



# 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,

You probably hear about the chiropractic wellness lifestyle when you visit your chiropractor's office – what is it, and how does it help you and your family?

The chiropractic wellness lifestyle is a series of decisions you make and actions you take to improve your health and enjoy life more.

The chiropractic wellness lifestyle invites you to:

-- Eat healthfully. Eating organic foods that are not full of pesticides, toxins and hormones and whole foods (foods that have no or minimal processing) is a smart decision savvy health consumers make. Find the right rhythm for your meals -- some prefer three squares, though modern food scientists frequently recommend smaller meals at closer intervals. Eat a healthy breakfast every day. Exclude heavily processed foods, like "enriched" flour, sugars, artificial sweeteners, and especially aspartame, a known cancer-causing nerve poison, and take nutritional supplements as needed (ask your doctor of chiropractic for his or her opinion about how to eat more healthfully.)

-- Exercise. Actively participate in the rehabilitation and strengthening of the body to support repair and maintain your ability to do what you like. You'll reduce the tendency to be injured, and bounce back from injuries more quickly. Your chiropractor can help you select the right physical activity to fit your age and body type.

-- Maintain a positive attitude and optimistic thinking. Adopt a happy mindset, and practice constructive habits like reading, meditating, visualizing, reviewing your goals, associating with people who support your dreams, engaging wholeheartedly in whatever form of spirituality you prefer.

-- Get periodic chiropractic examinations and adjustments when necessary for yourself and your family. Good food, proper exercise and a great mental attitude will be helpful in any case, but regular chiropractic care is the "X-factor" that helps you get the most out of these other health and wellness practices. Getting your spine and nerve system healthier improves every aspect of your body function, and paves the way for you to move toward wellness.

Deciding to follow simple guidelines like these will not only make you feel better, it will help you live longer and get more out of life. Choose the chiropractic wellness lifestyle – you and your family will improve your quality of life, and feel better overall, too.



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## What's The Recipe

If you want to bake a delicious cake, what would you have to do?

You would follow a recipe, which tells you the ingredients you would need, and then, how to combine them and cook them so you come out with the best cake possible.

Knowing exactly how much and exactly in what order to combine those ingredients is the difference between success and failure.

So even if you are committed to baking the very best cake by using the highest quality ingredients, if you don't know the correct sequence to combine the ingredients, or the correct amounts of those ingredients, the cake won't come out right. And, the temperature and duration of cooking time are essential. This may seem obvious, but it's important to think this way when you realize what your chiropractor does to help you.

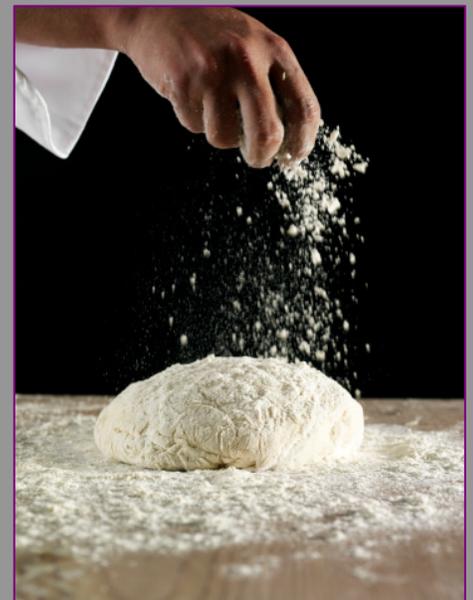
Everyone who visits a chiropractor has an individual, unique formula that leads to being as healthy as possible. Your doctor of chiropractic is an expert in the delivery of chiropractic care, and in creating a personalized recipe for your health and wellness.

That program of care is not, however, just given in the same doses or in the combination or for the same duration for everybody. Like the recipe for a successful cake, the amount of each ingredient and the time when each ingredient is introduced is very important to the desired outcome, which of course is your optimal health and wellness.

