



# Chiropractic Miracles

Delivering You the Best Word in Wellness and Natural Health Care

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

**Lanser Chiropractic Inc.**

990 W. Fremont Ave Ste P

Sunnyvale, CA 94087

408-245-5454

[www.lanserchiropractic.com](http://www.lanserchiropractic.com)

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Dear Patient and Friend,

Holidays of gratitude like Thanksgiving give us more than an opportunity to demonstrate our appreciation.

Modern science is proving that gratitude actually helps us to live longer, and with a better quality of life. Most of us realize the detrimental effects of stress, and gratitude is being shown to reduce our stress.

On webMD.com, University of California Davis psychology professor and gratitude researcher Dr. Robert Emmons, says that "feelings of thankfulness have tremendous positive value in helping people cope with daily problems."

Grateful people have healthier immune systems, so they get sick less often, and get better faster when they do. That's because people with a positive attitude produce more protective blood cells than those who are more pessimistic, studies show.

So, it seems that gratitude has real health rewards! Here are four simple steps to help you be more grateful and get those health benefits.

1. Make a gratitude journal, and make regular entries to remind and focus yourself on what you have to be thankful for.
2. Write a list of the assets in your life, and see if you take any for granted, so you stay mindful of your blessings.
3. Monitor your self-talk, and communicate better with yourself, so you can maintain your balance and good attitude in times of duress.
4. Choose a better way to deal with adverse situations – after all, you feel differently if you look at who's in the diaper than you do if you look at what's in the diaper.

Get into the habit of noticing the good things in your life and appreciating them – not only does it make you nicer to be around, it could increase your longevity and give you a better quality of life.

## Nine Reasons You and Your Family Need Regular Spinal Checkups

Many families get regular physical exams from their general practitioner, regular dental exams from their dentist, and, as needed, visits to the orthodontist, podiatrist, psychologist, optometrist, or nutritionist, depending on your family's need for advice on their teeth, feet, eyes or whatever.

All of these specialists contribute something unique and important to your family's health care. But who takes care of your brain, spine, and nerve system? Who helps you with normal brain, spine and nerve system maintenance and health care, designed to create vibrant, glowing good health and vitality?

It's your neighborhood chiropractor who has earned a doctor's degree in brain, spine and nerve system care. Doctors of chiropractic specialize in nerve system care, whether they are helping you with a painful problem so you can get healthy, or providing ongoing wellness services so you can stay healthy and get even healthier.

Families that care most about their health and wellness have learned to include doctors of chiropractic on their list of most trusted advisors. Here are nine reasons you and your family would benefit from regular spinal checkups.

1. Spinal checkups tell you what's going on in your brain and nerve control system. Just like MDs look at the blood to tell them what the organs are doing, chiropractors look at the spine to see what the nerve system is doing. No other professional is more experienced at interpreting these indicators than a chiropractor, so you get the best information possible about how to take proper care of yourself and your family.
2. Spinal checkups help you find imbalances early so it takes less time, money and suffering to deal with any problems that develop.
3. Spinal checkups help your doctor of chiropractic to know what a normal baseline is for you, so any changes or deviations can be detected and dealt with before they cause unpleasant symptoms or damage to the nerves or structure.
4. Spinal checkups make you and your family conscious of posture and help you remember to stand up straight, and sit, drive and sleep with the proper support and alignment.

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Nine Reasons You and Your Family Need Regular Spinal Checkups

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## Nine Reasons You and Your Family Need Regular Spinal Checkups

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*"Dr. Wendy has treated me for frozen shoulder, lower back pain, shoulder tension, foot injury and poor sleeping. Dr. Wendy is a gifted, caring healer. She continues to understand my concerns and treat every complaint I have about my body with wisdom & respect. I am a senior citizen who is healthy and active because of the excellent care I receive at Lanser Chiropractic"*

**G.R. Cupertino, CA**

5. Spinal checkups spare you and your family unnecessary suffering, when serious problems are discovered before they are causing severe symptoms.
6. Spinal checkups expose young minds to a new career choice, when they discover the option of becoming a doctor of chiropractic, joining an exciting and productive profession that makes a huge difference in millions of people's lives.
7. Spinal checkups reveal areas of interference and poor function, which affect how your body works and heals itself.
8. Spinal checkups help you and your family get your bodies and brains working together for the best quality of life and vitality possible.
9. Spinal checkups give you a sense of security, knowing that an expert is helping you keep yourself and your family as healthy as possible.

All chiropractors believe that you and your family should get periodic spinal checkups, but depending on your family's health status and your doctor's opinion, you may be asked to come in weekly, monthly, or some family members may need considerably more attention than that, depending on their condition and their health goals.

Your chiropractor will custom-tailor a schedule of care that is ideal for your family's health care needs – and no one is better equipped to help you take better care of your brain, spine and nerve system. Ask your doctor of chiropractic to explain how you and your loved ones can be as healthy as possible – you'll be glad you did.

## Exercising Inside When It's Too Cold Outside

On [military.com](http://military.com), former Navy SEAL and fitness authority Stew Smith gives us some great ideas to keep our fitness and workout schedules going during the winter with some indoor exercise tips.

Smith teaches a balanced workout, including resistance training for the chest, arms, shoulders and legs, torso exercises for the abdomen, upper and lower back, and cardiovascular exercises as well.

Calisthenics, isometrics, dumbbells, elastic bands or just your body weight can be applied to create an overall exercise routine that can keep you fit when outdoor options are not available.

For your upper body, you can do jumping jacks or jump rope. You can do pushups or reverse pushups. You can flap your arms like a bird, or try some dips with the help of a sturdy chair. Add some crunches and planks to build the core and lower back. Then, you can work on the lower body with squats, lunges and calf raises.

To vitalize your heart and blood vessels, you can walk in place, throughout your house or up and down stairs. Add more jumping jacks or jump rope, and you've done a complete workout that not only strengthens and fortifies you, it helps you burn fat, too.

Smith advises to do at least something every day, like an alternating routine with upper body exercise one day and lower body the next. He recommends mixing in the abdominal and lower back exercises during "rest" periods, and short intervals of cardio in between sets to help muscle groups to recover.

To keep it fun and interesting, Smith keeps a deck of cards by his exercise area, and draws a card to see how many repetitions he will do of each exercise. Picture cards are 15 and Aces are 20, so if you want to vary your workout, that's one clever way to do it.

Just because it's cold outside, you don't have to put on your "winter twenty" – stay fit with some indoor exercise, and think how great you'll look on the beach next summer! And if you want more suggestions on your winter exercise routine, just ask your family chiropractor.

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