

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

Wellness News You Can Use

Inspiring Health and Wellness

We just finished up with Halloween, Thanksgiving is up next and that means we are officially into the Holiday Season. While the holiday season brings many happy occasions it can also create a bit of stress as well, which can have a negative impact on our health. One way to combat that stress is by making a point to seek out levity in our lives. Moments of fun and silliness go a long way towards counteracting the stress in our lives.

Finances can really take a hit during the holidays especially if you don't have a plan. Financial stress is often at the top of the list of mental stress that we face, so we want to address that issue with you this month. Having a plan relative to your financial health is as vital as any other aspect of your health.

Another cause of stress is when someone gets sick with something serious like cancer. More and more the medical community is teaming up with health care providers

outside traditional medicine to help their patients through difficult health challenges. Maintaining spinal balance is important no matter what your health challenge, but it becomes even more important if you are challenged with serious illness so that your body has the best chance of healing itself.

Finally, we all know by now that smoking is bad. However, the danger is still ignored by far too many people. Everyone also knows that once you start smoking it is difficult to quit. The best approach is to never start. This month we decided to remind you just how dangerous smoking is by sharing some statistics with you. If you have children, please go over this information with them to help them decide now to say no to smoking.

We hope this information finds you well, please enjoy and happy Fall!

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Financial Fitness

Often when we think of being fit we only consider our physical self, our strength or agility, our stamina and endurance and how long or far we can walk, run, or swim. This month I will examine another very important aspect of vitality and discuss the need to stay financially fit.

Let's start with one possible definition of fitness: (The state or condition of being fit; suitability or appropriateness) and work out from there; no pun intended! Whether we look at suitability or appropriateness in the realm of financial fitness we need to have a long term vision for our lives, a lifestyle that fulfills our needs and a plan that will allow our health and money to last as long as we do.

When I discuss health matters with my practice members I often get a sense that most people, myself included not many years ago, tend to ignore their physical health until they are at or approaching a crisis that requires intervention.

Sometimes that crisis point requires limited intervention that can repair subtle damage and return the person to wholeness and health, and other times the intervention is necessarily critical and ongoing for life and can only achieve a lesser degree of perpetual state of sickness for life.

What I wish for all the people that I know, take care of, and meet in my community is simple; don't find yourself with a broken body, unfulfilled dreams, unmet needs and an empty bank account. Many of today's seniors and even some middle ager's find themselves outliving their health and/or their means

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Financial Fitness

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financially. I often use the quote (author unknown): ‘Most people spend the first half of their lives building wealth while their health crumbles and the second half of their lives trying to regain their health while their wealth crumbles and when the dust settles, they are left with little of either’.

The key to financial fitness is focus and unrelenting consistent action in two planes of life.

Earn more than you spend and save at least 10-15% of your income in a place where you do not have easy access to it. This can seem difficult or impossible at first, just start slow and take a piece of your income every week and put it away and at the same time get a crystal clear picture of how and on what

you spend your money. If you need to, talk to a financial advisor and maximize any benefits you may have through your employer.

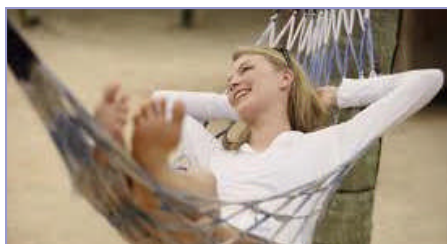
Get and stay physically healthy, and start today. The number one cause of bankruptcy in the U.S. is illness and disease. The most important tool you have to generate wealth is YOU. Don’t live like there is no tomorrow and don’t think those aches, pains, and low energy are normal; IT’S NOT!

You can be as healthy and vitally fit physically and financially as anyone else, you may just need people that will support and nurture new attitudes and actions that will get you there!

