virus is NOT the real cause of the cold. Believing that a virus "causes" a cold is a very dangerous perspective to take, if you allow external forces to "control" your health, you lose the ability to improve it.

The truth is, colds and flu are symptoms of immune system deficiencies. The only time the virus can take hold is when your immune system has been compromised. Although there are many ways you might end up with a weakened immune system, the more common contributing factors are:

1. Vitamin D deficiency as previously mentioned
2. Eating too much sugar (particularly fructose) and too many grains
3. Not getting enough rest or sleep
4. Using inadequate strategies to address emotional stressors in your life
5. Insufficient exercise



A regular exercise program can do amazing things for your health, and boosting your immune system is a major part of those benefits. If you are exercising regularly, and have kept your vitamin D levels on target, the likelihood of your acquiring an upper respiratory infection decreases quite dramatically. However, always pay heed to what your body is telling you, and if you feel too fatigued to work out, don't push it. More than likely, what you need then is rest. But if you're thinking of skipping your workout routine simply because you've been told you "shouldn't exercise when sick," then you may want to reconsider, as it could actually help you feel better, sooner!

Greek Spaghetti Squash

- 1 spaghetti squash, halved lengthwise and seeded
- 2 tablespoons vegetable oil
- 1 onion, chopped
- 1 clove garlic, minced
- 1 1/2 cups chopped tomatoes
- 3/4 cup crumbled feta cheese
- 3 tablespoons sliced black olives
- 2 tablespoons chopped fresh basil

Preheat oven to 350 degrees F (175 degrees C). Fill a cake pan with 1/2 in water. Place spaghetti squash cut sides down in the cake pan, and bake 30 minutes in the preheated oven, or until a sharp knife can be inserted with only a little resistance. Remove squash from oven, and set aside to cool enough to be easily handled.

Meanwhile, heat oil in a skillet over medium heat. Saute onion in oil until tender. Add garlic, and saute for 2 to 3 minutes. Stir in the tomatoes, and cook only until tomatoes are warm. Add salt and pepper to taste.

Use a large spoon to scoop the stringy pulp from the squash, and place in a medium bowl. Toss with the sauteed vegetables, feta cheese, olives, and basil. Serve warm.



Tips to Tame Your Stress

Stress hits us all in life, and while a little stress is good — it keeps us focused and motivated — too much of it and it can grind our lives to a complete halt. When you're feeling overwhelmed and stressed-out, you may become paralyzed and unable to do much of anything.

Just as bad are unhealthy coping methods to deal with stress. Turning to food, alcohol or drugs often just turns one set of problems into another that can balloon out of control. It's better to avoid those unhealthy coping mechanisms from the start, and find good ways to keep your stress under control.

There are many ways to tame your stress and keep it at bay. Here are tips to tame your stress today, and keep the stress monsters at bay.

Perform diaphragmatic or “deep breathing” exercises. Lie face down on the floor and begin breathing deeply and slowly, with your hands resting under your face. Do this for five minutes.

Sit in a reclining chair. Put a hand on your abdomen and a hand on your chest. As you breathe, make sure the hand on your abdomen is moving up and down rather than one on your chest. If the hand on your abdomen is moving you are breathing deeply and slowly.

Try progressive muscle relaxation or “deep muscle” relaxation. Progressively tense and relax each muscle group in your body. Learn the difference between muscle tension and relaxation.

Meditate. Use visualization or guided imagery to help you learn to be one with your thoughts. Sit quietly with your eyes closed, imagining the sights, sounds and smells of your favorite place, such as a beach or mountain retreat.



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and Former
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- (to see if Chiropractic Care is right for you)**

Exercise regularly or take up yoga.

Consult a psychologist about the use of biofeedback.

Make time for music, art or other hobbies that help relax and distract you.

Learn to identify and monitor stressors. Come up with an organized plan for handling stressful situations. Be careful not to over generalize negative reactions to things.

Make a list of the important things you need to handle each day. Try to follow the list so you feel organized and on top of things. Put together a coping plan step by step so you have a sense of mastery.

Keep an eye on things that might suggest you're not coping well. For example, are you smoking or drinking more, or sleeping less?

Keep a list of the large and little hassles in your day versus the major stressful events in your life. This helps you focus on the fact that you're keeping track of and managing those as well as you can.

Set aside a time every day to work on relaxation.

Avoid using caffeine, alcohol, nicotine, junk food, binge eating and other drugs as your primary means for coping with stress. While they can be helpful once in awhile, using them as your only or usual method will result in longer-term problems, such as weight problems or alcoholism.

Learn to just say, “No” occasionally. It won't hurt other people's feelings as much as you think and is simply a method to be more assertive in your own life, to better help you meet your own needs.

Get the right amount of sleep. For most people, this is seven to nine hours a night.

Cultivate a sense of humor; laugh. Research has shown that having a close, confiding relationship protects you from many stresses.

Don't run from your problems! This only makes them worse.

Talk to your family and friends. See if they can help.

If these tips don't help, or you've tried a lot of them with little luck in better taming the stress in your life, it may be time to consider taking it up a notch. A mental health professional — such as a psychologist — can help teach you more effective methods for handling stress in a healthy way in your life. Such psychotherapy is short-term and time-limited, with a focus on helping you better deal with stress.

Remember — we do have control over the stress and choices we make in our lives. It sometimes takes a little practice and effort to put some of these techniques into play in your life, but once you do so, you may be pleasantly surprised at the positive benefits you'll receive.

Ponton, L. (2011). 20 Tips to Tame Your Stress. Psych Central. Retrieved on April 10, 2012, from <http://psychcentral.com/lib/2006/20-tips-to-tame-your-stress/>



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