

Rector Chiropractic: A Creating Wellness Center (831) 899-5900

Wellness News You Can Use

Inspiring Health and Wellness

Welcome to the February 2011 issue of Wellness News You Can Use. If you made resolutions this January, I hope the newsletter finds you successfully achieving your goals. Each month we strive to provide you with useful tidbits of information that will allow you to make little changes in your life that will make a big difference in your expression of vitality.

In this month's issue you will read the story of Harvey Lillard receiving the first Chiropractic adjustment in the article, Black History in Chiropractic. You will

find articles on the importance of lifelong learning and performing random acts of kindness in the articles Life Long Learning and Random Acts of Kindness. In our fourth article, Thank You, we follow a bit of our own advice about having an attitude of gratitude and take the opportunity to thank the people who really make a difference in our lives, our patients!

Until next month, live well!

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Black History in Chiropractic

February is nationally recognized as Black History Month in the United States and Canada. Therefore, we thought it would be fitting to pay tribute to Harvey Lillard, an African American. Without him the profession of chiropractic might not exist.

If you are at all familiar with the history of chiropractic, you know that Mr. Lillard was the first chiropractic patient. He was an entrepreneur who handled the cleaning and maintenance of the Ryan Building in downtown Davenport, IA. In that building was a magnetic healing clinic owned and operated by D.D. Palmer, the Founder of Chiropractic.

As the story goes, Mr. Lillard had lost his hearing 17 years earlier while working in a cramped space and after feeling a pop in his back. D.D. offered to examine Mr. Lillard and found a vertebra out of alignment in the area where the reported pop occurred. D.D. reasoned that, based on the timeframe of the injury and the onset of the deafness, these two events must be connected. Therefore, if he could correct the misalignment there was a chance that Mr. Lillard's hearing would be

restored. D.D. was right, and Mr. Lillard's hearing was in fact restored.

This story has been repeated many times, including in past issues of this newsletter. Usually the focus is on D.D., his insight into the function of the human body, and that first adjustment. However, without Mr. Lillard's trust in D.D. and his bravery,

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*Thank you,
Harvey Lillard
You are not
forgotten!*



MR. HARVEY LILLARD, c. 1906

Black History in Chiropractic ...continued

there may have never been a first adjustment.

I don't know what kind of relationship the two men had prior to this event, but imagine the circumstances. Harvey allowed D.D. to perform a procedure that he had never performed before, on a very important area of the body. If D.D.'s hypothesis was true, that the injury to the spine caused Mr. Lillard's deafness, then it was also reasonable for him to think that further trauma to the spine could have additional adverse affects. While we know that

chiropractors are highly trained and chiropractic is very safe when applied by a skilled chiropractor, D.D. was not trained in chiropractic, he had to create it.

So thank you, Harvey Lillard, for your bravery and the monumental role you played in creating the profession that has gone on to affect the lives of millions of people around the world. You are not forgotten.

Dr. Brian P. Rector

Life Long Learning

Every day in my office we encourage people to get healthy by making healthy choices. We encourage people to think about their health in different dimensions, usually physical, chemical, mental/emotional, and spiritual. Physical is what you do with your body, chemical is what you put into your body, mental/emotional is how you think, and spiritual is about your life's purpose. Lifelong learning, the topic of this article, falls under the realm of mental/emotional.

According to Henry Ford, "Anyone who stops learning is old, whether at 20 or 80. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young." Learning should not be limited to your school years, but should be a lifetime endeavor. Develop an intense curiosity about something in this world we live in and there will be no lack of

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motivation to learn.

Research for decades now has shown that in order to keep your brain healthy it must be stimulated. Just like a muscle in your body, it must be exercised to be healthy. This becomes even more important with age. So, you could say that learning and challenging your mind is like Brainercise. In fact, research has also shown that no matter what age you are your brain has the ability to make new neuronal connections if challenged and stimulated. Promising findings are indicating that keeping the mind active and learning may help to avoid Alzheimer's disease.

There are many ways to exercise your brain. Playing games, doing crossword puzzles and logic problems, or simply reading a book are all simple ways. Engage your artistic side by learning a new hobby or skill. Taking classes through adult education programs is popular. If you've always wanted to go back to school to earn a degree or learn a new trade or skill, what are you waiting for? I hear people say all the time,

*Social
interaction is
stimulating to the mind...*



"Oh it just takes such a long time!" My response is you can either complain and procrastinate about it for the next few years or you can plan for it and make it happen. It's never too late. If school isn't your thing, volunteer in your community. Social interaction is stimulating to the mind.

By making lifelong learning a purpose in your life, no matter what age you are, you will be setting yourself up for better health in the future. So get out there today and make some new connections in your brain by learning something new!

Dr. Brian P. Rector

Random Acts of Kindness

Kindness: The quality of being friendly, generous, and considerate.

