



# Wellness in the News

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## Greetings to our Patients!

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*"The shape of your body  
is the direct result of your  
current lifestyle."*

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## Welcome To Our First Issue!

*By Nancy Riedesel, CA*

This, being the first issue of *Wellness in the News*, is your introduction to what to expect in the upcoming months. We will be sending you occasional articles and tips on health, wellness, Chiropractic care and lifestyle changes.

Since you have opted to be on our list, we hope that you will enjoy each issue and gain greater health because of them. You will learn many new things that will make a difference in your life should you choose to implement them; and you will be reminded of things that you already may know, but have forgotten. So sit back, relax, and enjoy a few minutes of wellness info.

Should you choose to unsubscribe at any time, please *Reply* with "Unsubscribe" and we will remove your name from our list.

## Replace Unhealthy Habits With Healthy Habits

*By John Unruh, D.C.*

**FACT:** The shape of your body is the direct result of your current lifestyle.

That pretty much takes away all the excuses, doesn't it? What a brutal reality. So how do you change it?

## Replace Unhealthy Habits With Healthy Habits

1. The Habit of Inactivity - Failing to exercise consistently. It takes 3-4 times a week to create an effective habit of exercise. The key is consistency.

Please see *Healthy Habits* on page 3

## How Chiropractic Can Help

By John Unruh, D.C.

To get to a level of health that's acceptable and enjoyable, it is necessary to remove any **interference** that may be preventing you to achieve that level.

**Regular chiropractic** care is a primary key to reach that goal. Once you are on a plan to get **regular adjustments**, it is important for the body to maintain that schedule, as the body **heals with rhythm**. The whole picture for wellness includes:

- **Chiropractic**
- **Exercise**
- **Good food**
- **Daily Fresh Air**
- **Healthy Attitude**
- **Lots of pure water**
- **Rejuvenating sunshine**
- **Plenty of stress-free rest**
- **Growing faith and trust in our Creator**

If you are not on a schedule to come in for regular adjustments, call our office to set up one. If you are on a schedule, I encourage you to keep it diligently in order to promote healing.

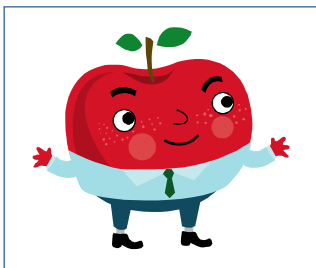
**See you at the office!**

*Doc Unruh*

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*“Regular chiropractic care is a primary key to reach that goal..”*

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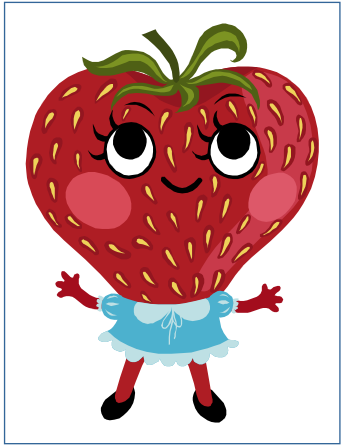


*An apple a day won't keep the doctor away . . . it just adds to your health.*

*Remember that each family member deserves to have health. If you have not done so yet, bring in your family for a free consultation at my expense to prevent future problems and to establish their wellness program.*

*Healthy Habits* from page 1

2. **The Habit of Over Eating** - Simply put . . . **calories in: calories out.** . . . If you lead a sedentary life, eat fewer calories than an active person; just make sure those calories are beneficial to the health and stamina of your body.
  
3. **The Habit of Consuming Empty Calories** - Are you filling up with foods that contain no nutritional value (sugars and fats)? **Empty calories** (i.e. junk foods, processed foods, etc) sap the body’s energy in an attempt to expel them. Why not eat foods that will **GIVE** you energy . . . ?



*Fruits are body cleansers; vegetables are body builders.*

Let’s not forget procrastination!

It’s all about healthy habits, which I’ve heard is 75%-80% what you put in your mouth. So as important as exercise is, it’s not the **ONLY** thing.

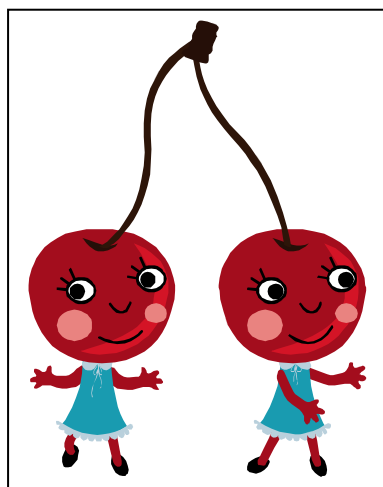
As I grow older - and wiser - it makes me focus on making a significant leap in my health habits.

Traveling a lot is very disturbing to watch people who can hardly move - literally. It’s amazing at the number of people who neglect their health.

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*“As I grow older – and wiser – it makes me focus on making a significant leap in my health habits.”*

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*Remember: Health is about what you eat, what you think and how you move.*