



## FROM DOC'S DESK

### Mind Matters – Is it important how I think?

Nutrition and exercise are on many of our minds, and we know that these things are important for our health. What we often do not consider is the way we think and how our daily state of mind affects our overall health too.

Stressful thoughts and emotions cause your brain to release stress hormones. Just like when joints do not move properly in your spine, these hormones can throw your body off balance.

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### Do your children have healthy spines?

Our children's spines are under more stress than we may imagine. They lug around heavy backpacks, sit at poorly designed desks all day, and many come home only to again sit to watch TV on the couch. Even if your children are active, they are moving much less than any other group of children in human history. This makes it vital that they have regular spinal check-ups to ensure they are staying healthy.

As I mentioned in a previous article, our children's brains (and ours!) process 3 trillion bits of information per second related to the health of their body. We are only consciously aware of 50 of those 3 trillion bits of information per second, so that is not a lot to feel.

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### UPCOMING WORKSHOPS:

#### 1. The Innate Lifestyle Program Information Session - Wednesday, April 28th @ 6:30 p.m.

This program combines research from genetics, nutrition, and exercise with the science of empowering personal change. More importantly, is the FIRST PROGRAM EVER to be based on the science of determining the eating, moving, and thinking lifestyle patterns that match the human genetic requirements for wellness and prevention.

The program is about teaching you **WHAT** to do, **HOW** to do it, and most importantly, **HOW TO GET YOURSELF TO DO IT**, in a way that is **EASY, COMFORTABLE, AND GRADUAL**. It works with your natural cravings instead of making you fight them and it gets RESULTS, guaranteed!

Register yourself and guests at the front desk.

**Make sure if you want to start the program, to register before we get started on May 5th!**

#### 2. Eat Well - Wednesday, May 5<sup>th</sup> @ 6:30 p.m.

We are presenting another brand-new workshop discussing what the genetically congruent diet is to allow your body to achieve the most optimal level of health and chronic illness prevention. Learn more secrets to successful implementation, and how to make these changes easily, comfortably, and PERMANENTLY. We are going to go through specifics tips to get you to the next level.

Reserve your seat early to ensure your spot! Innate Lifestyle Program members are already registered.

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**Mind Matters – Is it important how I think?** *Continued from first page*

Cortisol and catecholamines, the stress hormones, cause many changes in your body which ultimately lead us toward chronic illness if we don't remove the stressor. Raised blood pressure, cholesterol, glucose, clotting factors, weakened immune function, and decreased bone density are some examples of illnesses that can happen.

The Journal of Alternative and Complimentary medicine states that over the past three decades much laboratory and clinical research evidence has been built up that make scientific connections between mind, body and belief systems. The way we think is tied into our health and well-being just as much as a healthy spine, good nutrition and daily exercise.

Each action and emotion is preceded by a thought. Many people aren't even aware of the beliefs they have acquired which are running their life. You can choose to use the pre-programmed beliefs to create your thoughts and emotions, but alternatively, you can also choose to think differently and change those beliefs that may be holding you back from a healthier life. Put daily focus on thinking in ways which are: 1. Accurate (i.e. not based on assumptions about things or other people), 2. Based on things you can directly control (i.e. not the past, or other people), and 3. In line with your core values (i.e. the qualities/behaviours that you feel a good person should have).

Living this way ensures success and better health. You may “lose” in certain situations to people with less integrity, but trust me; you are always winning in the long-term. Your health and happiness rely on this! - Dr. Mark

**What is your compass?**

To make your life easier and less stressful, you need an accurate compass to guide you toward what you ultimately want to achieve in life. For most people, this is health, vitality, and happiness. If this is your goal, then your compass needs to be *integrity*.

To know what integrity is for you, write out the 10 characteristics of a good person (e.g. unconditional love, honesty, etc.). These are your core values. Then, when faced with a decision, pick the answer that matches those values and this will always point you toward long-term success (even though it may *seem* at times that you lost out).

PRACTICING basing your thoughts and actions on integrity will lead you toward successful long-term relationships with other people, and yourself. - Dr. Mark

**Do your children have healthy spines?** *Continued from first page*

Therefore, if we only go to the doctor when we feel pain, it may already be too late. There is often a very large time interval between when the problem starts and when you actually feel it. Most importantly, it is during that interval that most of the health damage occurs. Proper movement of their spines is important in the coordination of many aspects of their health including organ function, memory, learning, emotion, and movement.

Dentistry has already succeeded in teaching us that we don't feel things like gum disease and tooth decay starting, so getting a professional check-up twice a year is a good choice to make. Our teeth need to be regularly checked because the foods we eat have drastically changed over time, so why not our spines? Our tendency to sit all day at work, drive home and then sit down in front of the TV or computer is also a drastic change that can create slow, cumulative damage.

Ensure that you and your family are getting regular spinal check-ups to monitor your spinal health, and ensure they are keeping their spines in tip top shape as a preventative measure for the future. You only get one! - Dr. Mark

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