

www.vfchiro.com

Dr. Cale Copeland BSN, DC

Massage Magic

We are ecstatic to have Lisa Day, registered massage therapist (RMT), as part of our team. Lisa is a part of our commitment to world-class service for you. Nourishing your innate ability to thrive comes from a balanced lifestyle; one that massage and chiropractic is part of, as well as thinking, moving, and eating properly.

Here are a few reasons to incorporate massage into your life:

- Boosting your alertness
- Enhancing your immunity
- Reducing stress, anxiety, insomnia and depression
- Decreasing pain
- Assisting spinal healing

Fantastic Feet

Your feet are the foundation for your entire body and spine. They allow you to stand, walk, run, and jump as well as absorbing damaging shock that enters your body. Eighty percent of people develop some type of foot imbalance by the age of 20, and virtually everyone has foot imbalances by the age of 40! Years of standing, walking, and wearing shoes cause the arches of your feet to weaken, hence providing unnecessary support for your body and spine.

As your chiropractor, I want to help you unleash your unlimited potential and custom-made orthotics may be part of that.

<http://www.toyourhealth.com>

Being Human 101

1. You Received A Body. Like it or hate it, it's your ride for this amazing journey of life.

2. You Will Learn Lessons. You are enrolled in a full-time informal school called *LIFE*. Each day in this school you will have opportunities to learn lessons.

3. There Are No Mistakes, Only Lessons. Growth is a process of trial and error, as is experimentation. The "failed" experiments are as much a part of the process as the experiments that ultimately are a "success."

4. A Lesson Is Repeated Until Learned. A lesson will be presented to you in various forms until you have learned it.

5. Learning Lessons Does Not End. There is no part of life that does not contain its lessons. If you are alive, there are lessons to be learned.

6. There Is Nowhere Better Than Here. When your "there" has become a "here," you

will simply obtain another *there* that will again look better than "here."

7. Others Are Simply A Mirror Of You. You cannot love or hate something about another person unless it reflects something you love or hate about yourself.

8. What You Make Of Your Life Is Up To You. You have all the tools and resources you need. What you choose to do with them is always up to you.

9. All Of Your Answers Lie Inside Of You. The answers to your life's questions lie inside of yourself. All you need to do to make the best decisions is trust yourself.

Calling all women for a fun filled Friday night. Enjoy free wine tasting, fresh veggies, massages, tarot card readings and more, on May 4th. Ask for details

**THE
SPINE
IS
DIVINE**



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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