

# Absolute Wellness & Rehab

## Wellness News

### You Can Use

#### Inspiring Health and Wellness



Halloween has just passed and that means we are full on into the Holiday season. The greatest stress to our healthcare system is unhealthy lifestyle that accounts for 75% of the chronic diseases Americans suffer from. In 'Health by Choice, Not by Chance' we point out the three areas that need to be addressed to achieve optimum health. The great news about living a healthy lifestyle is that it creates a robust immune system that will strengthen your defenses.

We are also in the middle of fall and the Thanksgiving season. We know this can be a challenging time of year for many people.

However, you have the ability to make radically different choices about how you show up and how you choose to act each and every day. By changing your mind you can change your outcomes. We share our ideas around this subject in two articles this month, "Falling Forward" and "Health by Choice, Not by Chance."

Happy Thanksgiving!

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## Health by Choice, Not by Chance

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One of the biggest challenges we face in today's society is taking responsibility for the choices we make. Chances are you have heard, or even said, "It runs in my family...it's genetic." Genetics commonly takes the blame for many of today's health challenges. There certainly are diseases that are obviously genetic due to duplication or deletion of certain chromosomes. However, blame on genetics is wrongly placed when it comes to diseases created by lifestyle, diseases that lead the pack in causes of death...cardiovascular disease, diabetes, cancer, etc. Even though genetics do play a role in our health, that role is small. The bigger role is played by the lifestyle choices we make. The reason why some diseases appear to run in families is more likely due to the fact that families tend to have similar lifestyle behaviors. Family members tend to eat similar diets,



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have similar activity levels, and similar habits. The question is, are those lifestyle behaviors health promoting or disease promoting. In 2000 a report from the World Health Organization indicated that the US ranks 37 out of 191 countries in healthcare while spending the highest percentage of its GDP on healthcare. This number has been debated over the last decade and may not be entirely accurate. However, we know that all of the leading causes of death in the US are lifestyle diseases. So the answer to our problem is not more drugs and surgery. The only way to improve our health standing is to create more healthy people, and the only way to do that is to improve the way that we live our lives each day.

We must adopt healthier lifestyle behaviors. A good simple equation to live your life by, made popular by Dr. James Chestnut, is Eat Well, Move Well, Think Well. If you want to improve your health then ask yourself if you are doing well in

# Health by Choice, Not by Chance.....continued

these three areas. Are you fueling yourself with a nutritious diet, and are you drinking plenty of clean water and avoiding toxic substances? Are you moving your body in a healthy manner through exercise and play? Do you have a positive mental attitude, are you optimistic about your future? If you're not, what are you willing to do to change? The choices you have made so far in life have resulted in your current state of wellbeing. Your health is not determined by chance. It is not a lottery. You don't just buy a ticket and hope for the best. That's a beautiful thing, because it puts the control in your hands. It also means that you are responsible, whether you like it or not. I realize that there are some unforeseen circumstances in life that we have no control over that may affect our health. The key is how we react and make the very best of those circumstances. **Start today.** You can make change. You can make a difference. If you want to be healthier it's up to you. **Start making better choices today.** You don't have to do a complete 180. Make small changes at first. All you have to do is change your course slightly to end up in a much different place. Don't depend on chance. **Start making healthier choices today.** If you need support or don't know where to start, call today to set up a consultation.

Until next time...Eat Well, Move Well, Think Well.

Dr. Randy Horning

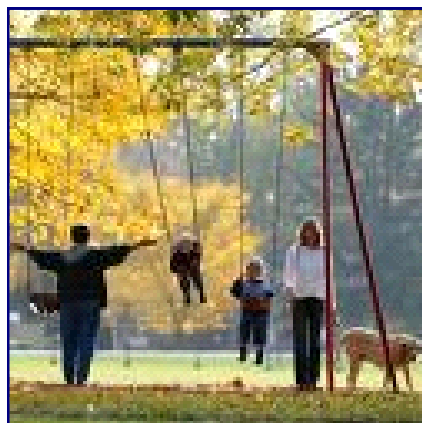
## Falling Forward

Falling forward is not how we normally refer to the changes that occur from summer to fall. We think of, or feel like, we are going backward not forward with all of the changes that occur; we set the clocks back an hour so it feels like we lose an hour of our day, the weather gets colder and breezes have a little more zip to them, the leaves fall from the trees and the grass begins to get brown. With all the seasonal changes that take place and the adaptive challenges we face, we normally refer to it as falling back. It is not only apparent in the environment, it is apparent in how we live our lives.

Something happens to the way many look at life.

It is common to hear people express a sense that there is

*I challenge you to banish the past behaviors and the limited beliefs that life needs to slow down or take a detour this fall.*



less time in the day to accomplish tasks, they no longer want to get up at 6 A.M. to work out because it is dark out where it used to be light, typically many people spend less time in the fresh air and begin to plan more indoor activities that are less physical in nature and in the end, they are left with a feeling of lethargy or decreased energy and inspiration. I submit that this is all a state of mind and nothing short of self sabotage!

I have a challenge for all those that are willing to take control of their lives. I challenge you to banish the past behaviors and the limited beliefs that life needs to slow down or take a detour this fall. Why not turn this thinking upside down and decide to Fall Forward this time around? Why not create a more empowering frame of reference and commit to making the fall and winter the seasons that you take advantage of a slower pace of life and allocate more time to building your mind library with a great reading list? Why not get up even earlier so that you can get a jump on exercise so you can be more alert, vibrate at a higher level, and celebrate the dawn of a new day with a little sweat on the brow and a sense of accomplishment? Why not plan new and exciting outdoor events for the family like hiking, apple picking, leaf peeping, geocaching, and maybe even a friendly game of ultimate Frisbee?

