

Absolute Wellness and Rehab

Wellness News

You Can Use

Inspiring Health and Wellness

All across the country students and teachers have returned to school and are settling into their school year routine. I recently asked a retired teacher what the biggest change was, in her mind, during her thirty years of teaching. She replied, the amount of support for teachers. We know what a tough job you teachers have, and we honor you this month in our article, One Tough Job.

One of the things we hear about the education system is that it is there to shape the minds of future generations. Certainly it provides opportunities for learning and growing intellectually, but it is up to the individuals to shape their own minds. Modern research is showing more than ever that the ability to shape or change the wiring in the brain is not only possible, but very common. As we have been preaching for some time now, mental health is essential to overall health and you can, Change Your Mind, Change Your Brain, Change Your Life.

Speaking of changing your mind, marketing agencies are always working to get you to change your mind. They try to influence you in such a way that makes you want their product. As consumers, the responsibility is on us to look beyond the ads so that we understand what we are truly buying. In our article, Don't Believe the Hype, we show you some examples of how companies use key words to influence our buying decisions.

Finally, September is always a big month for Chiropractic as we celebrate another birthday. This year we revisit the story of D.D. Palmer, Harvey Lillard and the beginning of the Chiropractic profession in, Happy Birthday Chiropractic.

As summer is winding down and we transition into fall, as always, we wish you great health and happiness.

Enjoy your reading!

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One Tough Job

This month marks the migration of tens of millions of men, women, and children from the parks and beaches to the classrooms. It is with this yearly migration that we find ourselves shopping for new clothes, getting our pencils, binders and notebooks ready, anticipating making lunches, setting our alarms and re-setting our lifestyles to accommodate a new daily regime.

For children it can be filled with hopeful optimism, guarded fear, or mild insecurity of re-connecting with old friends and making new ones, as well as who their teachers will be and how will they navigate new rules and standards. For parents it is a time to rejoice as we now have a structured plan that nurtures the best potential for our children and will inspire them to grow and flourish in finding their interests and developing their minds and social

skills. For teachers and educational professionals, it is A LOT of hard work that requires discipline, responsibility, weeks of planning, countless peer meetings and educational implementation workshops, or in other words, a very focused, intentional, and critically choreographed waltz of love for knowledge and skill in imparting that knowledge to the next generation.

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One Tough Job

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This month we want to give thanks to all the teachers that give so much of their time, energy, and heart in the process of helping us raise extraordinary children that become fully engaged and active citizens in our families and communities! At Absolute Wellness and Rehab, we want you to know that your dedication and service is noticed and we appreciate and love you for appreciating and loving our children!

this message with all those who deserve to read it. With your help though, we think we can reach most of them with a quick forward of this e-mail and a hardy thank you.

If you do decide to share this with a friend or colleague who is in education, you will be showing your gratitude and creating an abundance of positive energy that will fuel an incredibly successful year for everyone!

If you are a regular reader of the “Wellness News You Can Use” and you know a teacher, I would ask that you forward this month’s newsletter to that special person and share this article with them. We know that we are not able to connect

To all teachers out there...thanks again for all you do...you have One Tough Job!

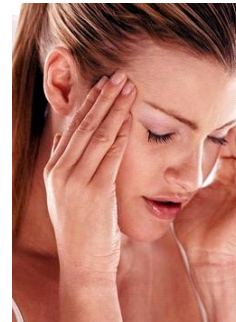
Dr. Randy Horning

Change Your Mind...

It is real, folks, when you change your mind about things you change your capacity to accomplish almost anything. The scientific study of the mind is advancing at rates that are alarming, and the findings of the studies and the people being studied are proving that much of what we thought to be true about the brain is wrong. 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. The research and true stories of people overcoming incredible injuries or attitudes show that we not only can completely change the way we think about our capacity to achieve fulfillment and happiness, but through physical and mental training we can change the brain itself.

regions. There are stories of people who have complete memory loss, regaining the finest details of important moments of their lives; there are stories of people who, after losing whole regions of the brain that used to control motor control function, regaining muscle function after consistent training and re-wiring.

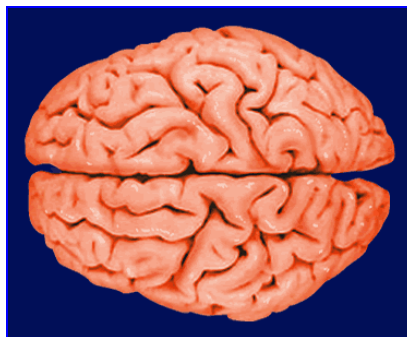
The best part of the research and the stories that are out there is this; the brain is adaptable. The second coolest piece of these new findings is that we can change our belief system, and through that process open up new possibilities that



...I have seen them recover from debilitating pain, I have witnessed patients overcome chronic headaches, digestive and skin disorders...all with natural, healthy means (no drugs or surgery)

once may have been out of our reach due to incorrect thinking such as running for a drug every time we get sick instead of getting a chiropractic adjustment to boost our immune system!

