

Absolute Wellness and Rehab

Wellness News

You Can Use

Inspiring Health and Wellness

Summer is gone and Fall is in the air, the kids are back into their school routines, and change is afoot. As the temperature drops and the days shorten all things living consciously or innately adapt to the changes in our environment. While change is inevitable, we can make the process easier on ourselves if we have the right strategies.

It is in this time of year that we head into cold and flu season. However, with the right tools you can greatly increase your odds to create a healthy and robust immune system that will help you keep those viruses in check. You will also learn why the Holidays may be contributing to cold and flu season in our article, Get Ready for Cold and Flu Season.

One area where many people fall short when reaching for a goal is that they lack discipline. When we lack discipline it becomes easy to do what is comfortable in the

moment rather than what may be uncomfortable now, but will pay later. We share our ideas around this topic in, Don't Give Up What You Want Most, for What You Want Today.

Lastly, this month's goal setting is not just for adults. Teaching children the skill of goal setting will serve them well throughout their lives. If you have children or interact with children we want you to take the time to teach them this valuable skill. If you haven't been setting goals for yourself then our article, Goal Setting for Kids, will be a great refresher for you as well.

Inside This

Issue:

Get Ready for Cold and Flu Season	1-2
Don't Give Up What You Want Most...for What You Want Today	2
Goal Setting for Kids	3
Recipe of the Month: Mediterranean Roasted Broccoli & Tomatoes	3
Wellness Quiz & Answers	4
Upcoming Articles	5

Get Ready for Cold and Flu Season

Fall is here and so is the start of the cold and flu season. While there are no guarantees that we won't end up experiencing one or the other, there are some things we can do to improve our chances. Before we look at strategies to protect ourselves we should look at a couple of significant changes that occur in the environment that contribute to the cold and flu season.

The first major change is the decrease in sunlight. We know that sunlight is necessary for Vitamin D production, but this resource is available less and less each day. At the same time, it is getting cooler outside, so even when we are outside, less skin is exposed to the sun and that means less Vitamin D.

The second factor is the beginning of the holiday season. Between October and April we

have Halloween, Thanksgiving, Christmas, New Years, Valentine's Day and Easter. What does this have to do with cold and flu season? The answer is sugar and stress. As a nation we

...continued on page 2



*The Holiday Season
brings stress and
SUGAR!!!*

Get Ready for Cold and Flu Season ...continued

consume massive amounts of sugar, and the numbers only get worse during the Holiday Season. Think of the candy and dessert that will be consumed in the coming months. The stress many feel during the holidays also has a negative impact on the immune system. The overdose of sugar, the deficiency of Vitamin D, and stress is a recipe for disaster to the immune system.

So I like to keep things simple. We all know that to live a healthy lifestyle we need to minimize stress and have effective ways to deal with stress, put good foods and fluids into our bodies, and move our bodies in healthy

ways. The more we do this the healthier we will be in all areas of our lives. However, if you are looking for something specific you can do to give your immune system an added advantage, include a Vitamin D supplement and minimize the sugar consumption.

In fact, I challenge you to eat less sugar over the next six months than you did in the previous six...

Here's to a healthy challenge!

Dr. Randy Horning

Don't Give Up What You Want Most... For What You Want Today

Often times when I start my day I think about what I want to accomplish, and I begin planning my personal and professional life for that brief 24 hour period. I am like everyone else. I have the same number of hours, the same number of tasks and obligations. I have the same number of conflicting needs and desires and must balance my daily life to coordinate with my family, friends, patients, and co-workers.

It can be challenging at times keeping the plates spinning, but the rewards and sense of accomplishment at the end of the day make life what it is, an exciting, fun, and meaningful experience where we get to either step up to our greatness or shrink in defeat. I feel that planning my day is essential if I want to stay balanced and physically and emotionally healthy, but planning is not enough. I have found that I need to review my day continuously so I stay on track and stay focused to avoid getting scattered and battered.

Each day of our lives we are given choices of how we show up. We are given crossroads to navigate and we are faced with decisions that not only affect our health and wellbeing in the moment, but will shape our future. By reviewing throughout the day and recapping the day's events, attitudes, and actions I can stay on track with immediate needs and long term goals.

I have dedicated my adult years to serving people through the

art, science, and philosophy of Chiropractic, and what I have learned is this: When we give up what we want most for what we want today it leads to one thing and one thing only, REGRET.

If you want robust health, that takes commitment and discipline. If you snooze the alarm instead of going to the gym because it may be more comfortable today to lie in bed an extra 30 minutes, you will never achieve the fitness you desire most. If you want independent financial security, put off that big purchase and deposit that money in a savings account and within a few days the desire for the big screen will go away and your pleasure in seeing the financial security you want most will blossom. If what you want most in your relationships are for them to grow stronger, deeper, and more meaningful over time, don't avoid telling others how special they are and what your special needs may be. If what you want most is flexibility and physical freedom from injury and premature aging, don't wait another minute, start today by consulting with a specialist in wellness lifestyle development and choose a path that will provide you the health security you desire and the stamina and longevity you deserve.

Call our office today and schedule a special consult so we can help you plan your goals, provide guidance and serve you on your journey to success in getting what you want most!