Dr. Brian P. Rector

The Role of Chiropractic in Cancer Treat-

Being diagnosed and treated for cancer imposes immense amounts of stress on the body, not only emotionally, but physically. All this stress can throw the body out of balance, making quality of life and chances of healing less. Maintaining balance and supporting your body throughout treatment and afterwards is extremely important. Taking an integrated approach can accomplish this. By integrated I mean combining both conventional and holistic forms of health care. For example, the Cancer Treatment Centers of America (CTCA) have



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adopted an integrated approach to cancer treatment by offering services such as acupuncture, mind-body medicine, naturopathy, nutrition therapy, spiritual support, and chiropractic care. According to the CTCA, “We target cancer with some of the most aggressive treatments and latest technology available, and support you with complementary and alternative medicine therapies to boost your immune system, reduce treatment-related side effects, and improve your quality of life.” By utilizing aggressive conventional treatments you target the cancer, and by utilizing holistic complementary and alternative forms of health care you are supporting your body’s natural ability to heal itself from disease and the toxic effects of cancer treatments themselves.

So, how can chiropractic serve someone battling cancer? First you need to understand that chiropractic care involves gentle adjustments to the spine that restore normal range of

motion to spinal segments and remove stress from the spine and nerve system. Not only does this often result in relief from aches and pains but by removing tension and stress from the nerve system your whole body is allowed to function more optimally. Studies have shown that chiropractic adjustments directly affect the central nervous system, creating a more relaxed state or parasympathetic state. In a parasympathetic state anxiety is less and digestion and immune function are both improved, all essential to healing. In my own practice I have seen the profoundly positive effect chiropractic care can have on someone battling cancer.

If you or someone you know is faced with cancer, please consider an integrative approach utilizing vitalistic principles and chiropractic to enhance quality of life and support the body’s innate ability to heal and be well.

Dr. Brian P. Rector

Smoking by the Numbers

Okay, okay, I know we all get the fact that smoking is dangerous to our health and to the health of others, and sets us up for a shortened life span and/or chronic disease. I hope this article will help to articulate the reasons why smoking is so harmful, and help some kick the habit and stop others short of starting. Please share this with the ones you love, especially those young people who are more easily influenced!



3,000 children smoke for the first time every day and nearly 1,000 will die as a result of it.

Some quick stats from smoking-facts.net:

- 4,800 is the number of different chemicals in Cigarette smoke.
- 69 is the number of those chemicals that are known to cause cancer.
- 440,000 deaths each year are due to smoking-related diseases in Americans alone.
- \$150 billion, the annual cost of health care associated with smoking in the United States.
- 39% and 69% are the death tolls for Women and Men respectively of all smoking deaths.
- 3,000 children smoke for the first time every day and nearly 1,000 will die as a result of it.
- 2x's the likelihood of asthma among children whose mothers smoke more than 10 cigarettes a day.
- 4,000 is the number of chemical compounds in second hand smoke, including 4 chemicals classified by the EPA as known carcinogens—cancer causing agents.
- 25% more likely for nonsmokers exposed to second-hand smoke to have coronary heart disease compared to nonsmokers not exposed to smoke.

These are just a few of the numbers that should help you determine if smoking is right for you and hopefully, when shared with others, help those that haven't started. Make a decision to be smoke free for life. I have included some helpful links on aids and organizations that may help you quit if you are ready or know someone that is.

Campaign For Tobacco-Free Kids: www.tobaccofreekids.org

American Lung Association: www.lungusa.org

Partnership For A Tobacco-Free Maine: www.tobaccofreemaine.org/quit_tobacco/index.php

American Cancer Society: www.cancer.org

Thank you for letting me contribute to your health and please know that lifestyle and the choices we make can be the difference between living an extra ordinary life and living an ordinary life!

Dr. Brian P. Rector

Daily Dose of Levity

Do you ever feel like Atlas from Greek Mythology with the weight of the world on your shoulders? Certainly you are not alone. While some stress is normal, constant stress can really wear you down mentally, physically, and emotionally. That is why we encourage you to find some levity in your life every day.

Levity is defined as lightness of mind, character, or behavior. Doesn't that sound lovely? While creating levity in your life will not make your problems go away it can make it easier to swallow.

Can you think of a time where life really had you down but someone or something got you laughing? At least



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Daily Dose of Levity

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during that moment of laughter you had some reprieve from the stresses around you.

If you would like more levity in your life I would encourage you to check out The Levity Project. Led by Kate West out of Bath, Maine, the goal of The Levity Project is to create global social change towards a world which unites in joy.

If you go to the website www.thelevityproject.com you can learn more about the movement and how you can participate. At the very least you can watch some videos of

some of the things they have done, such as wearing silly rainbow umbrella hats and holding still in the middle of Chicago while people walk by wondering what is going on. While this may seem silly and childish, that is the point. It is harmless fun that gets people smiling and laughing.

