



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,

September :: 2010 Issue



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What controls the things that happen in your life? 1. Do you believe certain things just "happen" to you, maybe just by luck or caused by other people, without your ability to stop them or change them? 2. Or, in contrast, do you believe you have the power to make changes in most areas of your life?

This belief is described as "locus of control."

If you answered "yes" to question 1, you have an "external locus of control."

If you answered "yes" to question 2., you have an "internal locus of control."

Your beliefs about control can have a great influence on your decisions and behavior. We commonly experience some wonderful personal accomplishments in the first two decades of life: feeding ourselves, walking, tying our own shoe laces, learning to whistle, riding a bike, driving a car, graduating from high school, finding a job. Each of these accomplishments toward adulthood brings with it a feeling of personal satisfaction and self-confidence. The feeling of "I can do it myself" is a very powerful realization.



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As we mature however, we begin to accept the fact that there are certain things that we cannot change. This can become a problem, though, if we view as “unchangeable” some important aspects of our lives that we **can** control.

For example, most of us have experienced health problems during our lives. We may have grown dependent on the authority of other people to tell us what is wrong and what to do about it. We may have lost the sense of choice about healthcare. Traditional medicine focuses on treatment of symptoms; however, the symptoms are not the true problem. Symptoms result from underlying problems which compromise our health, and these problems may worsen over time unless the underlying cause is addressed. *Chiropractic care focuses on finding and correcting the cause of the symptoms and uses natural means to correct the problem.*

Many times the underlying cause of symptoms is a subluxation (misaligned vertebra). Chiropractors focus on the human body as a whole unit, with special attention to the importance of the spine. Nerve impulses flow from the brain, through the spinal cord, to the rest of the body. Optimal health depends on the successful delivery of these nerve impulses to the organs, tissues and cells of the body. Each of the spinal vertebrae protects the nerves. If a vertebra is misaligned by injury or the activities of life, the nerves can be affected and a health problem can result. Chiropractors correct the misaligned vertebrae with an adjustment and restore the free flow of nerve impulses through the nerve system. This enables the body to heal itself.

We have many choices in our lives these days: more options in the grocery store, on the internet, in the automobile showroom. We also have the most important choices to make in healthcare, and you have the power to choose wisely. Make your choice the natural, safe and effective choice. Make your choice chiropractic care for yourself and your family.

September Is ... “National Backpack Safety Awareness Month”

It's back to school time and kids are getting ready to fill up their backpacks. Today, more and more schoolwork is given to kids and as a result, their backpacks get heavier and heavier. The heavier the backpack is, the more unnecessary stress is placed on the child's spine. **This can cause the misalignment of vertebrae of the spine (vertebral subluxations), which if left uncorrected can have serious health consequences.**

It may be difficult to control the amount of schoolwork your child receives. However, there are things that you can do to ensure that their backpack does not cause damage to their spine.

First ... Limit the amount of weight that is placed in the child's backpack at one time. Usually ten percent of the child's body weight is appropriate. Occasionally, schools will allow you to purchase a second set of books so that it is not necessary for the child to carry the books back and forth between home and school.

Second ... Get you child a spinal checkup on a regular basis.

Carrying heavy backpacks can cause poor posture. Posture is one of the most overlooked keys to best health and performance. Good posture improves fitness, thinking ability, emotional state and general vitality. Parents who appreciate the importance of checkups for their child's teeth, hearing, eyes, ears, nose and throat often draw a blank when it comes to their child's spine. In fact, a spinal checkup could be one of the most important of your child's life. Schedule an appointment with your family chiropractor today. Start the school year off on a healthy note. Bring your children in for a spinal checkup and give them the best chance to get healthy and stay healthy throughout the school year.

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11. Out of the blue, send flowers to a friend.

13. When you are on a crowded train, offer your seat to an elderly, disabled or pregnant person.



Closing Thoughts ...

25 Little Acts of Kindness ... One Thoughtful Gesture

1. Take a minute to direct someone who is lost, even though you are rushing.
2. Write a letter to a child who could use some extra attention. Kids love getting mail.
3. Offer to pick up groceries for an elderly neighbor.
4. Give a homeless person your doggie bag.
5. Say "I love you" to someone you love.
6. Put a coin in an expired meter.
7. Help a mother carry her baby stroller up the stairs, or hold a door open for her.
8. Each time you get a new item of clothing, give away something old.
9. Take someone's shift as the carpool parent.
10. Bring your assistant coffee.
11. Out of the blue, send flowers to a friend.
12. Say "please" and "thank you" and really mean it.
13. When you are on a crowded train, offer your seat to an elderly, disabled or pregnant person.
14. Don't interrupt when someone is explaining herself.
15. Offer to babysit for a single mom.
16. Let a fellow driver merge into your lane.
17. Put your shopping cart back into its place.
18. Call or write a teacher who changed your life.
19. Bring a box of donuts to share at the office.
20. Forgive someone a debt and never bring it up again.
21. Listen with all your senses.
22. Encourage someone who seems despondent.
23. Volunteer to take care of a friend's dog while he or she is vacationing.
24. Help a friend pack for a move.
25. Pass along a great book you've just finished reading.