Goal Setting for Kids

In past issues we have encouraged our readers to be active goal setters. The skill and practice of goal setting is a valuable tool that anyone can use to get where they want and achieve what they want. It is also a great skill to teach our children.

By now the kids are back in school and into the routine of going to school, doing homework, and all the other things kids do. But what do they want to get out of it and what do they hope to achieve this year? If you haven't had this discussion with your children, I encourage you to do so and help them set some goals for the rest of the year.

Just like any good goal there are some guidelines that you can teach your kids to help them be more successful. First of all, a goal should

be realistic. If your child is 8 years old they are probably not going to be drafted into the NBA. That doesn't mean that a goal shouldn't be challenging. If the child never played basketball then going out for the team might be a success in itself. If they played before, they may want to improve some aspect of their game.

Second, you should put a reasonable time frame on the goal. Sometimes the goal is attainable but the time frame is unrealistic. Helping your child in a positive and encouraging way can truly make this a successful process.

Next, a goal should be measurable. Whether the goal revolves around scholastics, extracurricular activities, or something personal, there should be some way to determine if the goal has been reached.



...once your child reaches the goal, celebrate their success and make a big deal out of it!

Finally, once your child reaches the goal, celebrate their success and make a big deal out of it. If they fall short of their goal help them figure out what went wrong and what they could have done differently to be more successful. If the goal is still important, come up with a new game plan armed with the knowledge they attained the first time around.

This should help you get started this school season. Have fun setting goals with your kids and for yourself!

Dr. Randy Horning



Recipe of the Month: Mediterranean Roasted Broccoli & Tomatoes



Prep & Ready Time: 20 minutes

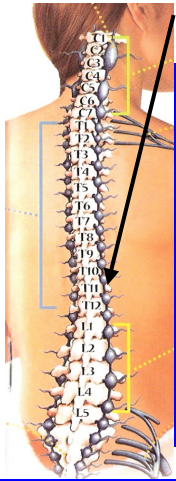
Yields: 4 Servings (about 1 cup per serv.)

Ingredients:

- ~12 ounces broccoli crowns, trimmed and cut into bite size florets (about 4 cups)
- ~1 cup grape tomatoes
- ~1 tablespoon extra-virgin olive oil
- ~2 cloves garlic, minced
- ~1/4 teaspoon salt
- ~1/2 teaspoon freshly grated lemon zest
- ~1 tablespoon lemon juice
- ~10 pitted black olives, sliced

Directions:

- ~Preheat oven to 450 degrees.
- ~Toss broccoli, tomatoes, oil, garlic and salt in a large bowl until evenly coated. Spread in an even layer on a baking sheet. Bake until the broccoli begins to brown, 10-13 minutes.
- ~Meanwhile, combine lemon zest and juice, olives, oregano and capers (if using) in a large bowl. Add the roasted vegetables, stir to combine.
- ~Serve warm with your favorite lean protein.



T12—A subluxation or interference at this spinal level can affect the small intestine, lymph circulation, large intestine, urinary bladder, uterus, kidneys, ileocecal valve.

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

-or-

847-438-0055



Health and Wellness Quiz:

Each month we will be doing a Health and Wellness Quiz. You can e-mail or snail mail your answers to:

1chiroteam@sbcglobal.net

or

Absolute Wellness & Rehab

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We will enter your name in a monthly drawing to win a 1/2 hour massage with our Licensed Massage Therapist, Julie Bennett, at Absolute Wellness and Rehab! Julie joined Absolute Wellness and Rehab in July of 2008. She looks forward to working with you soon! Please include your name and phone number so we can contact you if you win. Your information will only be used to contact you if you are a winner. We will not contact you for any other reason unless asked by you to do so. Winner's first name, last initial, and place of employ-

1. What is necessary for Vitamin D production?
2. What does the holiday season have to do with cold and flu season?
3. What are we left with when we give up what we want most for what we want today?
4. What are the four guidelines to use when teaching your kids to set goals?
5. What organs and/or body parts could be affected by a subluxation at the Twelfth (T12) Thoracic Vertebrae?

September Answers:

1. It has been proven FALSE that the brain is hard wired, section by section, to ONLY be capable of specific tasks and that it is fixed and inflexible from birth.
2. The study of neuroplasticity is showing that the brain can literally be re-wired to allow specialized areas of the brain to control actions and functions that are normally relegated to completely different regions.
3. The future is an outcome, so start today by setting goals, seek advice from an expert in the field of health development, begin believing in your capacity to be well, and act consistent with what it takes to challenge your brain and body to achieve it!
4. It is our responsibility as consumers to educate ourselves, understand what we are buying and Don't Believe the Hype!
5. Our Nervous System controls our internal environment.
6. At: www.MyAbsoluteWellness.net
7. A subluxation or interference at the Eleventh (T11) Thoracic Vertebrae can affect the kidneys, ureters, large intestine, urinary bladder, adrenal medulla, adrenal cortex, uterus, ovaries, ileocecal valve.

Inside the November Issue:

- What is Stevens Johnson Syndrome?
- Speak Don't Tweet
- Going Green Starts with You
- Word Search
- Recipe of the Month
- Recommended Reading
- Health & Wellness Quiz

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 LIFETIME FRIENDS ALONG THE WAY.