Just like baking a cake, your chiropractic health care is a recipe for success, and the amount and frequency of care and the other ingredients that contribute to your health and wellness need to be administered in just the right way in order to insure success. Different cakes have different ingredients, and it's the same with chiropractic care – different people require different programs of care to get the best results

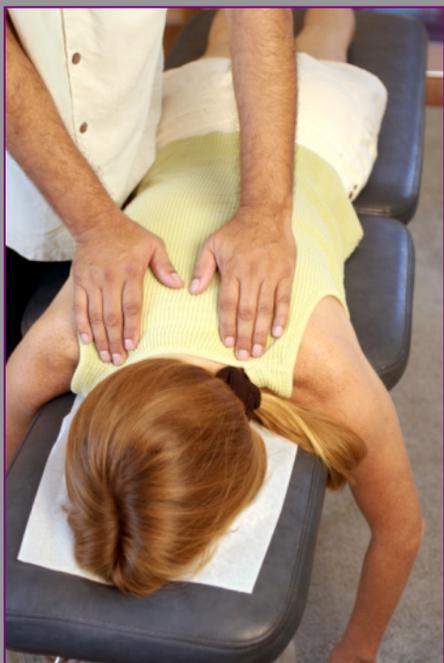


*“Just like baking a cake, your chiropractic health care is a recipe for success, and the amount and frequency of care and the other ingredients that contribute to your health and wellness need to be administered in just the right way in order to insure success.”*





*“Everyone is somewhat different, and that means that your doctor of chiropractic will help you develop a recipe to produce the very best health and wellness experience for you and your family.”*



## What's The Recipe

Which areas of your spine and nerve system need attention? How often do you need to receive adjustments to get the best response? Which of the many types of adjustments are ideal for you, and in what combination? Which other health-related services and products will contribute to the best results possible?

Do you need other advice and guidance beyond your program of in-office care? Do you need recommendations on improving your diet, your exercise, your mental attitude? Do you need suggestions on how to reduce your stress, or coordinate your daily activities so they are easier for your mind and body to withstand? Do you need to add some new habits, or break some old ones?

Everyone is somewhat different, and that means that your doctor of chiropractic will help you develop a recipe to produce the very best health and wellness experience for you and your family.

Sometimes, the chiropractor has all the services and products you need on site at his or her office – sometimes, he or she works in harmony with other health and wellness practitioners. Either way, the result is like a delicious cake – with the proper ingredients, combined at the right time and in the right proportions, you and your family can experience the benefits of glowing good health, wellness and vitality.

Ask your doctor of chiropractic – what is your recipe? Then, be prepared to follow his or her directions, and you, too, can have the results you want and need.

## About Fatherhood ...

It is easier for a father to have children than for children to have a real father.

– Pope John XXIII

Small boys become big men through the influence of big men who care about small boys. – Anonymous

My father used to play with my brother and me in the yard. Mother would come out and say, "You're tearing up the grass." "We're not raising grass," Dad would reply. "We're raising boys." – Harmon Killebrew

I don't know who my grandfather was; I am much more concerned to know what his grandson will be. – Abraham Lincoln

The most important thing that a father can do for his children is to love their mother. – Theodore M. Hesburgh

Any man can be a father but it takes someone special to be a dad. – Anne Geddes

My father didn't tell me how to live; he lived, and let me watch him do it. – C.B. Kelland

When a father gives to his son, both laugh; when a son gives to his father, both cry. – Jewish Proverb

I cannot think of any need in childhood as strong as the need for a father's protection. – Sigmund Freud

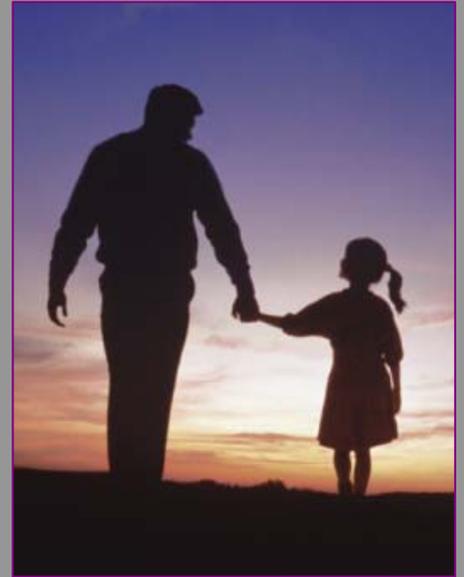
When I was a kid, I said to my father one afternoon, 'Daddy, will you take me to the zoo?' He answered, 'If the zoo wants you, let them come and get you.' - Jerry Lewis

By the time a man realizes that maybe his father was right, he usually has a son who thinks he's wrong. – Charles Wadsworth

Father taught us that opportunity and responsibility go hand in hand. I think we all act on that principle; on the basic human impulse that makes a man want to make the best of what's in him and what's been given him." – Laurence Rockefeller

I just owe almost everything to my father [and] it's passionately interesting for me that the things that I learned in a small town, in a very modest home, are just the things that I believe have won the election." – Margaret Thatcher

A man's children and his garden both reflect the amount of weeding done during the growing season. – Unknown



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*- Laurence Rockefeller*

