



Chiropractic Miracles

Delivering You the Best Word in Wellness and Natural Health Care

Dr. Atwell's Breakthrough Patient Newsletter...

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"Positive Attitude Day"

Dear Patient and Friend,

When you are driving down the highway, do you ever look out the window at other cars and wonder where they are going in such a hurry? And then, do you ever wonder where YOU are going in such a hurry? Are you actually enjoying your day or just speeding through it?

Life moves pretty quickly these days. We are so busy living it that we forget to focus on the quality of our lives and participating in what really matters. We think, "I can't stop now, I have things to do, places to go, expectations to meet."

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We participate in a 21st century thievery operation. Not only is our time being stolen, but other things we value are being stolen, and we are allowing it to happen. Perhaps it is time to question ourselves about how we spend our time each day as well as what is most important to us in life.

Maybe we accept our time limitations, but we long for a better QUALITY of life. If you are somehow dissatisfied with life, try to get down to the bottom of it. What is it that you want but do not have? Companionship? Recognition? Better health?



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Most of us want a life in which we have time during the day to enjoy the special people or activities that bring a smile to our faces and our spirits as well. We want to enjoy the PROCESS of life, not just the end result.

Underneath the quality of our day is the quality of our spirit and our health. It can be difficult to be happy when the body has unresolved health issues. Today, we are increasingly aware that nature offers the best solutions to many of our health issues. With renewed health, suddenly we become more patient, more tolerant, and less irritable individuals who can enjoy the PROCESS of life.

Since health underlies our participation in and enjoyment of life, doesn't it make sense to make our health a priority in our lives? Unfortunately, our society does not encourage us to investigate alternatives to accepted health care methods. We tend to accept what history has handed us, instead of asking questions and finding out ourselves which health care methods encourage the body's natural ability to heal itself.

No matter what your health problem may be, restoring nerve system function will help your body use its natural recuperative powers to heal itself.

The chiropractic model of health and wellness does not focus on pain and symptoms. The chiropractic model of health and wellness focuses on YOU

and is centered on the philosophy that the human body, being knit together in a wonderful way, will heal itself given the right opportunity and circumstances. The passion for the Doctor of Chiropractic is to promote the healing process by locating and removing any interference or blockage in the nerve system, which may be interfering with your ability to express your maximum health potential.

Don't let life pass you by. Take note of what really matters in life. Make your health a priority in 2010. Make the decision today to live a healthier lifestyle because you deserve great health and wellness. You deserve a life filled with love, vitality and all of your dreams come true.

What You Assumed About Weight Loss and Exercise May Be Wrong

A Duke University Medical Center report on the various factors that affect weight loss points to vigorous, sustained exercise as a key factor.

Estimates for the benefits of milder forms of exercise, such as a one-mile walk burning 100 calories, are imprecise at best, and often do not take into account factors that reduce their actual effectiveness.

Machines such as treadmills, for example, overestimate the calories burned by 10-15 percent.

However, weight-bearing, gravity-fighting exercises like dancing, skating, running, and stair-climbing burn more calories, in the same period of time, than gentler water-based exercises or cycling, although some make up for this by cycling for long periods.

How skillfully you perform your personal exercise regimen affects calorie burn too. Poor technique may make you work harder and expend more calories, but you'll quit faster and may hurt yourself along the way.

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Vigorous, sustained exercise does more good, not only for kids, but adults as well. And considering all the good exercise can do -- beating diabetes and Alzheimer's for starters -- you'll want to get it right the first time. There is even compelling evidence that suggests exercise makes you smarter.

There are three important variables to consider when you exercise:

- Length of time
- Frequency
- Intensity

Most people don't exercise at the appropriate intensity and as a result aren't able to obtain the benefits. When you use the right dose you will receive absolutely amazing results, but if you under or overdose you will either not achieve the results you seek or suffer from unnecessary side effects.

The bottom line is that one of the best investments you could ever make in your health is your commitment to a regular exercise program that you can do the rest of your life. This is because exercise is not like money. You simply cannot bank it. Even if you were a world-class athlete, in about two weeks of non-exercise you would start to experience serious de-conditioning.



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Closing Thoughts ...

March Forth On March 4th ... It's ... “POSITIVE ATTITUDE DAY”

National “Positive Attitude Day” is an observance to encourage you to have a positive attitude while putting your best intentions into action, both personally and professionally.

Today, trade negative, weakening thoughts for positive, powerful thinking and you'll immediately see yourself break through limitations you may have believed insurmountable. You'll realize that you can accomplish more than you originally thought possible. In the next five minutes, you can be living in a brighter, more positive world. In the next five minutes, a dreary day can be transformed into a day filled with positive promise. How can this happen? It can happen because of you.

Make today a pivotal day in your life. Make today the day that you commit to creating abundant thoughts, joy, health, vitality, and of demonstrating the highest standards for yourself.

Realize that the secret to living is in Giving. Give more of your time, your talents, your resources and your love than ever before. Practice this “Positive Attitude” and watch the “BIG” results you will create in your life. It doesn't take much to brighten your world. Yet it can make a tremendous positive difference for you and for those around you. A smile is a good way to start. A kind word, a helpful act, some real patience and understanding will add to the brightness.

Brighten your world just a little bit, and that brightness will be reflected more than you might imagine. Send out your own special goodness today, and it will come back in even greater measure.

You don't have to be stuck with a day that's going nowhere. Take a little time, make a little effort, brighten your world and see just how quickly things improve.

So, “March Forth on March Fourth.” Hold yourself to a higher standard today, ask more of yourself, and have an Attitude Of Gratitude. It will take you a long way! Share this attitude with others. It's contagious!

Help to make our world a much brighter place!