As a chiropractor, I see this every day when I care for patients that have a specific goal for their health and they have a belief system that supports it. I have seen my patients lose many pounds, I have seen them recover from debilitating pain, I have witnessed patients overcome chronic headaches, digestive and skin



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Change Your Mind... *...continued*

disorders...all with natural, healthy means (no drugs or surgery).

How does that happen? Easy, the body, through repetition and time, can move in any direction. The body will move toward sickness as it does when there are negative stresses that cause neural pathways to adapt in negative ways, or the body will move

toward health when there are positive healthy stresses that cause it to adapt in healthy ways. The process of sickness or the process of health are one in the same, the defining factors in whether you are getting healthier or sicker over time are your thoughts, actions, and attitudes. The outcomes speak for themselves.

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!

Dr. Randy Horning

Don't Believe the Hype!

Year after year one of the highlights of the Super Bowl is the commercials. We anxiously await the first commercial break so that we can see what creative ideas the marketing gurus have come up with. There are reasons why companies are willing to spend a million dollars on a 30 second ad, they work. They better work if a company is going to spend that kind of money on an ad spot, plus thousands more to the ad agency and production company that create the commercial.

For the purpose of this article I want you to think about marketing on a smaller scale. If you walk down the aisle of your local grocery store you are bombarded by commercials. Many labels have little commercials built right into them. Slogans such as , Heart Healthy, Low in Fat, Low in Sodium...You get the idea.

I'm not saying that this is necessarily bad, what I'm saying is to look beyond the commercial and *really look* at what is going on with the products you are buying. Something that is labeled, Low Sodium, may have less sodium than other products but still may have more sodium than you want or should have in your diet. The word "Low" is just a relative term compared to similar products.

Another great term is "All Natural". This implies that it is healthy. Maybe it is or maybe it isn't. I tell my patients that a snake bite is all natural, but it doesn't mean it is good for me.

One last example is the term "Organic". In order to use this term, when it comes to food products, the farmers and producers have to follow strict guidelines. However, when it

comes to personal care products you have to be careful because the term means something completely different. In chemistry the term organic means that a compound contains carbon and has nothing to do with how the product was made or manufactured. However, the average person may not know that and would reasonably assume that it means the same thing as does relative to food. Marketers know this and use it to their advantage to sell their product.

If this bothers you, don't get mad at the marketers as they are doing their job, which is to get you to buy a product. They use every possible angle within the law to achieve that result. It is *our responsibility as consumers* to educate ourselves, understand what we are buying and Don't Believe the Hype!

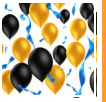
Dr. Randy Horning



...Fiber and Whole Grain...REALLY?!
...What about all the sugar, preservatives, etc., etc., etc...???



Happy Birthday Chiropractic



This month the profession of Chiropractic celebrates its 115th birthday. D.D. Palmer, The Founder of Chiropractic, gave the first chiropractic adjustment to Harvey Lillard on Sept 18, 1895.

Harvey owned the cleaning service that took care of the building where D.D. had a successful magnetic healing clinic. Harvey also suffered from deafness in one ear for many years. After learning that Harvey's deafness came on after an injury to his spine, D.D. examined Harvey and found that one vertebrae was out of alignment with the rest of the spine. This coincided with the area of the spine that Harvey reported to have injured. D.D. figured that if he could restore the alignment of the spine he might be able to reverse the damage

that caused Harvey's deafness. D.D. adjusted Harvey's spine, he did regain his hearing, and thus began the profession of chiropractic. Although a unique set of events aligned themselves to create the opportunity for Harvey and D.D. to meet, it was not all by accident. D.D. was in the right place at the right time to answer a question that had plagued him.

As the story goes, D.D. often wondered why you can have two people that live in the same environment, breathing the same air, eating the same food and drinking the same water and one gets sick while the other doesn't. Ultimately he concluded that it is the internal environment that must be different from one individual to another. What controls our internal environment, our nervous system. So when D.D. adjusted Harvey he was able to start putting the pieces

together. When there is stress and imbalance in the spine that affects the nervous system, this can lead to imbalance and ultimately disease in the body.

D.D. never claimed to be the first person to come up with the idea of adjusting the spine to improve health, that idea goes back at least to the Egyptians. However, he began the process of defining the science, art and philosophy of the profession we know as Chiropractic.

So thank you D.D., Harvey and all the millions of chiropractors and chiropractic patients that have helped shape this great profession.

