



Wellness in the News

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“Being in a good frame of mind helps keep one in the picture of health”

- Author Unknown -

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Attitudes are contagious.
Are **YOURS** worth catching?

-Dennis & Wendy Mannering-



Every thought is a seed.
If you plant crab apples, don't count on harvesting Golden Delicious!

- Bill Meyer -



Positive Attitude for Good Health

Compiled by Laura Weyer, CA

Last month you read about the importance of **Nutrition** and its powerful effect on health. This month we'll focus on **ATTITUDE**.

Have you ever noticed that people who tend to look at the bright side of life seem to be healthier? They don't seem to be susceptible to every cold and virus that is passed around. Often they have fewer aches and pains.

Scientists now see the mind and body are snugly interwoven, and this connection affects you in more ways than you might be aware of. It used to be thought that the mind and the immune system existed independently of each other. But research now shows that they may act as a single unit. Feeling stressed, for example, can make you more susceptible to whatever virus is going around. On the other hand, when you feel joyous and lighthearted, your immune system has a better chance of protecting you from that same virus.

This doesn't have to do just with whether you come down with a cold or a bug. Attitude influences whether you get—and even die from—more serious illnesses. Anger and heart disease are a good example. Anger is an emotion that's directly related to illness. It has its place in life, and there are times when feeling angry is an appropriate response, but chronic anger, or anger that's out of proportion to the situation at hand is another matter.

A study in Boston gave a questionnaire to 1,300 men to measure their tendencies toward anger. **The study concluded that those men who scored the highest were three times more likely to develop heart disease than the men who scored lowest.**

Another very interesting study conducted by University of Chicago, observed 200 executives as their companies were downsized. Those who saw the changes as opportunity for growth fared much better than those who saw it as a threat. The results: **less than one third with a positive attitude contracted a serious illness, yet more than 90 percent of those who viewed their companies downsizing as a threat had a likelihood of becoming severely ill.**

It may seem that your health is at the mercy of your feelings, but the fact is – you have greater control over them than you might suppose! There are many techniques that you can use to exercise control of your mind and health. See page 4 for a list of tips that will help you turn a glass-half-empty attitude into a glass-half-full – for **YOUR HEALTH!**

Thank-you to: Peggy Rynk “The Value of A Healthy Attitude” Review and Herald Publishing Association and the OPC Antioxidant Newsletter 4/04 “Positive Attitude Better Health” for portions of this article.

It's REALLY Working!

"Headaches, back pain, joint stiffness, leg cramps and numbness in my fingers and toes were just a part of living...I quit taking pills for everything because they only covered up the problems and caused even more side effects. However I still had to deal with the pain. That was until I found the answers in chiropractic care. Through x-rays and exams and painless adjustments I felt positive results immediately. X-rays proved my spine straightened up 1 inch! It's the only health program I've ever stuck with! I feel better than ever!"

*B.J.T
Bella Vista, AR*



Wherever you go,
no matter
what the weather,
always bring
your own sunshine.

- Anthony J. D'Angelo -

**"It's so hard when I
have to,
And so easy when I
want to."**

- Annie Gottlier -

How Chiropractic Can Help

Compiled by John Unruh, D.C. & Ryan Monson, D.C.

Chiropractic & "Attitude Adjustments"

It's amazing how many of our fellow citizens have been diagnosed with "chemical imbalances" for which they require psychoactive drugs. In the case of anti-anxiety drugs, some of the side-effects are not really side-effects at all, but direct results of the primary effects on the central nervous system, including lightheadedness, drowsiness and confusion. It could be argued that driving with so many of our fellow motorists on these medications is giving the rest of us anxiety! Fortunately, studies are now indicating Chiropractic care can directly affect our mental well-being.

CASE STUDY:

A doctor of chiropractic in Idaho recently published the case of a 19-year-old woman with a two-year history of anxiety disorder. During this time, she suffered two anxiety attacks, sufficiently severe to warrant emergency room visits. Counseling and anti-anxiety medications failed to afford relief. At the time she began chiropractic care, trembling, heart palpitations and dizziness accompanied her anxiety attacks. She also suffered from severe headaches. On her first visit, she rated both her anxiety symptoms and her headaches a "10" on a 1-10 scale, with 10 representing the most severe symptom level.

RESULTS:

The doctor of chiropractic found evidence of misalignment or restriction (subluxation) at several levels of this patient's spine. Two days after a single chiropractic adjustment, the patient's anxiety levels dropped from 10 to 5, while headache pain dropped from 10 to 7. The report goes on to document four more months of chiropractic care. During the last two months of care, the patient's anxiety symptoms never went above 5 and headache pain never went above 4, with most days reported between 2 and 3 for both problems.

