



# Chiropractic Miracles

Delivering You the Best Word in Wellness and Natural Health Care

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

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HAPPY HOLIDAYS!

Dear Patient and Friend,

Most people don't realize why spinal health makes a difference – since our spine is invisible to the naked eye, we don't think of it when we consider the various parts of normal health care. Your skin is on the surface and you feel with it, your eyes are there for you to look through, and your ears are there for you to hear through, but without your nerve system, none of these parts of your body would work at all!

Yet most of us don't recognize that your spine protects vital nerves that make your whole body work properly. Those nerves are the wires that connect your brain with all your body parts, and if the protection of the nerve system, your spine and skull, are not in proper alignment, then all aspects of health can be interrupted and compromised.

That's why informed health care consumers understand that it is essential to include spinal check-ups in your family's health routine, to be sure that your spine and your kids' spines are not showing signs of wear and tear that could lead to poor nerve system health, now and in the future.

Chiropractors are acknowledged as the doctors of choice for analyzing and correcting spinal problems that cause disturbances in nerve system function – please call and arrange for spinal check-ups for your entire family at least once each year, so you can avoid unnecessary pain and suffering and improve your family's chances of glowing, vibrant health and vitality.

Chiropractic – it's a natural!



***“Many sports teams, theater companies, corporations and schools have chiropractors on site to address their natural health and wellness needs.”***



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**C**hiropractic is the largest natural health care profession in the world. There are over 60,000 chiropractors in the US alone, and many thousands more in Europe, Asia, and Australia. Dozens of schools worldwide graduate thousands of new doctors each year, and chiropractic is one of the fastest growing of all the health professions.

Chiropractors complete a full doctoral program after college, studying anatomy, physiology, neurology, diagnosis, and most of what any other doctor would study, except that rather than learning about pharmacology and drug therapies, they study spinal adjustment technique and natural healing approaches most medical doctors are unaware of. In this way, chiropractors are primary health care providers who use natural techniques instead of drugs and surgery to help people get well and stay well.

Many sports teams, theater companies, corporations and schools have chiropractors on site to address their natural health and wellness needs. Chiropractic care is the only way to correct spinal nerve interference, which often goes undetected unless specifically evaluated by doctors of chiropractic, trained in the location and correction of such spinal problems.

Chiropractors are the doctors of the future, who use safe and natural techniques to help people get well and stay well without the use of drugs and surgery. Turn on the innate healing potential of your body with chiropractic!

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## Exercise can reduce your stress!

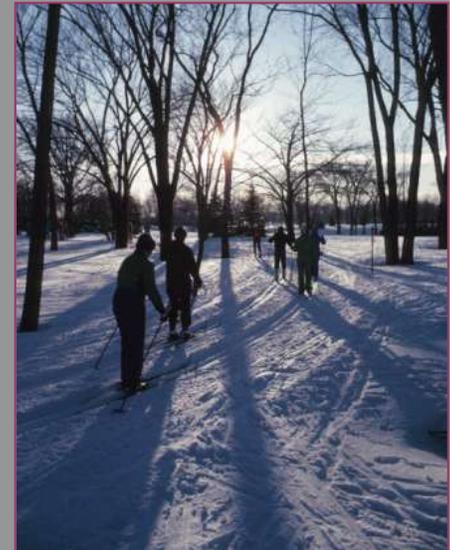
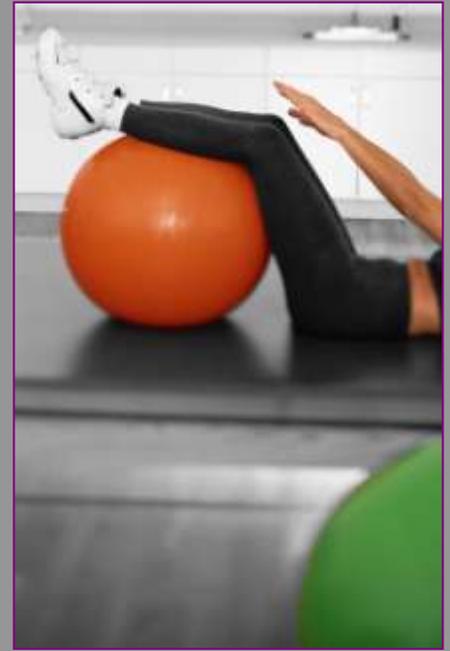
Modern life is stressful – fighting traffic, breathing dirty air and drinking dirty water, taking medications, dealing with challenges at work and in the home, and small injuries along the way can take their toll on our health and prevent us from feeling the way we want to feel.

So many people have found that visiting their chiropractor has reduced their stress, and those who decide to exercise regularly have discovered a way to enhance their quality of life and reduce their stresses so they feel better every day.

No matter where you start, you can find a way to exercise that is safe and productive. Maybe you just need to park your car at the far end of the lot so you walk a hundred yards twice a day. Maybe you need to sit and take ten deep breaths twice a day to get your blood moving and your muscles toned. Maybe you can stretch, or do some yoga, or walk around the block before or after dinner.

It's a fallacy that the only good kind of exercise is intense exercise. There's a place for that too, without a doubt, but if you are just getting started, you can begin just by moving your body in ways it has not moved in a while, and you will get tremendous benefits. You can work up to more vigorous exercise, and you'll be glad you did – it's one of the least expensive and most worthwhile things you can do to add more years to your life and more life to your years!

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## Closing Thoughts ... *Happy Holidays!*



**H**Health is available to you!

**A**ll you need to do is improve your lifestyle decisions.

**P**practice good eating, good movement, and good thinking.

**P**lay and work in the right balance.

**Y**ou and your family will be glad you did!

**H**abits of excellence make a big difference.

**O**bviously, no one gets it right all the time – no problem!

**L**ess is more – eat less, worry less, and you'll feel better.

**I**nform and inspire yourself to learn and grow.

**D**emand excellence from yourself, be patient with others.

**A**ll of us have what it takes to be healthier.

**Y**ou can make these holidays even more beautiful.

**S**imply use common sense, and love each other.