When you are smiling and laughing you feel better and that is always a good thing. So make this small commitment, try to let yourself smile and laugh more...today!

Dr. Brian P. Rector



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Recipe of the Month: Crunchy Pear & Celery Salad



Prep & Ready Time: 25 Minutes

Yields: 6 Servings

Ingredients:

- 4 stalks celery, trimmed and cut in half crosswise
- 2 tablespoons cider, pear, raspberry or other fruit vinegar
- 2 tablespoons honey
- 1/4 teaspoon salt
- 2 ripe pears, preferably red Bartlett or Anjou, diced
- 1 cup finely diced white Cheddar cheese
- 1/2 cup chopped pecans, toasted
- Freshly ground pepper, to taste
- 6 large leaves Butter head or other lettuce

Directions:

1. Soak celery in a bowl of ice water for 15 minutes; drain & pat dry; cut into 1/2 inch pieces.
2. Whisk vinegar, honey and salt in a large bowl until blended.
3. Add pears; gently stir to coat.
4. Add celery, cheese and pecans; stir to combine.
5. Season with pepper.
6. Divide the lettuce leaves among 6 plates and top with a portion of salad.
7. Serve room temperature or chilled.
8. Enjoy!



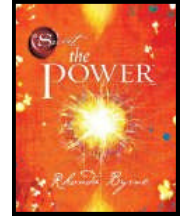
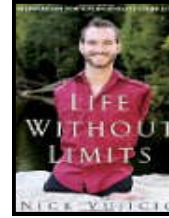
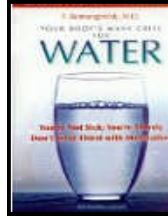
T1- A subluxation or interference at this spinal level can affect the arms from the elbows down, including hands, arms, wrists and fingers, esophagus and trachea, heart.

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.

- **Your Body's Many Cries for Water**, by F. Batmangbelidj, M.D.~ Learn to understand when your body is calling for water.
- **Life Without Limits**, by Nick Vujicic~ Inspiration for a ridiculously good life.
- **The Power**, by Rhonda Byrne~ You will come to understand that all it takes is just one thing to change your relationships, money, health, happiness, career, and your entire life.



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. Finish the quote: 'Most people spend the first half of their lives building wealth while _____'.
2. Earn more than you spend and save at least what?
3. The Cancer Treatment Centers of America have adopted an integrated approach to cancer treatment by offering services such as what?
4. Studies have shown that chiropractic adjustments directly affect the central nervous system creating what?
5. How many children smoke for the first time every day?
6. What is Levity?
7. What organs and/or body parts could be affected by a subluxation at the first (T1) Thoracic Vertebrae?

October Answers:

1. Question: Can a lack of proper posture affect your heart, your digestion, your thyroid gland, or any and all other tissues in the body? ... Answer: ABSOLUTELY!
2. Steel-cut oats are the least processed of the two varieties and so retain the greatest amount of nutrients, especially cholesterol-lowering soluble fiber found in oats.
3. In 2008, \$234.1 billion dollars was spent for prescription drugs in the U.S.
4. The World Health Organization rates the health of the average American 72nd in the world and rates our health care system 37th in the world.
5. When your perception of the world is distorted by a subluxation, it compromises our ability to respond appropriately.
6. Chiropractic adjustments work to reduce stress on the nerve system and can improve the function of all systems, including your mental health.
7. A subluxation or interference at the seventh (C7) Cervical Vertebrae can affect the thyroid gland, bursa in the shoulders, elbows.

Inside the December Issue:

- Spinal Hygiene
- Information Overload
- All By Myself
- Connect to Your Roots
- Recipe of the Month
- Recommended Reading
- Health & Wellness Quiz

Rector Chiropractic News & Updates



HAPPY
THANKSGIVING



What is new for 2012?

- 1) Massage Club
- 2) Supplement Club
- 3) Personal Training
- 4) Weight Loss Programs
- 5) Saturday Morning Fitness Training
- 6) Make sure to ask for info on all the new services for 2012!

Congratulations Brandy R. for answering the wellness quiz and winning the free massage for October!!!

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 at Sandra@rectorcreatingwellness.com or call (831) 899-5900.

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**