



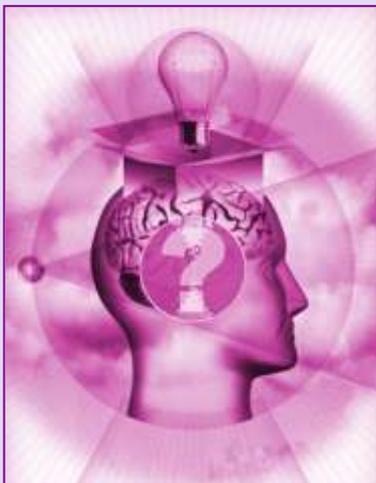
Chiropractic Miracles

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,

What do our body and our automobile have in common? Our body and our car have very complex operating systems that we take for granted and infrequently think about unless something goes wrong.

Years ago, you may have learned to drive a car with a manual gearshift, which was located either in the steering column or in the floor of the car. You learned deliberate motions to move the gears through each position. Most cars today, have gears that shift automatically while driving and you are not even aware of these movements.

In Many ways, our body functions like a car with an automatic gear shift. Every second, the human body automatically performs millions of vital functions, without us even being aware that it is occurring.

the brain, the master controller of the body, sends messages to all parts of the body through the nerve system. These millions of detailed processes are ordered and controlled by the brain. A critical element in this communication system is the spinal cord, which is housed within the spinal canal. This canal has many openings in the vertebrae through which the spinal cord and its membranes pass to all parts of the body. The vertebrae protect the delicate nerve system. This system is a miraculous network of inborn intelligence and it enables the body to heal itself and regulate itself, as long as there is no interruption in the system. However, stress and strains of daily living can cause the spinal vertebrae to misalign and cause an interruption of the communication process.



"Health comes from within. When the nerve system is clear from any interference and the communication from the brain to organs and tissues is 100%, the function of the body will be normal, and normal function brings health."



We seldom think about the complex and automatic operation of our bodies or our cars unless there is a problem. When we have car trouble, we take our car to a car mechanic to fix the problem because cars cannot heal themselves. Similarly, when our bodies express symptoms and we feel sick, we often take over-the-counter medications or we go to a health care provider who may prescribe medications. However, we may forget the first step in restoring health is to locate the cause of the problem. Remember, the body is capable of healing itself, as long as there is no interference with its inborn intelligence. The next step toward health is to correct the cause of the problem.

This leads us directly to chiropractic, the only healthcare system focusing on the correction of misaligned spinal vertebrae that interfere with the body's communication system. When these misalignments are corrected, the body's inborn intelligence can function properly again. This restores the body's natural ability to heal and regulate itself, without the need for medications.

For over 114 years, chiropractors have empowered people to understand that every function of the body is controlled and directed through the nerve system.

Inside this issue, I will share with you a wealth of valuable information that is guaranteed to address many of your concerns and answer pressing questions. It will absolutely provide you with all of the tools necessary to empower you to make the best health choices for you and your family and guide you on a path to "optimal health."

Adapting to Stress: Body and Mind

-Dr. Ben Lerner

Health is a state of well being in three distinct areas:

1. Physical, 2. Mental and 3. Social.

One of my major rules for "Maximized Living" is "Peace Management." A negatively stressful life will rarely lead to a healthy body. A struggling, desperate individual will likely experience illness despite following most of the other important rules of wellness. Even if you could be healthy while experiencing stress, you'd just be a healthy miserable person. And, who wants that?

On the other hand, someone who has peace of mind, knows who he or she is, works hard to emerge victorious over struggles and experiences loving relationships will very likely enjoy ongoing good health. If you're not having a good time living in your body, it's hard for that body to be well or for you to call it healthy. The fact is, you can't separate your wellness from your emotions. Every feeling you have affects some part of your body.

All feelings create physiologic change. Skin, heart rate, digestion, joints, muscle energy levels, the hair on your head and endless cells and systems you don't even know about change with every emotion. These changes can be called the stress response.

