



Chiropractic Miracles

Delivering You the Best Word in Wellness and Natural Health Care

Dr. Bennett and Dr. Ray's Breakthrough Patient Newsletter...

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Dear Patient and Friend,

The holiday season is a time of great love and joy, but it's also a time of great stress. Carrying heavy shopping bags and moving furniture around, eating too much unhealthy food, losing sleep while working overtime to prepare and dealing with family and friends who are all facing the same challenges adds up to a rough ride, in spite of the good times.

Obviously, we can't shut down these events and situations – they come along with the territory. Rather, we need to learn to cope with physical, chemical and emotional stress. Here are three free and easy tools you can use every day, to adapt to and minimize the unpleasant effects of stress.

1. Breathe. Taking a few even, deep breaths calms you, centers you and makes you feel better almost instantly.
2. Move. Stretching, walking or flexing gets your blood flowing and your energy up. And, such light exercise dissipates the accumulated stress, so you feel looser, more relaxed, better overall.
3. Hydrate. Drinking water is an often overlooked method of reducing stress – not only does the cool drink wake up your body, but most of us are more stressed and fatigued because we need to drink more water.

If these simple solutions ease your holiday stresses, that's great! If these easy tips don't do the trick, you may need to visit your doctor of chiropractic – the best way to handle stress is to make sure your brain, spine and nerve system are working right, and that's what chiropractic adjustments are for.

Be smart – get a check-up, and face the holiday season at your best.

Why Is It So Great To Be A Chiropractor?

More and more young people are pursuing educations in natural healing, and at the top of the list is the Doctor of Chiropractic degree, the D.C. With this four-year professional course of post-graduate study, chiropractors can start or buy a private practice, associate with an established practice, or fulfill any number of different professional opportunities, like teaching, speaking, running for office, writing, or marketing, among many others.

The Bureau of Labor Statistics says that chiropractic employment is expected to grow 17% from 2014 to 2024, much faster than the average for all occupations. Because the health care consumer is more interested than ever in natural and alternative healing approaches, becoming a chiropractor is an increasingly wise career choice.

Practicing chiropractic requires a doctorate, and most chiropractic schools accept students with either an undergraduate science degree or at least sufficient exposure to the basic sciences to succeed in the program. It's a demanding educational process, but it's the most interesting and awe-inspiring material you can learn about, the inner workings of the human body and how the brain and body function together to create good health.

Chiropractors are trained in anatomy and physiology, the parts of the body and how they operate. They especially concentrate on the brain, spine and nerve system, because this is the central control system of the body, and is the chiropractor's specialty and primary domain.

Some chiropractors focus on resolving painful conditions like back pain and headaches, while others help their patients with wellness services and lifestyle counseling. Most chiropractic practices do some of each, in addition to many sub-specialties that depend on the doctor's preferences – sports, personal injury, pediatrics and geriatrics, for example, to name just a few.

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Chiropractors study the chemistry of the body, so they are well-equipped to make nutritional recommendations and offer dietary advice.

Chiropractors understand the nerves, muscles and bones, so they are often experts in peak performance, helping athletes to heal from injuries and reach their optimal physical condition.

Chiropractors recognize that the brain must be healthy for the body to be healthy, and through adjustments, nutrition, exercise, counseling and other stress reduction techniques, chiropractors help their patients to get well and stay well, using only natural means.

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Who becomes a chiropractor? Most students have earned some kind of undergraduate science degree from a college or university, though some chiropractic colleges will accept students who have simply completed the pre-requisite science courses.

But a significant number of chiropractic students come from the many miracle cases that happen every day in chiropractic offices worldwide. Many patients who were impressed with their results from chiropractic care, or friends and relatives of those patients, made a life decision and changed direction to attend chiropractic college.

There has never been a better time to be a chiropractor – as our population gets older, more and more people are seeking to retain their vitality and extend their lives with the best quality of life available.

Wellness professionals like chiropractors can play a major role in serving the health care needs of many millions of people – if you or someone you know is curious about becoming a doctor of chiropractic, ask your chiropractor for information on the many fine schools that are located throughout the US and around the world.

Everyone who completes a course of chiropractic study can change the lives of hundreds or even thousands of families. Chiropractors help people, often people who couldn't find help elsewhere – it's a rapidly growing profession whose doctors can earn a fine living while maintaining fair fees for their patients.

That's why it's so great to be a chiropractor – you can be your community's most trusted wellness advisor, make a significant difference in people's lives, and help your neighbors to be healthier and live better.

Ideas on Gratitude

At this time of Thanksgiving, let's consider some elegant expressions of thankfulness, to help us better experience the spirit of the season.

"Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough." ~ Oprah Winfrey

"I am grateful for what I am and have. My thanksgiving is perpetual."
~ Henry David Thoreau

"If you are really thankful, what do you do? You share."
~ W. Clement Stone

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."
~ John Fitzgerald Kennedy

"In all things give thanks." ~ 1 Thessalonians 5:18

"Small cheer and great welcome makes a merry feast."
~ William Shakespeare

"Gratitude is the heart's memory." ~ French Proverb

"Be present in all things and thankful for all things." ~ Maya Angelou

"When I started counting my blessings, my whole life turned around."
~ Willie Nelson

"The roots of all goodness lie in the soil of appreciation for goodness."
~ Dalai Lama

"Reflect upon your present blessings, of which every man has plenty; not on your past misfortunes, of which all men have some."
~ Charles Dickens

"The struggle ends when the gratitude begins."
~ Neale Donald Walsch

"He is a wise man who does not grieve for the things which he has not, but rejoices for those which he has." ~ Epictetus

"Gratitude is an opener of locked-up blessings."
~ Marianne Williamson

"Appreciation is the purest vibration that exists on the planet today."
~ Abraham Hicks

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