



Family Wellness First

Ease Into Wellness

One day not so long ago, a practice member named Craig walked into our center with a slight limp. When I asked him what was wrong, he told me that he had been wrestling with his son A.J. and had hurt his knee. When I told him we'd take a look at it he replied, "Oh that's OK, it will be fine by the end of the week." Just then, a woman walked in and I heard Amy at the front desk greet her and ask her how she was doing. She replied to Amy, "Oh I'm fine today, but I just know I'm going to be in bad shape by the end of the week with the storm that's on its way!"

Albert Einstein once said, "The most important question you will ever ask yourself is whether this is or is not a friendly universe." Dr. Einstein believed that your answer to this question would in fact be the most important decision you would ever make. The reason it would be so important is summed up in another of his famous quotations; "You cannot solve a problem with the same level of thinking that existed when it was created."

In our center for wholeness, we can see your answer to this question demonstrated in your attitude. You see, you either go through life with what we call a *wellness* mentality, or an *illness* mentality. People with an illness mentality expect that mainly unpleasant things will happen to them because they believe that the world is hostile,



unpredictable and out of their control. On the other hand, those with a wellness mentality expect that mainly good things will happen in their lives because they believe that the world is friendly, and that they control and attract to themselves what happens to them through each of their thoughts, words and actions. In the story above, Craig was in a state of dis-ease, and yet he had a *wellness* mentality—a positive expectation that things would be good. The other woman was actually in a state of ease, and yet had an illness mentality— a certainty that things would go downhill for her.

How do we develop, maintain and even expand a wellness mentality? Three things are necessary.

1. A deliberate focus on moving toward what you want, as opposed to trying to move away from what you don't want.
2. A healthy lifestyle that allows your body to function properly, heal and continue growing.
3. A clear neurological connection.

Where does chiropractic fit into this equation? Interference in your nerve system causes your body to use energy at a much greater than normal rate. This rapid depletion of energy sends your body into *survival mode* and causes the highest thinking centers of your brain to shut down. With these parts of your brain shut down, do you think it is possible to see the world as friendly, or do you suppose that coming from a state of *survival* that you might interpret many (if not all) things as threatening?

The chiropractic adjustment process restores the free flow of energy at a normal and natural rate; a rate that allows for *ease* of function in every cell, tissue, organ and organ system—including your *brain!* Your body goes out of survival mode and back into ease, allowing you to once again see the world as friendly.

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Modified excerpt from: *Ease Into Wellness* by Kevin Donka, DC. Read more in *Pathways*:
www.pathwaystofamilywellness.org

Is Your Child's Backpack a Source of Spinal Stress?

Chiropractic tips for safe backpack use:

1. Wear both straps and avoid the one-strap styled back packs. Uneven distribution of the load causes postural compensations and spinal stress.
2. When putting on and removing backpacks, bend at the knees or have the pack at a higher level such as on a desk or table. Sudden twisting motion adds to the potential of injury.
3. Arrange the backpack so it rests evenly in the middle of the back. Shoulder straps should be adjusted to allow the child to put on and take off the backpack without difficulty and permit free movement of the arms. Straps should not be too loose, and the backpack should not extend below the lower back.
4. Keep the load at 10-15% or less of the student's bodyweight.
5. Carry only those items that are required for the day. Request additional textbooks to be kept at home instead of hauling heavy books to and from school.
6. Organize the contents of the backpack by placing the heaviest items closest to the back.



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Modified excerpt from: *Is Your Child's Backpack a Source of Spinal Stress?* by Jeanne Ohm, DC.
Read more in *Pathways*:
www.pathwaystofamilywellness.org

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