



By Dr. Cale Copeland BSN, DC

## Season of Destruction

A large truck was driving through a busy tunnel. The truck was so large that it got stuck in the tunnel. Traffic eventually got backed up for miles and miles. Dozens of traffic, accident, bridge, road, and truck experts were on the scene for hours trying to figure out what to do. Just as the situation and the frustration of the experts were beginning to get out of hand, a six year girl poked her head out the window and said, "Why don't you just let the air out of the tires?" Many times when life isn't working out the answer is simple. Our decisions shape our life but we first need to be clear on what we want. The key is deciding. A decision can always be changed; lack of clarity and indecision cannot.

Even though Christmas and New Year's make up a total of 3 days, most people just call late November, December, and the first part of January "The Holidays." Since it is "The Holidays," you can use it as an excuse to be irresponsible and careless. You can eat excessively, especially refined grains (dough) and sugary treats (think shortbread, cookies, cinnamon buns, and chocolate) stop exercising, miss adjustments, spend too much, drink too much, and put important things off because it is "The Holidays". In total, you end up with a six week reign of terror on your life and body.

If you add to this all of the other times you tend to abuse or ignore your health, such as parties, anniversaries, Halloween, weddings, weekends, boys'/girls' night, etc., you can end up being irresponsible with your life/health for three months or 25% of year.

By the time you are 40 years old, you will have spent 10 years doing serious, possibly irreparable damage to your body, your finances, and possibly your whole life.

Of the thousands of sick and suffering people I have met and cared for, not once have I heard someone say, "I wish I had done less for my health all these years." What they do say is, "I wish I had met you years ago."

Enjoy the holidays, celebrate, give, love, share, be grateful, and keep you and your family alive and well in the process. Due to the extreme mental, physical, and chemical stress brought on during "The Holidays," please add, do not subtract to your current adjustment, decompression, and spinal care program. Others need care now more than ever, do not stop referring. It's a time of year to think of others more, refer more.

## Holiday Thriving Guide

1. 'Tis the season of giving, so give more OF YOURSELF. Try volunteering at a soup kitchen for the homeless, pick up garbage, help a friend with a project, send a thank you note, bring flowers to someone struggling, greet people with enthusiasm be it in person or on the phone, be more courteous, treat loved ones as politely as strangers, give others and yourself your best smile, be respectful by being on time or early, and give people your full attention and truly listen. The more you give, the more you get.
2. Praise yourself regularly. Think of five positive things you did that day before sleep and give yourself a pat on the back (not a candy cane). You are the most important person in your world; treat yourself with love.
3. We all like to be right. Many times being right alienates friends and loved ones (think wars and divorce).
4. Appreciate life's challenges. They are opportunities to grow if you decide to learn!
5. Dwell and appreciate all the amazing things you have (think food, choice, love, health, and family). It is truly a wonderful life ☺



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