Happy Birthday Chiropractic.

Dr. Randy Horning



Recipe of the Month: Sweet & Sour Cabbage Rolls



Prep & Ready Time: 2 hours

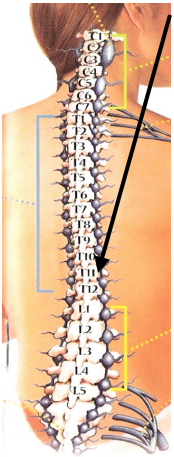
Yields: 6 Servings

Ingredients:

- ~1/2 cup brown rice
- ~1 cup water
- ~1 large Savoy cabbage (approximately 3 lbs.)
- ~1 tablespoon canola oil
- ~1 medium onion, chopped
- ~4 cloves garlic, minced
- ~6 tablespoons lemon juice, divided
- ~1 pound 93%-lean ground turkey
- ~3 tablespoons chopped fresh dill
- ~1 teaspoon caraway seeds
- ~1/2 teaspoon salt
- ~1/2 teaspoon freshly ground pepper
- ~1 1/2 cups no-salt-added tomato sauce
- ~1 cup reduced-sodium chicken broth
- ~1 tablespoon honey

Directions:

- ~Bring rice and water to a boil in a small saucepan. Cover, reduce heat and simmer until the water is absorbed, 25-30 minutes. Set aside to cool.
- ~Meanwhile, bring a large pot of water to a boil over high heat. Boil the 12 largest outer cabbage leaves for 6 minutes. Drain and rinse under cool water until room temperature. Chop enough of the remaining cabbage to equal 2 cups.
- ~Heat oil in a large saucepan over medium heat. Add onion and the chopped cabbage. Cook, stirring often, until softened, about 3 minutes. Add garlic; cook, stirring for 30 seconds. Add 4 tablespoons lemon juice; cook, stirring, until the liquid has almost evaporated. Let cool for 10 minutes.
- ~Mix turkey, dill, caraway, salt, pepper, the onion mixture and cooled rice in a large bowl.
- ~Preheat oven to 375 degrees. Coat a 9x13 inch pan with cooking spray.
- ~Lay one cabbage leaf on your work surface; cut out the thick stem. Place about 1/3 cup of the turkey mixture in the leaf's center. Fold the sides over the filling, then roll closed. Place seam-side down in the baking dish. Repeat with the remaining cabbage leaves and filling. Whisk tomato sauce, broth, honey and the remaining 2 tablespoons lemon juice in a medium bowl. Pour evenly over the rolls. Cover the pan tightly with foil.
- ~Bake the cabbage rolls for 1 hour. Uncover and continue baking, basting the rolls with sauce several times, for 20 minutes more.
- ~Serve and Enjoy!



T11—A subluxation or interference at this spinal level can affect the kidneys, ureters, large intestine, urinary bladder, adrenal medulla, adrenal cortex, uterus, ovaries, 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-

Photo taken by: Beth Borre

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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Lake Zurich, IL 60047

We will enter your name in a monthly drawing to win an exercise ball. 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 employment will be listed in a future issue.

1. True or False...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. What is the Study of Neuroplasticity showing?
3. The future is an _____, so start today by _____.
4. It is our responsibility as consumers to do what three things?
5. What controls our internal environment?
6. Where should you JOIN US in order to get up-to-date wellness information and videos from the doctor?
7. What organs and/or body parts could be affected by a subluxation at the Eleventh (T11) Thoracic Vertebrae?

August Answers:

1. AW&R writes often about the importance of having a positive attitude because it is so important to our health and wellbeing.
2. There are many things you can do for a Date Night, including but not limited to, watching a movie, enjoying dinner, having a picnic, talking a walk, taking a drive, etc...just make sure you send the kids away!
3. The newest recommendations for sodium intake in a day are no more than 1500-2500 mg, but the average American eats between 4000-4500 mg.
4. The choices of spices to add to your food are limitless, but a few to choose from include pepper, garlic, cumin, chili powder, lemon juice, oregano, thyme, black/red pepper, ginger.
5. The desire for salty food is acquired through habit and eating patterns more than it is driven by physiological need.
6. For a complete list of the available presentations our doctor offers, please copy and paste this site to your browser:
<http://www.MyAbsoluteWellness.net>
7. A subluxation or interference at the Tenth (T10) Thoracic Vertebrae can affect the kidneys, appendix, testes, ovaries, uterus, adrenal cortex, spleen, pancreas, large intestine.

Inside the October Issue:

- Meditation to Free Your Mind
- Goal Setting for Kids
- Get Ready for Cold & Flu Season
- Don't Give Up What You Want Most for What You Want Today
- Recipe of the Month

About Absolute Wellness and Rehab

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.

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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.
