



Chiropractic Miracles

Delivering You the Best Word in Wellness and Natural Health Care

Dr. Wendy Lanser's Breakthrough Patient Newsletter...

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May :: 2012 Issue

MAY SPECIAL

**New Patient Exam and X-rays
if necessary \$75**

**All Patients are entered into a
Drawing held on May 31, 2012
3 Winners**

**PRIZES: \$50 Gift Certificate to
the following services:**

**For Your Nails Salon: 209 State
St. Los Altos (650) 941-0491**

**Rita Beauty Salon: 616
Hollenbeck Ave, Sunnyvale
(408) 888-0152**

**Merry Reimer 45 min
Massage: Lanser Chiropractic
(408) 245-5454**

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Dear Patient and Friend-

Most people, when asked if they are healthy, usually respond based on the presence or absence of symptoms, as if having symptoms means they are sick, and not having symptoms means they are well.

This is a common misconception, fed by the media, by many doctors, and by the giant businesses that thrive on selling drugs and other symptom-removal products.

Actually, while there is a place for this line of thinking, modern-day health consumers realize that they can be sick and have no symptoms, like when someone feels fine but quietly has a serious disease like cancer or heart disease, or when someone experiences pain while not suffering any serious malady, like when you stub your toe or get a splinter.

The way you feel does provide some valuable information, but it is hardly the determining factor as to your level of health. It's important to understand this in order to know how to properly care for yourself and your family and which kind of care to seek when you need it.

That's why knowledgeable health consumers develop relationships with health and wellness advisors, to learn about their body function and understand their health status. It's not foolproof, but it's better to get regular examinations of your teeth, eyes, skin, heart, spine and nerve system, to be sure you are staying on course and picking up on any deviations from normal before they turn into something unpleasant or dangerous.

An ounce of prevention is worth a pound of cure, ask Dr Wendy how she can advise you on the habits and lifestyle decisions that lead to a better quality of life – you'll be glad you did!

I Often Get Asked is Stress good for you?

Avoid stress? Impossible! To be alive is to be under stress. But stress is not necessarily bad for you; it is also the spice of life; any activity causes stress. The same stress that makes one person sick can be an invigorating experience for another. (1)

With too little stress you'd be bored to tears; but with too much you'd develop emotional and physical disease. Properly handled, however, stress can mean a life of challenge, excitement and growth. The biographies of great scientists, explorers, artists and other creative people reveal that times of intense stress are also times of insight, creativity, accomplishment and growth.

Chronic stress and Chiropractic Care

In olden days we'd confront a lion, tiger or bear and run away from it. After we were safely away our stress levels would drop. Or we'd fight it and kill it so it would become our dinner and our stress would disappear (or we would become its dinner, in which case we would definitely kiss all earthly stress goodbye).

But what if you have a fight with your boss or spouse? What about making a living and paying bills? You can't run away and you can't kill – you have to cope. Living in this world of not quite fight and not quite flight causes us to often carry around unresolved, chronic stress that has been linked to nearly every disease or condition: colds, infection, ulcers, digestive troubles, high blood pressure, asthma, arthritis, heart disease, cancer and premature aging. This unresolved stress slowly robs you of health and vitality and, ultimately, of life itself.

The chiropractic approach

Chiropractic provides everyone, no matter what their age, with a powerful way of defusing and reducing chronic stress, and gives us the energy to handle stressful situations so we'll benefit from the experience.

Chiropractors are specially trained to locate and correct a, destructive, chronic stress that blocks your energy, interferes with your life expression and reduces your ability to function at your full potential: the subluxation.

Most people have subluxations in their bodies for years without knowing it; all the while they slowly fall apart – energy levels drop, diseases appear and increasing body wear and tear accelerates aging. It's similar to a house with termites – no apparent damage at first but one day the floor collapses!

Only doctors of chiropractic specialize in the location and correction of subluxations – this promotes better adaptation to environmental stress, whether physical or psychological. That is why it's so important for everyone to see a doctor of chiropractic on a regular or periodic basis.

