

Achieving Wellness

Victoria Family Chiropractic

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Less Stress (Part 2/3)

The universe is designed to challenge us. Did you know we are designed to live to be approximately 120 years old? Think of it: 120 healthy, happy, passionate years on this incredible planet. To achieve wellness, your body must continually adapt. Choosing chiropractic and a healthy lifestyle allows your body to do this.

You have your body for life. You maintain the oil in their car before the engine starts to smoke, and your body is infinitely more important than your car. Without health, everything else in life loses perspective; even things like love, happiness, and prosperity can become meaningless. Too often we take our health for granted until we lose it!

You have a choice: to be healthy and give yourself the potential for happiness, love, and all the wonderful things we're intended to have, or to leave your health to chance.

To combat a hostile environment our body needs nourishment. The wonderful thing about the body is given what it needs, it heals itself. This is called innate intelligence. Think of the miracle of birth, cuts being healed, 75 trillion cells communicating, and your body defending itself from the constant bombardment of viruses and bacteria. Truly amazing!

In this second part of a three-part series we will talk about mental stress. How you think about life and yourself has everything to do with your wellness.

MENTAL SECRETS

1. Learn to control your mood. If you think positive thoughts you will be positive! Create your reality. Every morning say out loud and with conviction "Today is going to be a great day!"
2. When you feel down do something nice for someone.
3. Visualize what you want, not what you fear! Visualize the smells, tastes, sights, feelings, and sounds you will hear 15 minutes after you have achieved your ultimate goal.
4. Remember there is no such thing as failure, only learning. "You'll miss 100% of the shots you don't take." (Wayne Gretzky)
5. Forgive yourself and others. Mistakes are blessings as they allow us to learn and grow, so make sure you learn! Channel negative feelings into energy to pursue wellness and growth.
6. With great love and achievement come great risk.
7. Meditate or pray.
8. Take responsibility for your actions and your health.
9. Be grateful for what you have.
10. Don't punish yourself with negative self-talk, it's counter productive.
11. Keep an open mind.
12. Remember wellness is a process not an event. Be patient, health and healing take time and hard work.
13. Do not live in the past.
14. Smile, laugh, listen to upbeat music and breathe.
15. Do not overcook food. Increase raw food intake. The fresher, the better.
17. Eat grass fed beef (not grain fed).
18. Do probiotics yearly.

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Our mission is to educate that a properly functioning nervous system and healthy lifestyle are vital to achieving wellness. Encourage someone you care about to get their spines checked today!