So what is it to be randomly kind? Is it to do something friendly, generous, and considerate without expecting anything in return? Think back to a time when someone did something kind for you that was random and unexpected. Maybe it was something as simple as holding a door open for you, or something bigger like being there for you in a time of desperate need. How did it make you feel...loved, grateful, happy? Now think back to a random act of kindness that you gave. Maybe you gave food to a person who is homeless or maybe you provided support for a friend who is ill or grieving. Who benefits more, the giver or the receiver? It's hard to say! But one thing's for sure, kindness feels good on both ends.

Sometimes in this hectic world it is so easy to get wrapped up in our own life experience that we fail to seize perfect opportunities to express kindness towards others. It seems

kind of silly that one might have to actually "work" on being kind, but as I said before, it's easy to get distracted from that purpose with all the responsibilities of this modern age.

So, how can you learn to seize those opportunities more often? Just open your heart and start looking. Start with your family and friends. It doesn't have to be a stranger. Really pay attention to those around you and try to anticipate their needs occasionally. Find out what matters to them. For instance, for your spouse you could do a chore that they normally do, plan an evening out, or offer to warm their car up on a cold winter day. For friends you could give them a hug, tell them why you appreciate them, or maybe watch their kids for free so they can have an evening out. For a stranger you might offer to let a parent with children cut in front of you in the checkout line at the grocery store, talk to someone, or simply offer a smile. All of these gestures have one thing in common...they're small things that make a big difference.

To prove my point, think back to the last argument you had with your spouse. Can you even remember what it was? If you can, you'll realize that most of the things we fight about are small things. However, small things applied in a positive way can make an even bigger difference. In researching ideas for this article I came upon a terrific website, www.randomactsofkindness.org. At this website you will find additional support for raising your kindness quotient...kindness calendars, stories and ideas!

Make it a great day!

Dr. Brian P. Rector



Maybe it was something as simple as holding a door open...or warming their car up on a cold winter day.

All of these gestures have one thing in common...they're small things that make a big difference!



THANK YOU!

In past editions of our newsletter we have touted the benefits of having an "Attitude of Gratitude." This month we thought we would follow our own advice and take a moment to thank the great people who support us the most, our patients.

People come to us because they are looking to improve their health in some way and they seek us out to serve them

as their chiropractor. However, as patients you serve us as well. Chiropractors become chiropractors because they have a passion to serve humanity in a model that recognizes and supports the innate healing powers of the human body. Like all the chiropractors I know, I love chiropractic and I want to share it with the world. That is why I am so grateful to you for entrusting me with your health and for allowing me to be a part of

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THANK YOU! *...continued*

your journey toward achieving your health goals.

I am also grateful to those of you who share the message of chiropractic. We know that there are a lot of misunderstandings and misinformation out there about chiropractic. That is why we are committed to the education of our patients. Not only is it important that you understand what it is that we do, why we do it, and how it impacts your health, but it is also important that you are able to share that information with the people you know.

I don't expect you to be able to give a chiropractic lay lecture, but you don't need to. Just share your story. Tell your friends and neighbors about the benefits you have experienced through chiropractic. Share your experiences in our office. We know how great chiropractic is and we will tell anyone who will listen. However, it means more coming from someone that is impartial and someone that they may have a personal connection to and trust.

So again, thank you for being a part of and supporting what I love and have devoted my life to. Thank you for sharing your story and telling your friends and family



Just share your story.

Tell your friends and neighbors about the benefits you have experienced through chiropractic!

about chiropractic.

If you know someone that could benefit from chiropractic but are unsure of how to talk to them about it, I want to know. I'm sure I could give you some ideas on how to communicate your message so that they can experience the benefits you have enjoyed.

THANK YOU!

Dr. Brian P. Rector



Recipe of the Month: Black Bean Smothered Sweet Potatoes



Prep & Ready Time: 80 minutes

Yields: 2 Servings

Ingredients:

- 2 medium sweet potatoes
- 1 15-ounce can black beans, rinsed
- 1 medium tomato, diced
- 2 teaspoons extra-virgin olive oil
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1/4 teaspoon salt
- 2 tablespoons reduced-fat sour cream
- 2 tablespoons chopped fresh cilantro

Directions:

- Prick sweet potatoes with a fork in several places, place in a baking dish and bake at 425 degrees until tender all the way to the center, about 1 hour.
- With about 15 minutes of cooking time left on the potatoes, combine beans, tomato, oil, cumin, coriander and salt in a saucepan and heat over medium heat.
- Once potatoes are done cooking and cool enough to handle, slash each sweet potato lengthwise, press open to make a well in the center and spoon the bean mixture into the well.
- Top each potato with a dollop of sour cream and a sprinkle of cilantro.
- Serve and Enjoy!



