



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,

Everyone loves the excitement of a long pass for a touchdown, or a slap shot for a goal. Professional athletes work their whole lives to build the kind of strength and stamina to perform at the highest levels. Then, they wear protective equipment that minimizes their chance of injury, and even so many do hurt themselves, sometimes seriously.

It's only natural that we as adults and our children will want to play such sports, to be more like our heroes and also because it's fun. But usually we don't have the safety training or the properly padded uniforms and helmets to avoid injuries, and even if we do, any impact to our adult brains and their young brains can be hazardous. Concussion is too common among grade school and high school athletes, but even more common are smaller brain injuries that don't produce many problems at first, but accumulate with each successive jolt.

Well-informed adults make sure they and their kids have the right guidance and the right equipment to safeguard their health. Current research shows that chiropractic care makes your brain healthier, so if you or your child sustains an injury, include your doctor of chiropractic in the decision-making.

Our brains are fragile, even more so than our bodies and limbs – be smart and be extra careful with autumn contact sports.

The Effect of Your Emotions on Your Health

It just seems like when you get around someone who's in a good mood, you just feel better. And when you hang out with people who are unhappy, negative or have a sour attitude, you don't feel as good. Being with happy people tends to make you happy, and being a happy person makes you healthier. This has always made logical sense, but now there is science to back it up.

For example, there are two feel-good chemicals that make your brain work better and healthier – one is called dopamine, and the other is called serotonin.

Dopamine is a nerve system turbo-charger, associated with your brain's pleasure centers. It causes feelings like love, joy, pleasure, reward and motivation. It's the brain chemical that makes you feel elated or euphoric, and in fact, it is linked to slowing the aging process, so you feel younger, too.

Serotonin also enhances nerve system function, and helps to regulate your mood and determine your level of irritability. It creates calmness and a generalized sense of well-being, making it less likely that you get stressed out. Having the right serotonin levels helps you cope with and solve your problems while preserving a constructive attitude.

It's also important to know that while increases in dopamine and serotonin will make you feel better, increases in cortisol, the stress hormone, will disrupt your feelings of pleasure and relaxation, replacing them with anxiety that can lead to high blood pressure, obesity, diabetes and heart disease. Decreasing your cortisol levels by generating a positive attitude will cut your stress and accelerate the growth of new nerve cells.

Scientific research tells us that when you are in a happy mood, or when you are around people who are happy, it increases your levels of dopamine and serotonin, thereby lighting up your pleasure centers and stimulating a pleasant feeling. It also decreases your levels of cortisol, so you are less stressed.

*"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*

The Effect of Your Emotions on Your Health

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"Negative emotions tighten your blood vessels, which causes hypertension and coronary disease, as well as emotional eating disorders and autoimmune problems like allergies, asthma and eczema."

Positive emotions also cause your blood vessels to become dilated and more relaxed, as compared to stressful conditions which constrict your blood vessels in response and make you feel tense, ready to fight or flee. Your blood pressure goes up, your muscles tighten, and you feel edgy and on guard. This is because when you are in fear, you have to be ready to defend yourself or run away, while if you are not feeling in danger, your energy is diverted back to healing, effective body metabolism, and overall ease of operation.

Negative emotions tighten your blood vessels, which causes hypertension and coronary disease, as well as emotional eating disorders and autoimmune problems like allergies, asthma and eczema. Because blood flow is directed away from the digestive organs and into the muscles for a quick escape if necessary, digestive disturbances frequently manifest, like indigestion, excess stomach acid, irritable bowel syndrome and ulcers.

In essence, when you are feeling pessimistic or unhappy, it fouls up the balance of your body chemistry and circulation, throwing your mind and body into stress, which tenses and activates your safety mechanisms, important at times but makes you feel agitated instead of calm. When you are optimistic, it relaxes your body and turns on the brain centers that register pleasure.

William Atkinson said, "The best way to overcome undesirable or negative thoughts and feelings is to cultivate the positive ones." Little did he know that this was also a formula for a longer, happier, healthier and more fulfilling life.

So, it's obvious that when you display positive emotions, it makes you feel good, but actually, it really is good for your body, too. Develop health habits that help you to focus on your many blessings and gifts, so you can turn on your feel-good chemicals and turn down your stress hormones.

Thoughts on Gratitude

As we enter into this holiday season, let's pause briefly to consider all our blessings – we have so much to be thankful for, no matter what our current life circumstances.

Here are the thoughts of two of our great US Presidents:

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."

- John F. Kennedy

President Kennedy points out that talk is cheap, but when we consistently demonstrate our feelings in action, it means more than just thinking or believing a certain way. It's our behavior toward others that counts, not only our intentions.

"Thanksgiving has become a day when Americans extend a helping hand to the less fortunate. Long before there was a government welfare program, this spirit of voluntary giving was ingrained in the American character. Americans have always understood that, truly, one must give in order to receive. This should be a day of giving as well as a day of thanks."

- Ronald Reagan

Here, President Reagan points out how generosity is the other side of gratitude, that giving and receiving are part of the same cycle, and to do one, we must be ready to do the other. This is the time of year we call attention to this, but ideally, we express these sentiments throughout the year, for the betterment of all concerned.

Sometimes it can be hard – life has its seasons, and stormy or wintry times can be harsh. But through gratitude for what you have had and have now, and faith about what lies before you, you can be like millions of others who decide to make the best of their circumstances, and move forward because of it.

So, live by your values, and remember to give back -- sound advice from two of our history's most influential leaders.

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