



# Chiropractic Miracles

Delivering You the Best Word in Wellness and Natural Health Care

## Dr. Bennett's Breakthrough Patient Newsletter...

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Dear Patient and Friend,

Beginning a New Year carries many opportunities, not the least of which is deciding what you plan on trading this year in for. The best way to consider your best course of action is to set some goals – on other words, pick some specific objectives you'd like to accomplish, so you know where to put your attention and energy to achieve what would make you happiest and healthiest.

Writing down your goals is a time-tested and highly respected process in the business community, but many individuals can benefit from goal setting as well. Choosing what you'd like to do and plotting a course of action to make it real applies just as much in your family, among your friends, and of course in your personal life, especially your health.

The mind is target oriented – you can't hit a target unless you aim at it, and you can't aim at a target if you don't know what it is. So, identify in clear terms what you want to occur.

Some people like to set goals in categories – personal goals, professional goals, goals about relationships, money or leisure time. Others like to pick three or five major goals to work on each year, or one important goal each month. Still others concentrate on one big goal each year – to get to an ideal weight, to earn a certain amount of income, or to find a soul mate.

One great goal is to develop a healthy habit, like eating better, exercising more, or selecting a health practice like yoga, Pilates, meditation, or a martial art. These approaches tend to incorporate breathing, stretching, movement, balance, coordination, strength training, and a variety of other health benefits.

One of your best health habits would be to make sure you and your family visit your chiropractor regularly. Periodic examinations and adjustment when needed are one investment you can make that will pay dividends throughout the year.

What are your health goals for you and your family for 2012?

Setting goals is one of your best ways to raise your standards and produce more in all aspects of your life. Grab a pad and a pen, and jot down some targets to aim at, and some plans to make them happen – it's fun, it's practical, and it works!

## New Year's Resolutions For Health

We all know the drill – New Year's Eve comes around, with the best of intentions we declare constructive changes we plan on making, and right around the third week in January we realize that we are already so far off target, there's no point in maintaining the charade, and we blow it off until next year, when we repeat the same dance, again with the best of intentions.

Eventually, something has to give in this system – either we will wear out because we never really made the commitment to follow through, or we actually do make some changes to move ourselves in the direction of health and wellness.

Part of the problem is that there isn't just one right answer – and that also gives us a clue as to how we can help ourselves to execute better this year where we may have fallen short in the past.

Your health depends on a variety of factors, and any one of them can improve the quality of your life – the trick is to pick something you'll really do, so you can generate some momentum by getting yourself to make one consistent positive change, and then from that vantage point, other changes become more feasible and more inviting, because you are already on the path.

What are some of the keys to choosing resolutions you will want to do instead of force yourself to do? First, pick something reasonable. Most of us are not in an emergency situation, requiring radical change – choose a new habit or behavior that is accessible enough for you to see yourself doing it.

It makes no sense to try to run a marathon if you've never run more than a hundred yard dash. Start with the hundred yards, celebrate the accomplishment, and then try two hundred. Before you know it, a marathon becomes a real possibility, instead of an insurmountable frustration.



*“Eventually, something has to give in this system – either we will wear out because we never really made the commitment to follow through, or we actually do make some changes to move ourselves in the direction of health and wellness.”*





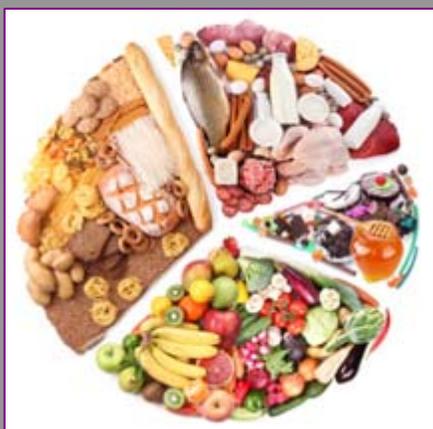
## New Year's Resolutions For Health

It is very difficult to go cold turkey and stop eating all sugar – begin the process by pushing away from the dinner table before dessert, first one night, then two nights, and then as you acclimate to the new patterns of eating, you can reduce more of your sugar intake until you have weaned yourself off of it. Start with moderation, and graduate to excellence, without worrying about perfection, which will probably elude you – just make consistent progress, it will build into something worthwhile over time.



A simple but productive action step would be to drink more water – most people need between eight and twelve glasses a day, so this is one place you can improve your health for little or no money and little or no time invested.

Limiting your intake of toxic or unhealthy foods would be another simple thing to commit to – deciding to drink only one cup of coffee instead of five or more, or rewarding yourself with a piece of fruit or carrot and celery sticks instead of candy or cookies can make a big difference. Reduce your intake of highly processed or preservative-filled foods – your body hardly recognizes them as food, as compared to natural whole foods your body can utilize to build new cells and tissues for your well-being and good function.



Needless to say, consulting the right advisors can be one of your most important resolutions – decide to visit your chiropractor to start your New Year right, with a healthy spine and nerve system. It can be a turning point, where you embrace a more natural way of living, and all of your other resolutions tend to be facilitated along the way because you are focused on living clean and healthy. Try it and see!

## Make It A Safe Winter

How's the winter weather in your area? Some regions have warm weather throughout the year, while others have snow, freezing rain and heavy winds to contend with. If you live in a place that gets strong winter weather, here are a few pointers for staying safe and healthy.

Staying warm is critical, especially if you're going to be outside for any period of time. Dress in layers, so that you can be warm when it's cold, and then as you feel warmer, remove a layer at a time so you maintain the proper body temperature.

Ice is slippery! Whether you are walking or driving, respect the ice, and be careful. Icy driving or walking can be dangerous, so adjust your pace, whether on foot or behind the wheel. When approaching an intersection, allow extra distance before you reach the crossroads so you can stop in case you skid.

Shoveling snow can be great exercise, but off-center lifting or trying to hoist a big shovelful of wet snow can put your back in jeopardy. Bend your knees, take reasonable amounts of snow on your shovel, and start slow so you can assess the weight and wetness of the snow. Be cautious about chopping ice, as the shock can be transmitted up the handle into your hands, wrists, elbows, shoulders or neck. Use common sense – it'll go a long way.

Those in warmer climates are either laughing or scratching their heads – why would anyone want to shovel snow or drive on icy roads? Some prefer the change of seasons, others live where they live for business or family reasons, while some just find themselves in a colder place. There's something wonderful about every area – wherever you are, enjoy the winter, and stay safe and healthy!



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