



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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January :: 2024 Issue

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Dear Patient and Friend,

The New Year is a natural start point, and an invitation to take stock of your current circumstances and see where you can make your life a little better. All over the world, people are welcoming the opportunity to shift gears and choose some bad habits to break or new ones to establish.

Usually, people set New Year's Resolutions to change something – lose weight, quit smoking, skip dessert or whatever. Often these decisions revolve around health – and rightly so, since this is one of the best places for us to invest in ourselves.

For example, you can improve your fitness without spending a penny by stretching, doing breathing exercises or meditating. You could practice yoga, or jump rope, or if weather permits, you can take a walk after dinner, or shoot baskets, or kick a soccer ball around.

The point is, it doesn't take much money to get into better shape, and it also saves you unnecessary doctor bills, because when you take better care of yourself, you get sick less.

If you want to be as proactive as possible with your health, visit your family chiropractor. She can help you pick this year's best habits for you, that will give you the best results. It's one of the smart things you can do to reduce your stress. Chiropractic—it's the natural way to wellness!

Handling the Four Types of Stress

We live in a stressful world, yet some people cope beautifully while others suffer serious consequences. It turns out that we have to learn to deal with four types of stress, and those who do have better health, less illness, and a better outlook on life.

Here are the four types of stress.

First, there's physical stress, also known as physical/mechanical stress. This is the wear and tear on your body, especially your spine, walking and existing in a gravitational field that constantly pulls downward on your body, so it has to work to remain upright. This takes a lot of energy and puts mechanical strain on your body. Injuries, repetitive movements, arthritis, poor posture and bad body mechanics all contribute to physical stress.

Signs of not adapting to physical/mechanical stress include back and neck pain, stiffness, headaches, vertigo, too much or too little motion of knees, ankles, shoulders or wrists, foot pain, and other painful ailments.

The best ways to deal with this kind of stress are through exercise, yoga, massage and chiropractic care.

Second, we have chemical stress, also known as chemical/nutritional stress. This is the wear and tear on your organs and blood, usually caused by insufficient nourishment in food, intake of toxic substances like food additives, preservatives, genetically modified organisms (GMO) and drug residues in the water supply. Pesticides, weed-killers and other farming chemicals can poison your food products, not bad enough to hurt you when you eat them, but accumulating in your body over time.

Signs of not adapting to chemical/nutritional stress are obesity, diabetes, heart disease, cancer, allergies, skin conditions, food intolerances, and other metabolic illness.

Even legitimate medications can create tremendous chemical stress in your body, so anything you can do to minimize the amount of unsafe substances you take into your body, and upgrade the quality of the food and nutrition you get, will make your metabolism work better, so you can adapt better to your chemical/nutritional stresses. Learning to eat and drink to clean your bloodstream and nourish your cells with quality nutrition makes a significant difference.

The third type of stress is mental stress, also known as mental/emotional stress. This is the wear and tear on your mind, usually caused by perception of difficulty and the inability to adapt, in work, with family, with finances, with health or in relationships.

"My goal with Dr. Wendy was to play hockey again. When I was younger, I played ice hockey for many years. It was inconceivable to me that I would ever play again. This year I joined a mixed hockey team after enrolling in a skills class. Last month I scored the winning goal in a shoot out!

- K.S. Saratoga

I want to add that K.S. is a female and her team mates are half her age. She is a shining example for all of us to the power of exercise and Chiropractic and the joy that it can bring at any age.

-Dr. Wendy Lanser, DC

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Handling the Four Types of Stress

Signs of not adapting to mental/emotional stress are nervousness, insomnia, digestive complaints, headaches, back and neck pain, anxiety, depression, anger management issues, and other psychological disorders.

To handle such emotional stresses, you could practice stress relaxation techniques like meditation or yoga, or get some counseling. Often physical interventions, like exercise or massage, help to dissipate mental stresses. Sometimes these stresses work together, and their impact is amplified. For example, if you eat too much sugar or drink too much coffee, you may experience nervousness or jitteriness that is both a chemical and a mental stress. Long term physical back pain can have a debilitating effect on mood or attitude, so it's both a physical and an emotional stress. This is why your chiropractor may include adjustments, nutritional supplements, massage, modern stress reduction technology and other products and services to help your body heal, recover, and cope with ongoing stressors in your life.

There's a fourth kind of stress that is more prevalent now than ever before – it's vibrational stress, also known as vibrational/energetic stress. It's the wear and tear on your energy field, usually caused by the electromagnetic pollution that surrounds us at all times. Cell phones, tablets, laptops, hair dryers, microwave ovens, television – we are constantly bathed in a sea of energy, and while our body handles much of it, the residue of this energy finds its way into our own energy field, interrupting normal tone in the body, especially the brain and nerve system.

Signs of not adapting to vibrational stress, are fatigue, confusion, sleep problems, malaise and irritability. It can cross over into physical symptoms, like allergies, skin conditions, digestive complaints, and pain.

There are many new approaches that address vibrational stress, like biofeedback, electromagnetic shielding, Epsom salt baths, crystal therapies and other new technologies. At least, look to reduce the amount of time you willfully put yourself in a potentially disruptive energy field, like too much time on phone or tablet, or excessive exposure to known radiation sources.

It should be obvious that this is a very serious topic. Experts have discovered that up to 90% of all disease is caused by some aspect of unresolved stress. We should all be doing everything we can to minimize our current stresses, avoid future stresses, and invest in recovery from our previous stresses. It's the shortest distance between you and great, vibrant glowing vitality.

Quotations for a Healthy New Year

Here are some uplifting thoughts, special for this time of year. Happy and Healthy New Year to you and yours.

"Be always at war with your vices, at peace with your neighbors, and let each new year find you a better man." -
— Benjamin Franklin

"The beginning is the most important part of any work."
— Plato

"For last year's words belong to last year's language and next year's words await another voice." -- T.S. Eliot

"The horizon leans forward, offering you space to place new steps of change."
— Maya Angelou

"To keep the body in good health is a duty ... otherwise we shall not be able to keep our mind strong and clear. "
-- Buddha

"Yesterday, everybody smoked his last cigar, took his last drink and swore his last oath. Today, we are a pious and exemplary community. Thirty days from now, we shall have cast our reformation to the winds and gone to cutting our ancient shortcomings considerably shorter than ever". -- Mark Twain

"Another fresh new year is here, another year to live!
To banish worry, doubt, and fear, to love and laugh and give!
This bright new year is given me to live each day with zest.
To daily grow and try to be my highest and my best!
I have the opportunity once more to right some wrongs,
To pray for peace, to plant a tree, and sing more joyful songs!"
— William Arthur Ward

"You are never too old to set another goal or to dream a new dream." — Aristotle

"I walk slowly but I never walk backward." --- Abraham Lincoln.

"Drink from the well of yourself and begin again"
— Charles Bukowski

"This is a new year. A new beginning. And things will change"
— Taylor Swift

"Whatever you do or dream you can do — begin it. Boldness has genius and power and magic in it".
— Johann Wolfgang von Goethe.

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