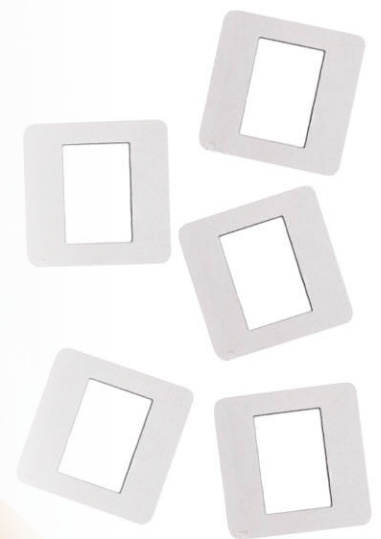


HEALTH

News & Views

October 2011



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Expect A Miracle



On my final day of practice 5 months ago, just before Christmas 2007, a patient I had seen earlier that day dropped back into the practice with a Christmas card for me.

I didn't think much of it until the end of the day. I was packing up as I was no longer going to be practicing at the Centre in the new year. I noticed the card and thought I'd have a read of it before I went. It was a simple card, however, inside was a 2-page letter. It read:

Dear Ben,

I wanted to put this in writing to you because 1) I hope it's good feedback for you and 2) I still find some of this stuff difficult to say out loud.

I resisted going to a chiropractor for a very long time. I actually scheduled and cancelled three appointments with you before I made it in to see you for the first time. I only came because the tremendous amount of pain I was in finally superseded my fear.

When I was a teenager I was abducted, assaulted and almost choked to death. This is something I have had to deal with for the last twenty years. I have been to all kinds of healers, counsellors, mentors - you name it I have done it. I felt pretty confident that I had done all that I could, that I had dealt with it the best that I could, and that I was just going to be one of those people that would never truly be happy.

So, you can imagine the anxiety I felt coming to see you knowing that someone would have their hands around my neck again, and feeling physically vulnerable and powerless again. The first couple of visits to you, I had panic attacks there and back, and even drove straight to my GP for valium after one session. I very nearly cancelled every session, but somehow I summoned the courage to keep coming. And, I am so glad I did because it has changed my life.

Our dark moments are laden with potential, because they offer us the opportunity to reach new levels of awareness. And what I learned, was that though I had tried to heal my emotional scars, I was disconnected from my physical body and my bones and muscles were still stuck in the past.

Each time I came to see you, things got a little bit easier. My body was desensitizing to touch, and I left feeling a little bit lighter then in the last 2 weeks I had a quantum leap. I reconnected with my body. I think all those years I secretly hated my body for betraying me, but now I have been able to release that anger and started trying to love myself.

When I met you, I walked around with my head down and my body language closed. Now I walk taller, engage with people and feel open.

I chose not to tell you this story until the end, because I didn't want you to make you self-conscious or modify your behavior. So you unwittingly became the last piece of the puzzle to my healing process.

I took the time to write this because I really want to honor you and what you do. You were kind, patient and created a safe space. You will never know the gift you have given me and hopefully one day I can pass that gift on to another.

Thank you.

I cried all the way home. It's amazing how lives are changed in the routine of daily practice, often without us ever knowing.

You never know how much what you do or say will affect the lives of others.

Dr. Ben Carvosso
Australia

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.organic.org

Educate yourself on what organic really is!

Habits For The Holidays

Are holiday habits setting us up to become victims of the dreaded “flu”? Possibly, according to some authorities.

‘Tis the season to be jolly’ but unfortunately the holidays are followed by the ‘season to be sick’. Year after year in America, the holiday celebrations from October through December are followed by the flu season. We have gradually accepted this cycle as inevitable, but many experts agree we might be able to avoid the flu by changing some of our actions during the holidays.

Consider this:

- 1. Do I pass the Halloween test?** Maybe the problem begins with our behavior at Halloween, since we usually eat all the leftover goodies - consuming more sweets in a couple of days than we have eaten all year. The villain here is the sugar, which unsettles the body’s chemistry, zaps its energy, adds unwanted pounds and undermines the immune system’s ability to function.
- 2. What is my Thanksgiving handicap?** By the time that Thanksgiving rolls around our bodies may have recovered somewhat from the effects of the candy binge, but now we face other temptations at family gatherings where turkey, dressing and pumpkin pie beckon us to the groaning board. It is not uncommon for Americans to consume a 3,000-calorie meal, then snack continuously for the rest of the day and drink too much. Now the body is not only robbed of its energy reserves, but also is saturated with fats, sugar and alcohol - a combination that deals another blow to the immune system.
- 3. The December dilemma.** Christmas parties and other holiday celebrations bring more overeating (and over drinking), another hurdle for the immune system. The hustle and bustle of gift buying, visiting relatives and travel add new physical and financial stress. Our bodies begin to give us signals that they are not okay. We may have trouble sleeping because we have too much to do and too little time.... stress hits in one form or another.
- 4. The lull after the holiday storm.** Immediately after Christmas comes a lull - several blurry days when our bodies try to recover. Many of us begin flu symptoms at this point.
- 5. New Years! The final body blow...** For many of us New Year’s brings an all-out drinking binge, sort of a “last hurrah” followed by an empty resolution to mend our ways. Thus, having had enough our bodies succumb to feeling yucky and the flu symptoms start to set in.

Flu happens not because some exotic bug has invaded our shores, but because we have abused our bodies for the past three months with too much sugar, overeating, drinking excessively and too much stress. These factors are compounded by inadequate exercise and rest.



Summer Veggie and ‘Bread’ Salad

- 1 each of a yellow, red and orange pepper
- 1 cucumber
- 1 Tbsp. capers
- 2 medium tomatoes
- 1/2 red onion
- 1 small yellow zucchini
- 1/2 cup red wine vinegar
- 1/4 cup extra virgin olive oil
- 2 cups garlic/herb or italian croutons



Cut all veggies into bite sized pieces, toss together with vinegar and oil. Salt and pepper to taste.

Chill and add croutons just prior to serving.

Serves 4-6

What can we do to help ourselves avoid the flu this year? Here are some suggestions:

- Plan and stick to a regular exercise program regardless of holiday events.
- Limit highly processed food, eat more fresh fruits and vegetables.
- Drink water instead of soda or punch
- Don’t overextend yourself financially, this is a major cause of stress.
- Maintain wellness visits to your chiropractor, spinal misalignments can cause nervous system stress, amplifying the effects of holiday excesses.

Remember that the holidays are not an excuse to overindulge, deeper satisfaction comes from the simplicity of enjoying the company of your friends and loved ones. **Have a Happy and Healthy Holiday Season!**

Is A Backpack Harming Your Child?

You've probably picked up your child's backpack and wondered if it was full of rocks. What you may not know, however, is that a heavy backpack can be harmful to your child.

Almost 6,500 kids are taken to the emergency room each year because of backpack-related injuries, according to the U.S.

Consumer Product Safety Commission. And emergency room physicians are seeing more than just back pain caused by heavy backpacks. Injuries are almost as common in the knee, leg, ankle, shoulder, wrist, elbow, hand, head and neck.

Following are ways you can make your child's backpack less of a burden on his or her body.

- The weight of the backpack should be no more than 10 percent to 15 percent of your child's weight.
- Remind your child to always use both straps.
- Select a backpack with a waist belt or frame that places the weight of the pack on your child's pelvis, rather than the shoulders.
- Tighten the straps so the pack is held close to the body.
- Make sure the straps and the side of the backpack that rests against the child's back are well padded.
- Pack heavy items at the bottom of the pack and balance the load as much as possible.
- Choose a backpack with wheels for pulling.

Would You Like To Lose 10 Pounds Or More?

Have you ever dieted before and either not gotten the results you were after or yo-yo dieted?

What about high blood sugar, high triglycerides, or high cholesterol - that could mean you are at high risk for having or developing Syndrome X...

Date - October 10th
Time - 5:30pm
Place - Vitality Health Center
Cost - Free
Call 303-691-0022 to put your name on the list today!

If any of the above rings true, do yourself a favor and call 303-691-0022, and put your name on the list **RIGHT NOW** for our talk to learn how you can change your lifestyle for the better! We already have patients that are making **HUGE** strides!

***Cardio Screenings available at Vitality Health Center for ONLY \$20.00. Call to schedule a screening today.**



Halloween

Alternatives For Halloween

- Host a pumpkin carving party.
- Take the gang bowling, dressed up of course.
- Have a scary movie marathon night.
- Have a candy hunt, kind of like Easter meets Halloween.
- Have root beer with dry ice for lots of 'witches brew' fun.
- Create a haunted house in your yard and invite your friends and family.
- Check your local amusement park, zoo, church or museum. They're likely to have something 'creepy' going on.



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