



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,

Do you notice the hum in the air? Maybe you can't really hear it, but can you feel it? Can you feel the vibration? The "vibrations" around us are not mysterious at all; they are the result of life in motion. The only thing that is a constant in life is "change." Change occurs faster and faster, and sometimes we can feel overwhelmed from the pace.

A generation or two ago, grandparents used to complain about too much change. They do not complain about the changes themselves, they complain about the speed of the changes. Younger people and children are the ones who seem immune to the acceleration of change. Those who shop for groceries know that evidence of change can be seen at the supermarket. Try to find a cereal you purchased last week. You probably won't find it because it has already been replaced by a low-carb, low sugar version.

In spite of the rate of change in many areas of the human experience, some things never change. For example, we all want to succeed. We don't frequently change our life goals of health, financial security and happiness, because none of us would choose to be sick, poor or sad. We know that motivation and persistence are two key factors of success, no matter what our goals are. We strive to become healthy and remain healthy. However, frequently our habits reveal that we have slipped into patterns of motivation that hurt us rather than help us.



“When we take responsibility for the choices we make regarding health, we give ourselves the best opportunity to achieve all of our health goals. ”



What motivates us to seek the help of health professionals: health or sickness? Unfortunately, many of us would have to answer that we look for help only after we become sick. When we are motivated by sickness, we seek help only when we already are experiencing symptoms or health issues. In this circumstance, we are not really in control of the quality of our health because we are taking a reactive rather than active approach to healthcare. When we take a reactive approach, we rely on pills to mask symptoms. Although this approach may make us feel better temporarily, it never really helps us achieve and maintain health. Reactive healthcare leaves us battling symptoms for most of our lives. Rather than living on the “symptom see-saw,” instead we need to act on a plan designed to achieve and maintain optimal health.

Corrective chiropractic care is the best way to achieve this goal.

Chiropractic care is a health care approach based upon the body’s natural ability to heal itself and is a very important step in a commitment to optimal health. Optimal health is one of our most valuable possessions. We should value ourselves enough to strive for the highest level of health. When we take responsibility for the choices we make regarding health, we give ourselves the best opportunity to achieve all of our health goals.

Chiropractic care can help give us the natural health we deserve when we commit to learning more about our body and take all of the necessary steps to stay well.

Practicing chiropractic for more than 8 years, I have been at the leading edge in healthcare and I have coached thousands of patients of all ages to take full responsibility for their health. 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.”

Perfect Posture Month

Stand Up STRAIGHT... Please Don't SLOUCH... Your Posture is the Window to Your Health

Posture is one of the most overlooked keys to best health and performance. Good posture not only improves fitness, thinking ability, emotional state and general vitality, it can actually help reverse the aging process, not just cosmetically, but functionally.

It's Time to Get the Facts STRAIGHT...

Just as proper attention to teeth can prevent problems later in life, proper attention to the development of PERFECT POSTURE will prevent deterioration of your health in the future.

Corrective chiropractic care insures good posture by aligning your spine so the muscles, joints and ligaments can work as nature intended. Good posture contributes to the normal functioning of the nerve system and affects the ability of your body's organs to function at peak efficiency. For over 8 years, I have committed to directing people to the awareness that proper spinal alignment (Subluxation Free) is the MOST IMPORTANT factor affecting perfect posture and maximum health and vitality.

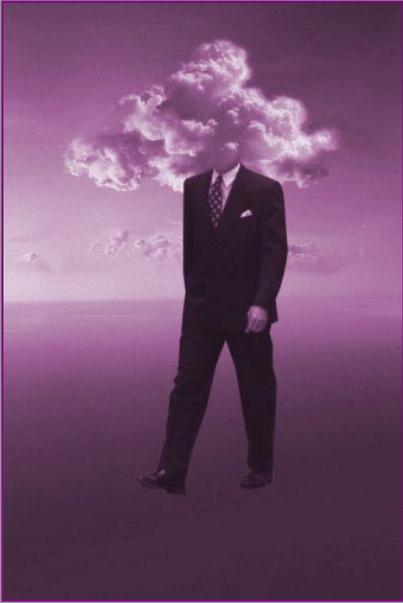
Almost everyone can avoid or reverse the problems caused by poor posture at any age. There is no greater miracle in nature than the body's ability to heal and correct itself. Balancing postural distortions and reducing structural stress through chiropractic adjustments releases the power within you. The result is healing energy that strengthens and normalizes your immune and nerve systems, all of which helps to increase your personal power.



Here is what to do next ...

Schedule an appointment TODAY for a specific postural evaluation. I have helped thousands of people experience first hand the miraculous benefits of perfect posture, which I believe may be among the best kept secrets in the current wellness movement.

Schedule a one-on-one evaluation TODAY for yourself, your children, and anyone else you feel can benefit from Perfect Posture and maximum health and vitality. We will help you to find long term solutions to your unique needs and wants. The regular fee for this evaluation is \$100. It is FREE to all readers of this newsletter during "Perfect Posture Month."



“Every dream starts with a burning desire: a passion to change something, to make a difference.”



Closing Thoughts ...

Guideposts on the Way to Your Dreams!

-Jeff Herring, Knight Rider News Service

“You are never given a wish without the power to make it come true. You may have to work for it, however.”

-Richard Bach

“It’s OK to dream big if you are willing to take enough action to make it happen.”

-Lollie Mc Lain

What is your BIG dream? Most of us have dreams but are not willing to do what it takes to make them become reality. If you are willing to work hard, here are some tips to help make your dreams come true.

Desire ... Every dream starts with a burning desire: a passion to change something, to make a difference.

Decision ... Add to desire the decision that failure is not an option.

Determination ... You will always encounter obstacles on the way to your dreams. Determination keeps you moving forward in spite of setbacks, discouragement and all kinds of difficulties.

Responsibility ... This means the ability to respond. It also means that you are the one in charge of making it happen. There is no room for “It’s not my fault” or “I tried.”

Resources ... Use the resources around you. Ask for advice. Ask for help. There are people in your life who have either done what you are doing or who are in the middle of doing it. Ask them how they did it. Use your resources.

Enthusiasm ... The people who are living their dreams are usually lots of fun to be around. One reason is because they bring such passion and enthusiasm to what they do. Work becomes fun. The really wonderful side effect is that enthusiasm gives you a great deal of energy.

Energy ... An absolutely necessary ingredient to living out your dreams is lots of energy. Often the only difference between those who live their dreams and those who don’t is that “dream catchers” keep on going while “dream droppers” get tired and quit.

Attitude ... You must have the attitude that nothing will stop you no matter what. You’ve got to live the Japanese proverb: “Fall down eight times, get up nine.”

Action ... You can have all the above ingredients in full and still not get anywhere. You have to do something about your dreams every day. You have to take action, sometimes a little bit each day, sometimes a lot.

Momentum ... If you put the above nine tips into action, you will build a momentum that is virtually unstoppable. Momentum carries you through the low and weary times, and makes the obstacles that were once huge boulders, mere pebbles in your path.

**There Are Few Things In Life As Satisfying As
Living Out Your Dreams ... Get Started On Yours!**