You have the rule book and you have the pencil and eraser too! If the rules used to be that you Fell Back, write new rules and live life to the fullest; live a life that is out of the ordinary and celebrate life on your terms...starting today!

Dr. Randy Horning

# WELLNESS WORD SEARCH

S V P I Y S T N E M A G I L U N S C  
 T L P H E A L T H T N M O I V B T O  
 E A A D M U S C L E U J P S K J R S  
 N X T R Y U Q W Z N T C O G P D E C  
 D H T O C H I R O P R A C T I C S K  
 O S I C Q L M N D T I C R K U H S F  
 N Z T L Q T R S L M T X E X W T D W  
 S E U A X O G W D E I T T R A Q O X  
 F B D N S T N I O J O K A N Z P X I  
 J S E I U A X D R V N U W Q A N J I  
 S F R P U L R O T C O D D Z Y W I B  
 G S L S S S E N L L E W H G U Z S P  
 L D S E P S U B L U X A T I O N T D  
 S L I W C I V J G V E R T E B R A E  
 P G E X E R C I S E N I A R B N Z R  
 I O Z V M N E T S E H C A D A E H F  
 N E M B V D U M A S S A G E L P P Q  
 E U P J N N E R V E Z Q K E U P R P

## Definitions:

- Attitude:** Manner, disposition or feeling with regard to a person or thing.
- Brain:** The part of the central nervous system enclosed in the cranium, serving to control mental and physical actions.
- Chiropractic:** A therapeutic system based upon adjusting the segments of the spinal column.
- Doctor:** Teacher, healer.
- Exercise:** Bodily or mental exertion.
- Headaches:** A pain located in the head.
- Health:** Degree of vitality.
- Joints:** The place of union between two bones.
- Ligaments:** A band of strong tissue that connects bones or holds organs in place.
- Massage:** Rubbing or kneading of the body, to stimulate circulation or relieve tension.
- Muscle:** Bodily tissue composed of elongated cells that contract to produce movement.
- Nerve:** One or more bundles of fibers that convey impulses between the brain or spinal cord and other parts of the body.
- Nutrition:** The study of dietary requirements for proper health and development.
- Spinal Cord:** The cord of nerve tissue extending through a canal in the spinal column.
- Spine:** Structure in the back consisting of bones, ligaments and nerves.
- Stress:** Mental, physical or emotional tension.
- Subluxation:** Misalignment of the spine that interferes with the proper function of the nervous system.
- Tendons:** A cord of dense, tough tissue connecting a muscle with a bone or part.
- Vertebra:** One of the bones or segments of the spinal column.
- Water:** An odorless, tasteless liquid compound of hydrogen and oxygen necessary for life.
- Wellness:** The quality or state of being healthy; An approach to health care that emphasizes preventing illness and prolonging life.

Attitude  
Brain  
Chiropractic  
Doctor  
Exercise  
Headaches  
Health

Joints  
Ligaments  
Massage  
Muscle  
Nerve  
Nutrition  
SpinalCord

Spine  
Stress  
Subluxation  
Tendons  
Vertebrae  
Water  
Wellness



## Recipe of the Month: Crock-Pot Bean Stew



**Prep & Ready Time:** 20 minutes

**Yields:** 8 Servings

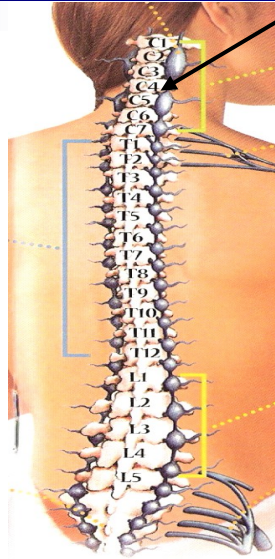
**Ingredients:**

- ~ 2 cups cooked/canned beans (any kind you like), undrained
- ~ 1 14oz can whole tomatoes, chopped
- ~ 2 medium carrots, sliced
- ~ 1 large onion, sliced
- ~ 2 medium potatoes, cubed
- ~ 2 cups celery, sliced

- ~ 2 cups cabbage
- ~ 1 tablespoon Worcestershire sauce
- ~ 2 tablespoons ketchup
- ~ 1/8 teaspoon nutmeg
- ~ 1/8 teaspoon sage
- ~ 1/8 teaspoon thyme

**Directions:**

- ~Add all ingredients, with the exception of the cabbage, to a big crock-pot and mix well.
- ~Cook on high for 5-6 hours, or on low for 10 hours.
- ~During the last hour, add cabbage.
- ~Serve and Enjoy!



T1—A subluxation or interference at this spinal level can affect the arms from the elbows down, including hands, arms, wrists and fingers; esophagus and trachea; heart.

Having a nervous system screening using SEMG and thermography will help determine if these nerves are healthy. For additional information go to:

[www.MyAbsoluteWellness.net](http://www.MyAbsoluteWellness.net)

## About Absolute Wellness and Rehab



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At Absolute Wellness and Rehab we offer a full range of wellness services including full spectrum nervous system and spinal screenings, health consultations, and care planning from acute care through wellness development and maintenance. We supply our patients with continuous education and opportunities to build stronger, healthy bodies and minds. If you haven't had your spine and nervous system checked recently, it could be the best investment you ever make in your future. For more information, please contact us by phone, email or by stopping by our office.

### Our Mission Statement:

OUR PURPOSE IS TO PROVIDE HIGH QUALITY, INDIVIDUALIZED CHIROPRACTIC AND REHABILITATIVE CARE. OUR FOCUS IS TO EXCEED OUR PATIENT'S EXPECTATIONS, PROMOTE WELLNESS FOR THE FUTURE, AND MAKE LIFE TIME FRIENDS ALONG THE WAY.