



# 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,

Most people, when asked if they are healthy, usually respond based on the presence or absence of symptoms, as if having symptoms means they are sick, and not having symptoms means they are well.

This is a common misconception, fed by the media, by many doctors, and by the giant businesses that thrive on selling drugs and other symptom-removal products.

Actually, while there is a place for this line of thinking, modern-day health consumers realize that they can be sick and have no symptoms, like when someone feels fine but quietly has a serious disease like cancer or heart disease, or when someone experiences pain while not suffering any serious malady, like when you stub your toe or get a splinter.

The way you feel does provide some valuable information, but it is hardly the determining factor as to your level of health. It's important to understand this in order to know how to properly care for yourself and your family.

So, you may be thinking, if the way you feel doesn't tell you enough about your actual level of health, then how do you know if you are healthy or not?

Great question – and here's where you can end the confusion. Unless you have objective, scientific ways of evaluating your health, you can be misled into thinking things are fine when they are not, or scared into thinking something is wrong when it isn't. But if you have good information, you can make good decisions about your health habits and which kind of care to seek when you need it.

That's why knowledgeable health consumers develop relationships with health and wellness advisors, to learn about their body function and understand their health status. It's not foolproof, but it's better to get regular examinations of your teeth, eyes, skin, heart, spine and nerve system, to be sure you are staying on course and picking up on any deviations from normal before they turn into something unpleasant or dangerous.

An ounce of prevention is worth a pound of cure, so visit your doctor of chiropractic, and ask about how he or she can advise you on the habits and lifestyle decisions that lead to a better quality of life – you'll be glad you did!

## Think About It!

Getting healthy depends on what you focus on.

This is more than just an interesting idea, it's an important and valuable reality.

Scientists tell us that the experience we have moment to moment and day to day throughout our lives depends on what we focus on. If that is true, it begs the question "What are you focused on?"

During more private moments, it is easier to notice what you are focused on because all you really have to do is "check in" with your internal chatter and how you are feeling. When things are quiet and you can be with your own thoughts, it is essential to notice what they are and make sure they, and you, are focused on the things you want, as opposed to thinking about the things you don't want.

Why is this necessary? The human mind often does not notice the "negatives" in our thoughts. For example, if I say to you, "Whatever you do, don't think about a pink polka dot elephant," you might notice that a "pink polka dot elephant" instantly becomes your focus. This is because the mind ignores the "don't" part (negative) and goes right to the "think about" part. This happens naturally most of the time in all of us.

So, if you think to yourself "just ignore the things that annoy you about him," your tendency will be to focus on the "things that annoy you about him," not the "ignore" -- curious, isn't it?

So, then, how can this support you in being healthier?

Well, what do you think about, when it comes to your health?



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*By paying attention to the way you construct your thoughts, you can choose better words to express your feelings, and guide your mind toward better results.*

## Think About It!

Are you thinking of not being sick? Your mind may be tricked into focusing on “being sick,” not the “not.” Are you thinking about not being in pain? Your mind will tend to focus on “being in pain.” Are you thinking about not having trouble sleeping, digesting, or breathing? Your mind will look right at the symptom, not the “not.”

Instead, you could concentrate on being well, feeling great, and sleeping, digesting and breathing well. By paying attention to the way you construct your thoughts, you can choose better words to express your feelings, and guide your mind toward better results.

So, try on, “I am relaxed, and it’s easy for me to fall asleep.” Or, think “my body works well and I am good at digesting my food and breathing normally.”

Or, “I practice good lifestyle habits like eating well, drinking enough water, and getting regular chiropractic adjustments so my spine and nerve system are healthy.”

This is the way you can use your mind to help you be healthier.

Could it really be that simple? Clearly, you’ll have to do more to be healthy than just monitoring and managing your thoughts. But most doctors agree, it’s a secret weapon you can use to improve your chances at health and wellness, when you take the responsibility to create the right mental and emotional backdrop to your health habits.

You’ll still need to develop a healthy lifestyle, but if you want to be as healthy as possible, think about it!



## If You Want to Know About Health, Ask Mom

Mother's Day is set aside each year to appreciate the oldest and perhaps most prevalent role in our culture, motherhood. Moms are called upon to raise children, run households, be a neverending source of entertainment and diversion for kids, and address issues that no one else seems to be able to handle.

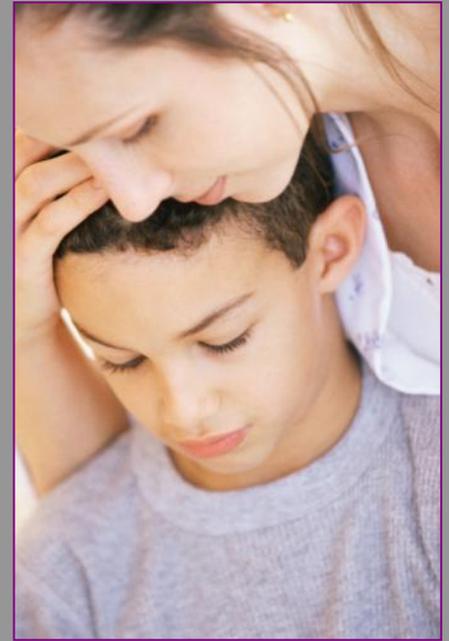
Moms contribute so much to our upbringing – they can serve as a sympathetic ear, a strong back, a willing taxi driver, an expert manager, a source of wisdom, a cheery voice, and a world class problem solver.

But one of the most important jobs that lands on Mom's list is to oversee the family health and wellness. Mothers tend to have an intuition, a sixth sense about what's right for their families. Often, the mother decides what the family eats, which activities are too dangerous to risk, and which doctors the family goes to.

This is why it's important for mothers to understand the value of chiropractic care for themselves and their families. Often, when Mom begins her own spine and nerve system care with her chosen chiropractor, she opts to bring the children in for a check-up, to be sure that there are no early problems brewing, and sometimes even insists that Dad has to come in to get checked too.

Why do moms tend to care so much about bringing the family in for chiropractic care? Because mothers inherently know what's good for their family, and keeping everyone healthy is far better than waiting to get sick and then trying to get better, which can be inconvenient, costly and painful.

It's more logical to stay well than to have to get well, so moms all over the world bring their families in for regular check-ups and chiropractic adjustments when necessary. Faced with ongoing family decision-making, they usually just naturally know the right thing to do, so if you want to know about health, ask Mom!



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