

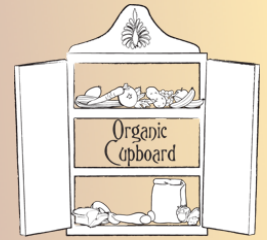
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Family Chiropractic
& Massage

Helping People Build Their Health



Is your heart healthy?

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Move

You know the saying "use it or lose it". Well that is very true. Research that came out in 2009 shows that once your back subluxates (gets stuck out of alignment) in 48 hours 14% of the multifidus (one of the muscles around the spine responsible for it's movement) wastes away. Within 2 weeks 72% is gone. These muscles need to be specifically rehabbed back to working properly. When the muscle isn't rehabbed then the muscles that are suppose to stabilize the joint becomes mover. This is not good. When rehabbing at first the muscles can be so weak that the movement is very small. So small you may not think it moved at all. This is why we must be patient with ourselves. We would not expect someone who just got their arm out of a cast to be lifting tons of weights. We would expect them to build slowly over time and gain strength and stability. Same with your spine after subluxation. Rehabilitation starts with just getting the stabilizers to fire then to increase to them firing with movement, then with movement and an unstable surface. Then the muscles fire while doing the activity within a daily living activity. Getting you back to doing the things you love with a stronger healthier spine.

Eat

Oh My Gosh! When I saw this I couldn't believe and had to share it with you. Environmental Health 2009 stated in an article that the #1 way Americans are getting exposed to mercury is through High Fructose Corn Syrup. Mercury is a neuro-toxin. This means it kills nerve cells. Do you know what the ingredients is in the top five if not the top one in most baby formulas? High Fructose Corn Syrup. Mercury exposure is one of the things they believe is causing autism to result in some children. The estimate for the number of children with Autism is 1 in 91 US children. That came out in Pediatric 2009. Just something to make us go hum??????

Think

Remember...You Are Love by Mary Robinson Reynolds 2005

Your Love is all healing, all protecting. Your Love heals all in harmony. It is not possible to Love and judge in the same instant. To Love more fully you must surrender your need to punish, to judge, criticize, condemn, to win to war to own, control, attack, to police, interrogate to make right or wrong, good or bad to fill the hole in your soul with anything other than a decision to Love. Surrender your need to believe that any of the these things offer you protection. For in any of these things is the absence of Love is a call for Love. See and you shall find Love's Presence Love's Peace Joy in Love. To Love completely Love idiosyncrasies Love the obvious Love the challenging Love the opportunity to express Love. In the midst of your fear Love boldly. Stay put with your emotions. Reach for Love. Reach for a face that's an easy Love. Transfer this Love that you now feel to that which you run from. Do this and you transform your experience forever more. Practice loving unconditionally without attachment to the outcome. For when you Love just to Love you move into a whole, beautiful relationship with your spirit. Unwanted people, circumstances and situations need only your Love, blessing and release. Divine Love External Love washes away whatever is not Love. Accept that you are here to Love to be the Master of all good you are Love personified you are Love. Love awaits you, so...weep with Love, laugh with Love receive Love, live Love and while you are at it Love well. You ask, "But how can I not suffer in Love?" The love you feel for another is still your Love. Accept that you assign Love. You are Love's source. Love is your decision. Love is a healing, soothing balm. Love, Peace & Joy are the highest of all healing vibrational frequencies. Vibrate High. Divine Love is me, as me now. And that's all there is ...is Love. You Are Love. There are three thing that love will endure- Faith, Hope and Love- and the greatest of these...is Love. St. Paul....



Happy Valentine's Day from all of us at
Family Chiropractic and Massage
and Organic Cupboard

Upcoming Events

Dr Maggie has now received her
certification in Rehabilitation.

Want fresh produce?
Produce is delivered on Mondays!

Our Office is going paperless
Please be patient with us as we implement
this new system

organiccupboard.com will launch soon

Questions or comments? Please e-mail us or call 701-437-3888.
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