



# Chiropractic Miracles

Delivering You the Best Word in Wellness and Natural Health Care

## Dr. Atwell 's Breakthrough Patient Newsletter...

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Dear Patient and Friend,

This time of year, most of us are thinking about personal growth, and the goals, objectives and intentions for the New Year – it's our nature to think about what we can do to improve our lives.

For some of us, it's knocking off a few pounds. For others, it's finally quitting smoking. Still others choose to exercise to get into better physical condition, or to pick up yoga, Pilates or martial arts. Some develop a meditation practice, decide to spend more time communing with nature, or just sit quietly to relax.

Have you noticed how many of our New Year's resolutions revolve around our health? Learning to manage our health and wellness habits can be a heavy lift, but it's worth it, and what better time to make some decisions than at the start of a new year?

And don't forget to include your doctor of chiropractic, your most trusted health and wellness advisor – he or she can help you make better lifestyle decisions, to enhance the quality of your life. Visit your chiropractor, and ask how often you need to stop in to stay at your best.

## Five Health Habits for the New Year

Everyone wants to be as healthy as possible, but how many of us understand that our health is greatly affected by our habits.

Yes, genetics does play a role, but given the wide range of normal that includes most of us, those who adopt effective lifestyle habits are the ones who tend to suffer fewer and less intense health problems, experience more vitality, and enjoy an overall better quality of life.

What are some of these habits, and how can you develop them?

**1. Sleep** – believe it or not, adults need seven to eight hours of sleep, children even more. The reason this is so important goes beyond simple rest and rejuvenation. It's actually the time when your brain cleans and maintains itself. While you sleep, your brain uses a special cleaning and detoxifying system, conducted entirely inside your head, with special plumbing that was only discovered recently. That cleaning process is essential for healthy brain function, and therefore healthy body function. And, it takes seven or eight hours to complete, and that's why it is essential for you to get seven or eight hours of sleep every night. If you get caught short one night, catch up with extra sleep in the next few days. This kind of habit is critical if you want to be at your best.

**2. Breathing** – we all realize we cannot live for very long without oxygen to breathe, but most of us take the abundance of air for granted. Look around and watch how people breathe – they keep their air high in their chest, instead of breathing deeply into their abdomen first, like filling up a pitcher. You want to get your breathing rate up with some exercise, and you also want to breathe deeply and slowly a few times, several times each day, to get more air to your cells and reduce stress. Some people even like to breathe in, hold and breathe out in a ratio of 1:4:2. In other words, try breathing in for a count of three, hold for a count of twelve, and then breathe out to a count of six. This feels great, and resets and rebalances your mind and body. Making a habit out of it will reward you many times over.

**3. Eating** – the more you take responsibility for how you feed yourself, the more control you'll have and the more likely you'll have glowing, vibrant good health. There are many healthy eating styles, and you can ask your chiropractor or other health advisors about the optimal foods for your body type and metabolism, but the big frame around it is nothing more complicated than this – give some thought and consideration to what you put in your mouth. If you think it's unhealthy, it probably is, No one is saying you can't eat the food you like, but use some moderation and make sure to

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## Five Health Habits for The New Year (continued from page 2)

include foods that have a balance of protein, carbohydrate and fat. Drink lots of water, and avoid eating at night. The more you use common sense and some wise direction from someone who knows better, the more you'll shape your diet toward what a healthy person eats

4. **Exercising** – depending on your level of fitness, you may want to start slowly with some walking, stretching or swimming. If you're already in good condition, you may want to do some weight and strength training, some running for your circulation and wind, and some stretching to keep yourself flexible and limber. Yoga, Pilates and martial arts are great full body disciplines that will help you get and stay in shape. But even just parking your car at the end of the lot and walking a hundred yards to work can be a suitable start for many of us. You'll be surprised how quickly you feel the difference, and can step up your exercise appropriately – it's one of the best gifts you can give yourself.

5. **Chiropractic Care** – you need to keep your machine in tune and alignment, and your chiropractor can recommend what kind of care your brain and nerve system require. Everyone is different, but each of us needs some attention keep the spine healthy so your body works the best it can. The habit of regular chiropractic care is a winner's edge many don't yet know about – spread the word, bring in your family and friends, and let your co-workers know there's a way to cope with stress.

These five habits – sleep, breathing, eating, exercising, and chiropractic care, will increase the probability that you will have a healthy year. Raise your standards, and get started with habits like these – they'll come back to reward you many times over.

## Inspiration for The New Year

The New Year is a symbol of new beginnings, new enthusiasm and new vision. Take the time to think about what you'd like to trade this year in for – this time next year, what would you like to be able to say? What goals would please and fulfill you, and how would you invest your time, energy and resources?

No matter where you start the year, you have an opportunity to take a fresh look and make some adjustments to your course toward success. This annual self-assessment and self-correction keeps your life and your work moving forward.

Here are some New Year's ideas and perspectives from some of our great thinkers.

"Be at war with your vices, at peace with your neighbors, and let every new year find you a better man." ~ **Benjamin Franklin**

"Write it on your heart that every day is the best day in the year."  
~ **Ralph Waldo Emerson**

"Your success and happiness lies in you. Resolve to keep happy, and your joy and you shall form an invincible host against difficulties."  
~ **Helen Keller**

"Cheers to a new year and another chance for us to get it right." ~ **Oprah Winfrey**

"Celebrate what you want to see more of." **Tom Peters**

"Come, gentlemen, I hope we shall drink down all unkindness."  
~ **William Shakespeare**

"Now there are more overweight people in America than average-weight people. So overweight people are now average... which means, you have met your New Year's resolution." ~ **Jay Leno**

"Hope smiles from the threshold of the year to come, whispering, 'It will be happier.'" ~ **Alfred Lord Tennyson**

"Tomorrow is the first blank page of a 365 page book. Write a good one." ~ **Brad Paisley**

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