No matter what your health problem, keeping your body free from subluxations will permit you to better deal with stress, heal better, function better and enjoy life more. (2-5) Are you carrying around chronic subluxation stress? Are your loved ones? See Dr Wendy to get the subluxations located and corrected.

Think About It!

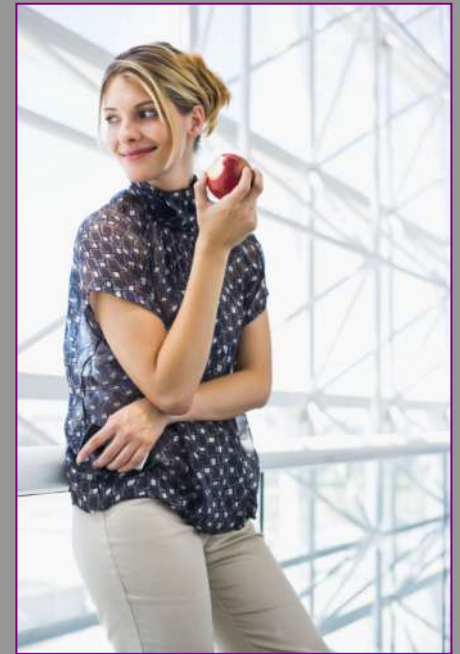
Getting healthy depends on what you focus on.

This is more than just an interesting idea, it's an important and valuable reality. Scientists tell us that the experience we have moment to moment and day to day throughout our lives depends on what we focus on. If that is true, it begs the question "What are you focused on?"

During more private moments, it is easier to notice what you are focused on because all you really have to do is "check in" with your internal chatter and how you are feeling. When things are quiet and you can be with your own thoughts, it is essential to notice what they are and make sure they, and you, are focused on the things you want, as opposed to thinking about the things you don't want.

Why is this necessary? The human mind often does not notice the "negatives" in our thoughts. For example, if I say to you, "Whatever you do, don't think about a pink polka dot elephant," you might notice that a "pink polka dot elephant" instantly becomes your focus. This is because the mind ignores the "don't" part (negative) and goes right to the "think about" part. This happens naturally most of the time in all of us.

So, if you think to yourself "just ignore the things that annoy you about him," your tendency will be to focus on the "things that annoy you about him," not the "ignore" -- curious, isn't it?



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Think About It
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Think About It!

So, then, how can this support you in being healthier?

Well, what do you think about, when it comes to your health?

Are you thinking of not being sick? Your mind may be tricked into focusing on "being sick," not the "not." Are you thinking about not being in pain? Your mind will tend to focus on "being in pain." Are you thinking about not having trouble sleeping, digesting, or breathing? Your mind will look right at the symptom, not the "not."

Instead, you could concentrate on being well, feeling great, and sleeping, digesting and breathing well. By paying attention to the way you construct your thoughts, you can choose better words to express your feelings, and guide your mind toward better results.

So, try on, "I am relaxed, and it's easy for me to fall asleep." Or, think "my body works well and I am good at digesting my food and breathing normally."

Or, "I practice good lifestyle habits like eating well, drinking enough water, and getting regular chiropractic adjustments so my spine and nerve system are healthy." This is the way you can use your mind to help you be healthier.

Could it really be that simple? Clearly, you'll have to do more to be healthy than just monitoring and managing your thoughts. But most doctors agree, it's a secret weapon you can use to improve your chances at health and wellness, when you take the responsibility to create the right mental and emotional backdrop to your health habits.

You'll still need to develop a healthy lifestyle, but if you want to be as healthy as possible, think about it!

Did you Know Cholesterol is Made by Your Cells?

Why would all your cells make this terrible, unhealthy, disease-causing chemical? Because cholesterol is not a terrible, unhealthy, disease-causing chemical – it is essential for life and health and without it you would die. Cholesterol acts as an anti-inflammatory and helps your muscles, heart, organs and nerves to function properly.