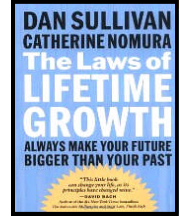
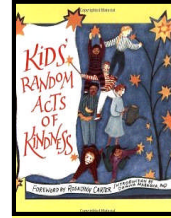
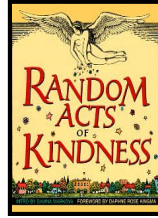
L4—A subluxation or interference at this spinal level can affect the prostate gland, muscles of the lower back, sciatic nerve.

Having a nervous system screening using SEMG and thermography will help determine if these nerves are healthy. For additional information go to:

rectorcreatingwellness.com
or
831-899-5900

Check Out These Great Books. Go to Your Local Book Store and Ask Them To Order You A Copy or visit www.amazon.com.

- **Random Acts of Kindness**, by *Conari Press*~ Imagine what would happen if there were an outbreak of kindness in the world...
- **Kids' Random Acts of Kindness**, by *Conari Press*~...allows us to take a small but very important first step...
- **The Laws of Lifetime Growth**, by *Dan Sullivan & Catherine Nomura*~ Always make your future bigger than your past.



Health and Wellness Quiz:

Each month we will be doing a Health and Wellness Quiz. You can e-mail or snail mail your answers to:

drbrian@rectorcreatingwellness.com

or

Wellness Quiz
775 Kimball Ave. Suite 101
Seaside, CA 93955

We will enter your name in a monthly drawing to win a 1/2 hour massage with one of our Licensed Massage Therapist

Please include your name and phone number so we can contact you if you win. Your information will only be used to contact you if you are a winner. We will not contact you for any other reason unless asked by you to do so. Winner's first name, last initial, and place of employment will be listed in a future issue.

1. When D.D. examined Mr. Lillard, what did he find?
2. According to Henry Ford, what is the greatest thing in life?
3. What are promising findings indicating?
4. Name three random acts of kindness that you can do.
5. Where can you go to find additional support for raising your kindness quotient?
6. Not only is it important that you understand what it is that we do, why we do it, and how it impacts your health, it is also important that you _____.
7. What organs and/or body parts could be affected by a subluxation at the fourth (L4) Lumbar Vertebrae?

January Answers:

1. Would you believe that spicy food, especially chili peppers, have physical and mental health benefits? It's true. If included as part of your regular diet, you may experience better moods, be more alert, get sick less often and even increase your life expectancy.
2. The spicy heat from a hot pepper triggers pain receptors in your mouth, which causes the brain to release "feel-good" hormones.
3. Laughing helps change your frame of mind and clears your head.
4. Another method for reducing stress it to get creative. You could write poetry, play the guitar, or paint to help relieve stress and express your creativity. At the same time, creativity doesn't have to include what we classify as an "Art". The portion of our brain that is responsible for creativity is also active when we "think outside of the box" or use creative problem solving to come up with a solution to a problem.
5. Immersing yourself in a creative outlet several times per week will allow you to take a break and let go of the stresses in your life.
6. If you eat right, exercise, manage your stress, and generally live a healthy lifestyle, your body will find a balance point at a healthy weight.
7. A subluxation or interference at the third (L3) Lumbar Vertebrae can affect the sex organs, uterus, bladder, knees, prostate, large intestine.

Inside the March Issue:

- The Amazing Body
- The Hidden Holiday
- Are the Holidays Eating at You All Year Round?
- Write Now
- Recipe of the Month
- Recommended Reading
- Health & Wellness Quiz

Rector Chiropractic News & Updates

Happy Valentines Day

We are excited to announce a new chance to get well!

Between the 1st of February until the 14th refer a loved one in and be entered into Our Date Night give away. You will receive a dinner for at your favorite restaurant and wine tasting at A Taste of Monterey.

Make sure to enter today call **899-5900**

Ask for Sandra or Laura



www.rectorcreatingwellness.com

Congratulations Trevin K. for answering the wellness quiz and winning the free massage for January!!!

NEW~ ~ On-site chair massages for local businesses– Invest for a Healthy Business– Improves alertness, reduces physical & mental effects of stress experienced by employees, increases good feelings about the workplace & loyalty to the company! ~Contact Sandra for more information

About Rector Chiropractic: A Creating Wellness Center



Sports & Family Chiropractic:
A Creating Wellness
Center

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At Rector Chiropractic Wellness Center we offer a full range of wellness services including full spectrum nervous system and spinal screenings, health consultations, and care planning from acute care through wellness development and maintenance. We supply our patients with continuous education and opportunities to build stronger, healthy bodies and minds. If you haven't had your spine and nervous system checked recently, it could be the best investment you ever make in your future. For more information, please contact us by phone, email or by stopping by our office.



Our Mission Statement:

Rector Chiropractic is committed to helping all individuals achieve and find their desired health. Through our loyalty, passion and teamwork we support our patients on their challenging journey. We guide and teach our patients, their families and our community the responsible health skills needed to provide a happy, healthy and efficient wellness lifestyle. **Our belief is to Be fit, Eat Right, Think Well and Live Better.**