



Chiropractic Miracles

Delivering You the Best Word in Wellness and Natural Health Care

Dr. Wendy Lanser, Doctor of Chiropractic Breakthrough Patient Newsletter...

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Stephen J.'s Testimonial

Dear Patient and Friend,

A new study from the University of North Carolina showed that our genes respond to kindness. The research included three groups of people – one group that learned to meditate, one group that learned a special loving kindness meditation, and a control group that did not meditate at all.

The results were startling. The group that learned and practiced the loving kindness meditation had measurable changes in their genetic material – specifically, the protective end caps on each chromosome, called telomeres, showed decreased wear and tear.

Why is that important? The wear and tear on the telomeres is a sure sign of aging – in other words, those who practiced the kindness meditation actually slowed their aging process! That means that there is a direct relationship between being kind and living longer.

So, there's more to kindness than just being a nice person, though that is of course a good thing to be. It turns out that looking for ways to express kindness is good for you as well as those you are kind to – it extends your life, makes your body work better, and it feels really good, too!

Practice kindness – it will make this world a better place, and also give you more years to live and enjoy.

How to Be Happier

Who wouldn't like to be happier? Besides the obvious, feeling better, being good company, and avoiding boredom, there are health benefits that happen automatically as we generate and express happiness.

How to Be Happier

Let's look at the way you create happiness through four important chemicals, known as hormones, which you produce for yourself with your brain and body.

There are four important hormones that generate the shades of happiness in your mind and body. Don't be intimidated by these scientific terms – they are easy to understand once you get comfortable with them.

The first type of hormone to look at is endorphins, substances that shut down pain, like for example when you exercise. They generate the rush you feel when you complete a vigorous workout. Endorphins are also produced when you experience something funny, like jokes or your favorite comedy show. So if you want more of this happiness hormone, exercise regularly and your body will get good at creating it. Also, read, listen to or watch something you find funny or entertaining, and that will bump up your endorphins.

The second happiness hormone is dopamine, which is turned on when you finish or complete something, leading to feelings of satisfaction. Dopamine spikes when you feel appreciated for something you did, making you feel successful due to your achievements. Any new experience where you accomplish something will turn on the dopamine, so you feel good about yourself.

The third happiness hormone is serotonin, which is produced when you do something nice for someone, or serve them well. Solving problems for others, offering information that helps someone, or inspiring other people to do good will generate serotonin.

The fourth happiness hormone is oxytocin, which is produced when you are close with or touching someone. When you shake hands, hang out with family or embrace someone you care about, your body spills oxytocin into your bloodstream, producing feelings of pleasure that lead to happiness.

When you are happy, the challenges of your life become more manageable, so you can handle the stresses you encounter without undue wear and tear on your mind and body. And there are many practices and actions you can use to get these happiness chemicals flooding your system with good feelings.

Of course, your definition of happy may be somewhat different from someone else's but there are many ways you can personalize this happiness chemistry, and turn on the joy for yourself. Try some or all of these easy techniques for getting happier.

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How to Be Happier

For example, if you want your kids to be happy, consider this – you can encourage them to engage in physical activity, which will fill their systems with endorphins. Get them to complete their school assignments and homework, and acknowledge them for it, and they'll be rewarded with dopamine. Assist them in seeing the value in charitable pursuits or volunteer work, or get them to help out around the house, and their serotonin will flow. And of course, hug them if you want to boost their oxytocin.

As far as being happier yourself, there are so many options, you'll surely be able to find a recipe that works for you.

You could simply sleep more, or eat better, or exercise regularly. You could practice mindfulness, or conquer one anxiety, or lose one bad habit. You could learn to meditate, or do yoga, or study martial arts. You could spend ten minutes or more outdoors every day appreciating nature, or develop more supportive self-talk.

There are also many wonderful books, recordings and videos that can entertain you, focus you on happy thoughts, and give you a sense of purpose to move forward with a pleasant outlook.

Whatever you decide, you can be happier, in your family, your work and your life in general, based on your lifestyle decisions. It's your choice – choose wisely, and you and those you care about will have a happier, longer, more productive life.

Optimism Improves Longevity and Quality of Life

A decades-long study at Boston University School of Medicine has concluded that those with greater optimism are more likely to live to age 85 or older. This massive study was based on over 70,000 participants, followed between ten and thirty years.

The upbeat people in the study lived 11-15% longer, prompting lead author Dr. Lewina Lee, clinical research psychologist at the National Center for PTSD at the Boston VA and assistant professor of psychiatry at BUSM, to say, "This study has strong public health relevance because it suggests that optimism is one... psychosocial asset that has the potential to extend the human lifespan."

But optimism doesn't only extend life, it enhances it. Your brain and body make chemicals that make you feel good and live longer. Those who are optimistic are nicer to be around, and tend to handle adversities better and faster. And, optimism is contagious – you probably know someone whose attitude is so good, it raises up the mood of anyone in their sphere of influence.

Optimism Improves Longevity and Quality of Life

No doubt you know someone who lights up the room when they enter. And likewise, you may know someone whose dark negativity makes them a challenge to be around. The question is, which would you rather be? And which would you rather be known as?

So if you are wondering if you can do anything to make our planet a better place, wonder no more – by adopting a kind, optimistic and happy worldview, you not only increase the quality and quantity of your own life, you make a bigger difference in the lives of those you come in contact with. So, adopt an optimistic viewpoint – it's good for you, and good for those you care about.

Stephen J.'s Testimonial

"It's been more than a decade since I first began being treated by Dr. Wendy. Reflecting on the years, I appreciate her healing touch even more.

Years of critical care nursing had begun to wear on my body. Pain in my neck and back were common. I also suffered a nasty back injury that threatened surgical intervention. In the early days, Dr. Wendy's treatment brought relief from the physical pain and dysfunction. With her consistent healing, my body began to change. At some point, I realized that pain was no longer my baseline. And, the long hours of work were no longer exhausting. My world continued to expand as my body became capable of supporting me through life.

With the physical pain out of the way, I found that Dr. Wendy's treatment reached beyond my physical body. Those minutes of deep breathing would serve as an introduction to meditation and the peaceful release that comes from it. Chiropractic care began to magnify my active pursuit of emotional healing and spiritual growth. In the moment, I was not yet aware of how all of the pieces were working together. Now, I see it so clearly and live in awareness of the power of alignment.

I know that Dr. Wendy's treatment can bring healing and growth, no matter where you are on the spectrum on function, pain, or awareness. I feel and live better now than I did 11 years ago. Wellness and joy are now my baseline. I have experienced tremendous personal, professional, and educational growth. And, a huge part of that was enabled when I began a life-changing track of treatment with Dr. Wendy years ago.

Thank you, Dr. Wendy. You have brought healing and enabled my inner strength and power to awaken."

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-Stephen J. Oakland