



Chiropractic Miracles

Delivering You the Best Word in Wellness and Natural Health Care

Dr. Bennett and Dr. Ray's Breakthrough Patient Newsletter...

Bennett Chiropractic and Wellness Center
7130 Estero Blvd. Suite 1, Fort Myers Beach, FL 33931
239-463-1640 - fax: 239-463-1955
www.beachchiropractor.com

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Dear Patient and Friend,

Many people use the New Year as a chance to set resolutions and declare intentions. Often, these are health goals – eat better, exercise more, and so on.

But a goal without a plan is a wish, so if you are serious about creating some new habits and behaviors that improve your health, here are a few tips to get started.

1. Breathe. Getting oxygen into your cells increases your energy and vitality.
2. Hydrate. Your body is 90% water – replenish throughout each day.
3. Eat clean. Pick organic and non-GMO foods over sweets, salt and processed meats.
4. Exercise. Choose movement exercises and strength exercises, up to your tolerance.
5. Learn. Consult health and wellness advisors to guide your decision-making.

If you want to lose weight, quit smoking, eat more fruits and vegetables, or any other improvement in your health habits, ask your chiropractor, who is specially trained in all aspects of healthy lifestyle and wellness.

Keep your body working right with chiropractic care, and get the information you need, too. That's how you can make this coming year your healthiest yet!

Eleven New Year's Health Resolutions and How To Keep Them

Here are eleven common health goals, and some secret tips to help you achieve them.

1. Lose weight. This is a big one in our society, with a third of our population obese and another third overweight. To get yourself to lose weight, decide how much you're going to eat before you start, and hold yourself to that size portion. Don't skimp, because if you do you'll find ways to rationalize your non-compliance.

Instead, pick something reasonable you're willing to commit to, and make it a new habit you can live with, instead of one that will eventually harm or kill you.

2. Quit smoking. Enough has been written linking smoking to cancer, heart disease, respiratory problems, and overall bad health expression. There are only two ways to quit smoking. Some people find that they need to stop cold turkey, all at once, and go through the pain until they break their addiction. Others find that weaning themselves by gradually reducing the amount of smoking over a pre-planned time frame works better for them. Some respond to hypnosis, light and sound therapy or counseling. The common denominator of all of these approaches is the intention to quit smoking. If you consistently affirm your status as a non-smoker, whatever technique you stick to will work for you.

3. Exercise. Some exercises, like weight lifting, increase your strength. Other exercises, like stretching or yoga, improve your flexibility, while others like aerobics or zumba enhance your circulation and breathing. Exercises like walking, running and swimming are good for all of you. Pilates, martial arts, playing sports, dancing... there are so many exercises to choose from. Can you pick one that you enjoy? Start there and you'll be amazed how quickly you respond.

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4. Eat better. If you're going to prepare your own food, schedule time to shop and cook, or if you eat out, develop a selection of dining establishments who feature a healthy menu. Choose a balance of wholesome foods – lots of fresh vegetables and fruits, preferably organic and non-GMO. Moderate your intake of gluten foods, like most breads and pasta and many baked desserts like cookies, cakes and muffins. Don't overeat, or reward yourself with excess food. Get perspective – if you like to eat a lot, eat less now, and you'll have more years to eat.

5. Reduce stress. Do something to start and end your day that clears your mind and re-centers you. Positive statements like "Today's gonna be a great day!" tend to get us going and put a smile on our faces. An expression of gratitude before bed is a great way to finish your day. Some use stress relaxation techniques like meditation, visualization and guided imagery, while others find a more physical approach, like yoga or tai chi works better. Everyone can find ways to reduce stress – experiment and find your best options.

6. Avoid unhealthy snacks. Chips and cookies and candy are loaded with sugar, salt, unhealthy fats, and chemicals. If you must, at least pick organic non-GMO snack foods, but better if you learn to substitute healthy snacks, like cut fruits and veggies, nuts, and nutritional shakes, especially those that make your body less acid and more alkaline.

7. Cut down on soda pop. These soft drinks are loaded with high fructose corn syrup, a concentrated sugar that overwhelms and exhausts your body. Diet sodas are no better, filled with toxic sweeteners. Decide to drink more water, and if you need flavor put lemon, lime, cucumbers, oranges or some other fresh fruit or vegetable in it. If you need bubbles, buy sparkling water and add your own fruit juice or flavoring, like honey and lemon, cranberry apple or tangerine. Without corn syrup and the other poisonous chemical additives commercial producers use, you can still have a refreshing beverage without polluting your system.

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8. Drink less alcohol. Only you know what your tolerance is, but take a step back and objectively assess your alcohol intake – are you drinking more than you think you should? Pick a number of drinks per day, week or month, that reflects the amount of alcohol you think is right for you, and hold yourself to that standard. Being conscious of this kind of habit makes it easier to change when desired.

9. Develop relationships. Take a moment to consider the people who are most important to you. Are you demonstrating your true feelings? Is there someone you need to thank, or to apologize to, or to forgive? Showing your love or resolving lurking issues depends on your willingness to engage and communicate. Moving the relationship forward requires it.

10. Build self esteem. We can't outgrow our self image. Who you are determines how well what you do works. Success comes from you, not to you. If it's to be, it's up to me. Pick self-talk that feels good, empowers you, and motivates you to be your best. Tend your mental garden – stay away from blaming, judgment and hostility, and focus on optimism, happiness, satisfaction and love.

11. Connect with something greater. Commune with Nature. Offer a few prayers of appreciation for all the good things in our lives. No matter what your personal spiritual orientation, find a way to engage your higher self – you have more inside you than organs and muscles, and the more you pay attention, the more you hear the song of the ages sung through you.

The onset of the New Year is a perfect time to raise your standards, to believe in yourself and do what it takes to follow through on the code of conduct you choose for your life.

Which of these resolutions would help you live a better quality of life, and what's that worth to you? Could you work on one of these each month through the coming year, and be that much healthier because of it? Or is there mainly one of these that would change everything for you?

Pick your own health goals for the New Year, and make it your healthiest year yet! If you need help, ask your doctor or chiropractor, your most trusted health and wellness advisor.

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