

Can You Change the World?

Mahatma Gandhi said, "In a gentle way you can shake the world."

Change things for the better by:

1. Knowing that change throughout history has occurred because of the courage and commitment of individuals
2. Believing that you have a unique purpose and potential
3. Recognizing that nothing you do is trivial, be aware
4. Taking personal responsibility to change
5. Not waiting, and not getting caught up in the details

The following is written on the tomb of an Anglican Bishop in Westminster Abbey (1100 A.D): "When I was young and free and my imagination had no limits, I

dreamed of changing the world. As I grew older and wiser, I discovered the world would not change, so I shortened my sights somewhat and decided to change only my country. But it, too, seemed immovable. As I grew into my twilight years, in one last desperate attempt, I settled for changing only my family, those closest to me, but alas, they would have none of it. And now, as I lie on my deathbed, I suddenly realize: If I had only changed myself first, then by example I would have changed my family. From their inspiration and encouragement, I would then have been able to better my country, and who knows, I may have even changed the world."

NOURISH
YOUR BODY
AND
ALLOW THE
MIRACLE
OF HEALTH

Cell Phones Linked to Cancer?

A new large-scale study has shown that long-term users of mobile phones are more likely to develop a certain type of brain tumor on the side of the head that they hold their phone.

Those who regularly used mobiles for longer than 10 years were almost 40% more likely to develop nervous system tumors called gliomas. This is the second study to suggest an increased brain tumor risk associated with mobile phones. The study examined more than 1,500 people with gliomas, and an additional 3,300 without cancer. Scientists specifically reviewed the medical histories of patients who had been using mobiles for at least a decade.

Ways to Make Both You and the World Better this Week:

- Forgive someone and tell them so
- Smile and say hi to people you pass on the street
- Just truly listen when someone is talking to you
- Say and see only the beauty in others
- If someone is hateful, jealous, cruel, disrespectful or rude to you, send them only love
- Put coins in someone else's expired parking meter
- Give a homeless person your lunch
- Help someone struggling with bags
- Pick up garbage



Our mission is to create wellness by educating and inspiring people to live well and by adjusting the spine to allow full innate expression.

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