The only stress-free people on the planet can be visited at any local cemetery. On the other hand, stress becomes negative only when:

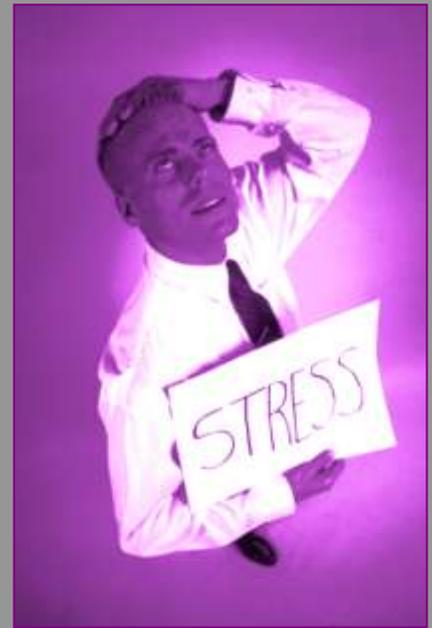
- Your response to it is negative.
- Your feelings and emotions are inappropriate for the circumstances.
- Your response lasts an excessively long time.
- You are feeling continuously overwhelmed, overpowered and overwrought from circumstance.

Our personality and emotions are not pre-determined and pre-programmed as we once thought. You are not who you perceive yourself to be! Many of us feel stuck inside a brain that doesn't work the way we want it to. What science has discovered is that we control our genes, they don't control us!

Although your DNA is your basic blueprint, it is triggered by our attitude and environment. By beginning to embrace and cooperate with life and recognizing how powerful you are, you can start to have a spirit of overcoming, experiencing positive, healthy stress, rather than living as a victim in a state of overwhelm and negative stress.

Stress has become a serious health hazard. If you don't get a handle on it quick, stress can take a huge toll on your physical, mental and social well-being. Let me share with you the simplest way to turn stress into your ally and not your enemy ...

Regular chiropractic adjustments are the quickest and most effective way to reduce stress to your nerve system. Spinal nerve stress caused by a vertebral subluxation is a dangerous mechanism that damages nerves, weakens health and depletes energy stores. Many people may walk around with a painless subluxation for years without knowing it. Doctors of chiropractic are professionals who specialize in correcting vertebral subluxations, the cause of spinal nerve stress, which leads to increased energy, improved health and a rejuvenated body.



"Celebrations and tragedies alike cause a stress response in the body. Some stress is unavoidable."



Closing Thoughts ...

Principles for Personal Success!



“I challenge you to give that something extra and make your life even happier, healthier and more successful. Make a bigger difference in the lives of others because that is where real joy comes from, making others happy.”

We should always follow the golden rule about how we would like to be treated if we were in another person's shoes.

- **We need to keep a pleasant personality.** People prefer to do business and interact with people they like. People like to associate with people who are pleasant to be around. Pleasant people portray themselves as sincere with a generous, cheerful and considerate attitude.
- **Maintaining optimal physical and mental health is essential.** Even if we already have an enthusiastic and positive attitude, we must control our mental and physical habits so they remain life enhancing and productive for success. Proper rest and relaxation are vital to renew energy and sharpen purpose and focus. Most of us realize optimal health is the key to expressing our best; however, we need to remember that regular chiropractic care is a necessary step toward physical and mental wholeness.
- **Forming good habits is really smart.** Both good and bad habits are formed the same way- through repetition. By understanding this, we have the power to change a negative habit into a positive habit by repeatedly commanding our thoughts and actions through positive motivation. These steps ensure that the positive habits become automatic.
- **Always giving that “little extra” can elevate our daily lives and help make a difference in the lives of others.** Studies indicate that a shift has taken place from the “me” generation to the “we” generation. When we reach within ourselves, we will find that “extra something” we can give to those around us. When we give more than is expected from us, life will reward us. Elbert Hubbard wrote, “Folks who never do any more than they get paid for never get paid for any more than they do.” Always give that extra something. You'll be glad you did and someone in the world will be better because of it.

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I challenge you to give that “something extra” and make your life even happier, healthier and more successful. Make a bigger difference in the lives of others because that is where real joy comes from, making others happy.

I ask you to welcome challenges, look for opportunities in every situation to learn and grow, delight in the beauty around you and offer your sincere caring and kindness to others. This is the real “stuff” of life.

I am committed to giving you that “something extra” because I am committed to making a bigger difference in the lives of my wonderful patients.