

Achieving

Victoria Family Chiropractic

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Terror-Ridden

On this date 5 years ago our world changed and the term "terrorism" became a house-hold name. Just the word terrorism evokes mental stress, which ravages North American culture. The center for disease control (CDC) in the United States estimates that 85% of disease is caused emotions!

This means that excessive mental stress actually causes disease. Most people know that yet are unaware that your thoughts literally change your body on a cellular level.

The Dalai Lama put it clearly by saying "If

the mind is tranquil and occupied with positive thoughts, the body will not easily fall prey to disease." Living life stressed, unhappy and sick is a choice. You can take control of your health and seeing your chiropractor is a great start. Consider implementing changes to your lifestyle if you seek wellness such as:

- Regular exercise
- Adequate sleep
- Meditation
- Affirmations
- Prayer
- Consider stress part of growth

What is GMO?

A healthy human body seeks what is called homeostasis. Homeostasis means that the body self-regulates and heals on its own. This is wonderful news for us all. However, if the body doesn't get what it needs, homeostatic mechanisms begin to fail. The corner stone of homeostasis is the central nervous system, which is surrounded by the spine. A subluxation-free spine is vital for homeostasis.

A healthy diet is an essential ingredient for homeostasis. LLRICE 601 is a type of genetically modified rice developed by Bayer CropScience. It has a genetically modified protein that makes the rice plants resist glyphosate, the weed killer also known as Round-Up. The US

department of Agriculture has just announced that this rice has been found in long-grain rice shipments earmarked for Europe.

Genetically Modified food is a controversial topic. Personally, modified food gives me the creeps. For your information genetically modified foods are very common throughout grocery stores but are not labeled. If you want to avoid these foods go organic or skip foods known to be commonly modified such as corn, soy and processed foods (75% of processed foods are estimated to contain genetically modified ingredients).

**HEALTH
IS NOT
A CHANCE,
IT'S
A CHOICE**



Our mission is to educate that a properly functioning nervous system and healthy lifestyle are vital to achieving wellness. Change someone's life; have them get their spines examined today!