

"The Secret"

The movie and book "The Secret" have become enormously popular. "The Secret" is currently the #1 bestseller on Barnes & Noble and Amazon, plus it has received notable attention on Oprah. "The Secret" is nothing revolutionary and many people apply it every day. The secret is that you think about 60,000 thoughts a day, and for most people these thoughts are centered on what they don't have and don't want. For example, thoughts like, I'm always broke, I am chronically ill, it's impossible to get ahead, I'm clumsy, I'll never find a partner etc. are all too common. If your attention is focused on sickness, poverty and negative events, what do you think you will attract into your life?
Success in life, be it health, prosperity

or happiness comes from you not to you. Your thoughts create your reality. The amazing thing is that your nervous system is plastic. This means that it changes and adapts to its environment. Just as your muscles become stronger with exercise - as you train your motor nerves - so too do your thoughts become stronger as you learn tools to help reprogram you. With regular chiropractic care, interference to your nervous system (innate) washes away allowing you to live up to your incredible potential. To reach that will require a lifestyle that nourishes your innate system. Below describes how to incorporate affirmations into your daily life.

AFFIRMATIONS

"The day you realize you are unstoppable is the day you are."

Affirmations are positive statements that stimulate your mind and create a state of expectancy. Affirmations help begin the process of reprogramming your subconscious (recall the nervous system is plastic).

Here are guidelines to assist you in creating your own affirmations:

1. Affirmations should support what you want. For example, say, "I am amazingly healthy." not "I don't have headaches." Notice how the latter is focused on the negative.
2. Affirmations should be written and read in the first person and be present tense. An example is "I am a healthy

body weight."

3. Affirmations are most effective when said aloud in the morning. Write them down, carry them with you and repeat as often as you want.

4. Affirmations need to be charged with positive emotion and enthusiasm to work. This should come easily. If it doesn't your affirmation probably needs to be modified.

5. Consistency is key.

Our daily staff affirmation reinforces our commitment to serving you with world-class care. Please share yours with us. Your example might be, "I have the best chiropractor in the world!" ☺

LIVE TODAY
AS IF
THERE WERE
NO TOMMOROW



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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