This is not the first such report in chiropractic literature. In fact, during the first half of the 20th century, patients with anxiety and many other mental health problems obtained substantial relief from Chiropractic treatment at several psychiatric hospitals.

Of course, it would be irresponsible to propose that chiropractic adjustments or any other alternative should replace medical or psychological intervention for patients with anxiety disorder. Nevertheless, the small but growing body of evidence in this area, coupled with the excellent safety record of the chiropractic adjustment compared to the safety of anti-anxiety drugs, suggest there is little to be lost and much to be gained by including chiropractic care in the anxiety patient's overall regimen.

Even people with no mental health problems frequently find themselves anxious, angry or depressed in response to the stresses of everyday life. Several studies have demonstrated that chiropractic care can help such basically healthy people attain an improved sense of emotional well-being. In this sense, a chiropractic adjustment can be a first step toward an "attitude adjustment."

**Call us today! We can help you launch your New Year
With a healthy "dose" of positive well-being!**

Do you have a friend or family member who
has been suffering with
Carpal Tunnel-type Pain?

- ❖ Has one of your friends or family suffered from frequent or severe wrist or arm pain, stiffness, tenderness or shooting pain?
- ❖ Chiropractic can help relieve pain and check this condition early.
- ❖ So to encourage you to encourage your friend or family member to take care of themselves, I am including a certificate here for you to give to them to come into our office for a check up - at my expense. Print it, cut it and share it.
- ❖ Many serious problems have been averted by Chiropractic Care when addressed early enough.
- ❖ Who knows, . . . **you** may be responsible for improving someone else's life by taking away their pain.

**PREFERED FRIENDS & FAMILY GIFT
CERTIFICATE**

FREE First Visit Including:
**Consultation with SEMG Exam- Valued Up
To \$245.00**

ABSOLUTELY NO OBLIGATION FOR FUTURE CARE!

Compliments Of...

* *

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EXPIRES ON 1/31/09

Interesting Tips, Tricks and Facts About Attitude & Health

*"If you don't get everything you want,
Think of the things you don't get that you don't want."
- Oscar Wilde -*

The affects of a positive attitude have been grossly underestimated! A short test on Thomas R. Blakeslee's website: www.attitudefactor.com (author of "The Attitude Factor") will provide you with a personalized report predicting your longevity based upon your attitudes. But he doesn't stop there, a 20-minute, in-depth test (on the same website) will provide you with a report which identifies the specific mental habits that lead to a long healthy life. See how you score!

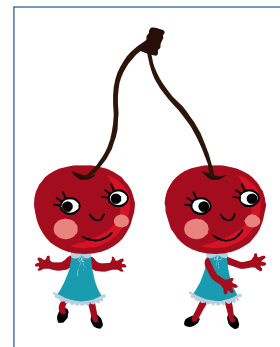
Here are 13 things you can do to begin developing a positive attitude:

- Deepen your religious faith - it can make you more generous and open hearted toward others and yourself. It helps you to look for what's good and uplifting.
- Keep a daily gratitude journal
- Keep a daily victory journal - similar to a gratitude journal but focused on successes.
- Contemplate or meditate on your blessings
- Visualize positive outcomes
- Take time to play
- Improve your health - eat well, exercise well, rest well
- Use positive affirmations
- Keep negatives to a minimum - beware of radio, TV and newspapers
- Adjust your posture - sit up, smile, walk proudly, and breathe deeply
- Release negative thoughts
- Monitor your emotions - negative emotions indicate your thoughts are negative
- Hang around positive people

Positive Attitude "Works" in the Workplace and Provides...

- Career Success: Who is more likely to get promoted? Those who think positively and get results or those who constantly complain and say something isn't their job?
- Stress Reduction: If you feel stressed when you see events or situations as stressful change your perception to something more positive and the stressful feelings will go away.
- Less sick days and better productivity: If you can reduce your stress, or the stress of everyone in your organization, you'll enjoy better health, less sick days, and better productivity.
- Improved customer relations and sales
- Better leadership
- Improved attitude of other employees or those who report to you
- Improved teamwork
- Improved motivation for yourself and others
- Improved decision-making when overcome challenges
- Improved interpersonal relations

In life do you see possibilities or IMpossibilities? Your answer to that question has profound implications for the length and quality of your life! Smile and live your best life!

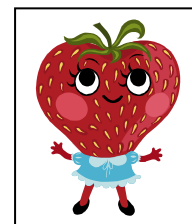


**"To be wronged
is nothing
unless you
remember it."**

Confucius

**When you feel
dog tired at
night, it may be
because you've
growled all day
long.**

Author Unknown



What is possible?
What you will.

Remember Tuesday's
Health Classes to
increase your
knowledge and
improve your health
6:15 here at the
office