



# 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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Dear Patient and Friend,

Unless you live in an area that is warm in January and February, you're probably looking forward to getting outside for a breath of fresh, spring air. The change of seasons is a time for exhilaration, but it also causes stress for some people.

Spring cleaning, gardening, outdoor sports, getting kids to and from their school and social engagements – there's a lot going on, and it can be hard to keep up.

That's why it's so important to take extra good care of yourself, so the stresses of the season don't knock you off course. Get enough sleep – seven or eight hours for most people. Drink enough water – at least six or eight glasses a day, if not more. Avoid processed foods, salty and sweet snacks, and instead choose fresh, wholesome, healthy foods and treats.

Everything you do to make yourself healthier is an investment you make in yourself. And one of the best investments you can make is to get yourself and your loved ones a check-up by your family chiropractor, Dr. Wendy Lanser, DC.

Chiropractors are trained to advise you on improving your quality of life. Through good lifestyle decisions on diet, exercise, stress relaxation and healthy brain and heart care, you can reach your health potential and reduce the probability of many diseases.

Spring cleaning isn't only for your house and your flower beds – it's also for your body. Pay attention, get some advice and make sure you make good choices about your springtime wellness habits. That's how you March Toward Health!

## Twenty Ways To Improve Your Mood

An advertising agency in Montreal, Espresso Communications, published a list of twenty methods to improve your mood.

- 1. Write a to-do list** – If your mind is full of thoughts and responsibilities, try a to-do list. Empty out your head onto a pad or notebook, and you'll feel lighter – plus, you can follow up easier when you put it on paper, especially if you assign target dates. Clear some memory, write it down.
- 2. Take a walk** – Exercise gets your endorphins, your feel-good chemicals flowing. Movement gives you positive energy.
- 3. Eat some dark chocolate** – Dark chocolate also turns on your feel-good hormones, just don't overdo it.
- 4. Wake up your sense of smell** – The scent of baking cookies, the aroma of beautiful roses, inhaling sea air – our noses help us enjoy our food, as well as giving us vital information about our environment. Breathing itself is constructive, and when you add a meaningful and pleasing smell, it's even better.
- 5. Get your hands dirty** – Gardening is relaxing on so many levels – communing with Nature, holding life in your hands, planting and nurturing – it all makes you feel good, like you're doing something that matters.
- 6. Listen to music** – Everyone has personalized taste, but when most people hear music they enjoy, it makes them move their bodies, breathe in rhythm and stretch their imaginations. Your brain makes more feel-good chemicals, you get calm and happy, and it happens fast.
- 7. Dance** – Moving to music is universally accepted as great exercise and beautiful art, and it is also a great stress-buster and mood booster. Regardless of your experience or skill level, dancing makes you feel great.
- 8. Visit with friends** – “The Blue Zones,” a book on longevity and quality of life, points out that having a social support structure is essential in long-living cultures. Spending quality time with family and friends soothes you, grounds you and provides a special kind of pleasure.
- 9. Have some green tea** – The antioxidants in green tea inspire better immune function and improve well-being. Your brain loves green tea, because it turns on more of those feel-good hormones.
- 10. Pay it forward** – Kindness is a secret way to feel good – it costs nothing, and makes a difference in someone's life. Be nice, it helps you too.

*“Pay it forward – Kindness is a secret way to feel good – it costs nothing, and makes a difference in someone's life. Be nice, it helps you too.”*

*"Six months ago I walked into Dr. Wendy's office in pain and despair. I could live with the pain, the pain of not having other options, but surgery was a devastating idea. After epidurals of cortisone, a year of physical therapy & a combination of chiropractic, acupuncture & massage I felt defeated & left with not much hope. A friend of mine recommended Dr. Wendy & I had the good fortune to be handled in a different way. It wasn't about the way Dr. Wendy explained her approach it was seeing how well my body responded that made me hopeful that I could heal. I have been getting better to the point that I am hiking, swimming, cycling & sitting with NO pain. That is a MIRACLE! Thank you Dr. Wendy! For an amazing summer where I am feeling alive & grateful to enjoy my body & feel reconnected with nature and the life flow."*

*-G.Q. San Jose*

## Twenty Ways To Improve Your Mood

- 11. Buy a full spectrum lamp** – Some people are sensitive to the change of seasons, so special lights that imitate natural sunlight can stimulate your brain to make more happy chemicals.
- 12. Bring a smile** – Your facial muscles are triggers for emotion, and are triggered by it – you can make yourself feel happier by smiling, which signals your brain that something is good, so it responds accordingly.
- 13. Pet a dog** – Snuggling with a cute pooch reduces your stress hormone, cortisol, so you feel more relaxed and less stressed.
- 14. Tune out** – Learning to meditate or quiet your internal dialogue is a sure way to lighten your load and improve your mood. Getting silent on the inside is time-tested and effective at reducing negative emotions and making you feel better overall.
- 15. Choose a fresh look** – A new haircut, a new outfit or at least a new combination of clothes or jewelry will give you a new energy field. By changing your look, you also change your outlook.
- 16. Get organized** – Tidy up your desk, workspace, bedroom or living space. Clutter distracts us, and annoys us subconsciously – straighten up your things, reclaim control over your territory, and see how it influences your mood.
- 17. Stretch** – When you tense and relax your muscles, you increase circulation, breathe more deeply, and generate more happy hormones. It will also help you stay present, instead of worrying about whatever was on your mind.
- 18. Let the sun shine in** – Open your shades and let the beautiful rays of the sun come into your home or office. It will lift up your spirits and put a smile on your face. Sun increases your production of serotonin, another of your brain's feel-good chemicals. Let the sun cheer you up naturally!
- 19. Take a nap** – Most of us are sleep-deprived without realizing it, and the stress hormone cortisol spikes with fatigue. A little power nap will leave you feeling refreshed and ready for the rest of your day.
- 20. Take a break from social media** – Many studies link stress to screen time – give yourself a little downtime without your phone, tablet or TV, and you'll be surprised how much calmer, happier and less jangled you feel.

There are many ways to bring down your stress levels and bring up your happiness – regulating your mood is a habit that comes back to reward you many times over.

Discover ways to make yourself feel good naturally – it will improve your quality of life.

## The Secret Way To Feel Great

Most people think of going to their chiropractor when they have a pain in the back, headache or other painful condition. But what many people are discovering is that getting regular chiropractic adjustments is one of the best things you can do to relax your mind and body.

Moving your spine nourishes your brain, and chiropractic adjustments move your spine to stimulate your brain to work more efficiently. Latest research shows that spinal health is essential for brain health, and brain health is essential for decreasing stress and increasing wellness.

Stress contributes to serious conditions like heart disease, cancer, diabetes, obesity and mental illness. So, reducing your stress and maintaining a positive attitude will pay off in less illness, more fun, greater longevity and a better quality of life.

Now you know that chiropractic adjustments will not only help you get relief from painful problems, they will also improve your outlook on life and make you feel better and live better overall.

It's worth it for you to develop habits that ensure a healthy brain – enough sleep, proper diet, sufficient exercise, practicing some relaxation technique and getting chiropractic care. It's a combination that will keep you young and strong for years to come.

*“... reducing your stress and maintaining a positive attitude will pay off in less illness, more fun, greater longevity and a better quality of life.”*