Cholesterol Fights Inflammation

Cholesterol functions like a fireman – it fights inflammation. If you have very high cholesterol it means there's inflammation in your body and your body is responding with cholesterol to keep you healthy and combat the inflammation. The inflammation may be due to a poor diet, toxins, dental infections, emotional stress and, of course, subluxations.

For good brain function, memory, healthy blood vessels and protection against Alzheimer's disease, stroke, heart disease and cancer you need lots of good fats and cholesterol from organic butter, cream, eggs, meats, coconut oil and olive oil. Especially avoid margarine and unhealthy oils such as canola, corn, safflower and cottonseed oil.

Cholesterol is necessary for life and health. If you need to lower your cholesterol, it's best to get to the cause of inflammation rather than deal with its effects.

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If You Want to Know About Health, Ask Mom

Mother's Day is set aside each year to appreciate the oldest and perhaps most prevalent role in our culture, motherhood. Moms are called upon to raise children, run households, juggle careers, be a neverending source of entertainment and diversion for kids, and address issues that no one else seems to be able to handle.

But one of the most important jobs that lands on Mom's list is to oversee the family health and wellness. Mothers tend to have an intuition, a sixth sense about what's right for their families. Often, the mother decides what the family eats, which activities are too dangerous to risk, and which doctors the family goes to.

This is why it's important for mothers to understand the value of chiropractic care for themselves and their families. Often, when Mom begins her own spine and nerve system care with her chosen chiropractor, she opts to bring the children in for a check-up, to be sure that there are no early problems brewing, and sometimes even insists that Dad has to come in to get checked too.

Why do moms tend to care so much about bringing the family in for chiropractic care? Because mothers inherently know what's good for their family, and keeping everyone healthy is far better than waiting to get sick and then trying to get better, which can be inconvenient, costly and painful.

It's more logical to stay well than to have to get well, so moms all over the world bring their families in for regular check-ups and chiropractic adjustments when necessary. Faced with ongoing family decision-making, they usually just naturally know the right thing to do, so if you want to know about health, ask Mom!

Patient Stories:

A 42 year old man came into our office with teary eyes complaining of daily migraine headaches that had become so severe he was in the ER days before getting CAT scans of his brain and heavy pain medications. His headaches had gotten so bad it was difficult to rock and cuddle his 2 young boys. He also had shoulder and arm problems. After his consultation he had his spine evaluated at Lanser Chiropractic and mis-alignments were identified and treatment began. After his first gentle upper neck adjustment his migraine subsided. In just a few weeks he not only is headache free but is enjoying playing with his young boys and holding them without pain and playing the best tennis he has ever played.

"My headaches are gone. It is amazing. I want to tell everyone. I could literally go into the hospital and pull handfuls of patients out who could benefit from your care. I had no idea Chiropractic had advanced like this"...Bahram Aram, MD Palo Alto

Hear What Other Patients are Saying:

Dear Dr. Wendy Thank you SO much for your care, endless support and love, you are amazing. What a fortunate event that led me to your healing services. I can only consider myself among a lucky group of patients that you serve! Thank you, Thank You..... Diana in Sunnyvale.

"When I first came to Dr. Wendy I had bad Neck Ache. I did not mention to her that I had headaches for the longest time but she could feel in my body that I had headaches and asked about them, to my amazement. I now have no headaches and no neck pain. I have my life back. Thank You Dr. Wendy. Anne from Sunnyvale

Until Next Time:

I would love to share your story with others. Please write or stop by to give us your feedback. Are there subjects you'd like to hear about? And, of course, if you'd like a copy of this newsletter to give to a friend or loved one stop by the office.

Dr. Wendy



Moms contribute so much to our upbringing – they can serve as a sympathetic ear, a strong back, a willing taxi driver, an expert manager, a source of wisdom, a cheery voice, and a world class problem solver.



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If you want to know about health, ask Mom AND Patient Stories