

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

# Wellness News You Can Use

## Inspiring Health and Wellness

It's February, and it is hard to think of February without thinking of Valentines' Day and the celebration of love. It is often said that you can't love someone more than you love yourself. I don't know if this is true or not, but I do know that a healthy self-esteem is vitally important to an individual's sense of wellness. So while you are out and about and see all the Valentine's decorations, keep in mind our thoughts from the article, Boost Your Self-Esteem.

Every day is a gift and we should treat it as such. Far too often people get stuck in a rut by wishing something exciting would happen, while life passes them by. Make it happen. You don't have to wait for a special event or a vacation to spice up your life. Make a part of every day a vacation; make it a Today-Cation!

The reason that we focus many of our articles on mental and emotional health is that when you are in a healthy

place mentally and emotionally you are more likely to take better care of yourself in other dimensions of health. Of course that includes eating a healthy diet. This month we feature the Avocado. Avocados not only taste great as guacamole but they are great for you nutritionally as well.

I'll bet you're pretty smart. But I don't care how smart you are, what schools you went to, the degrees you have or your years of experience, all of that accumulated knowledge is nothing compared to the innate wisdom that resides within you and all living creatures. Understanding this Innate Intelligence is vital to understanding chiropractic and the chiropractic approach to health, so we invite you to read more in the article, Your Inner Wisdom.

As always, we hope you enjoy your reading and have a wonderful month...until next time, stay healthy!

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## Boost Your Self-Esteem

Self-esteem is a term that carries many different emotions for people. For some it can bring up the emotion of joy, for some, sorrow or regret, and for others it may lead to confusion or doubt. How is it that a simple two word phrase can mean so much and/or so little? I will get to the answer in a minute. In the meantime I will tell you what I have learned about self-esteem. It is a state of being, not a state of feeling. Self-esteem is developed over time based on the balance of the decisions we make, the actions we take, the way we treat others, the standards we set and maintain in regards to our goals and aspirations, and the level of respect, integrity, compassion, and discipline we give and receive throughout life.

By definition, esteem means: "to regard highly or favorably; regard with respect or admiration", so that is where we will start this discussion. The state of being that is self-esteem is achieved when our thoughts and

actions are congruent with our beliefs. For instance, if you have achieved a state of high esteem for you, you will choose a diet that is consistent with your knowledge of what is healthy; foods that build you up and that will support your favorable self-concept. On the other hand, if you have not achieved a state of self-esteem you are more likely to choose food that you know is not good for you; it may feel or taste good in the moment but

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**Is your current lifestyle consistent with your thoughts and beliefs in regard to proper exercise, respectful communication, a nourishing diet, spiritual depth, environmental stewardship, social responsibility?**

## Boost Your Self Esteem

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intuitively you know it is bad for you.

You can look at any aspect of life and use any analogy to come to the same place when you begin to evaluate and organize where you are and where you want to be in regard to your achievement of self-esteem. Is your current lifestyle consistent with your thoughts and beliefs in regard to proper exercise, respectful communication, a nourishing diet, spiritual depth, environmental stewardship, social responsibility? If the answer is yes then more than likely you have achieved a healthy state of self-esteem, if no, then hopefully you are considering becoming more conscious and congruent with your beliefs and actions.

The answer to the question earlier in this article is simple. The energy and emotion that the term self-esteem carries in your life is based on your level of conscious awareness and consistent effort to achieve a state of self-esteem. If you desire to hold yourself in high regard, with respect and admiration, you must act in a way that would prove that you believe you are worth it!

Once you do that consistently you will banish all doubt and you will have arrived!

*Dr. Brian P. Rector*

## Today-Cation!

Think for a minute of the last vacation you went on or the stories someone else shared from one of their vacations. Often these memories and stories are filled with new or at least uncommon experiences. New places that were visited and new foods that were tasted come to mind. Adventurous activities that are not a part of everyday life might be on the agenda, or maybe just taking the opportunity to rest and relax in ways that you don't have time for in your daily life. The point is that vacations offer the opportunity to get out of the daily grind, do something different, and add some spice to our lives. But why wait for vacation?

Logistically, I understand that by their nature vacations afford us the opportunity to do something different. That's why it's a vacation. It's not only a vacation from our job it is a vacation from routine. But what if I proposed that it is not necessary to wait until we have time off from work to adopt an attitude of adventure and opportunity?

I encourage you to shake things up. Take a different route to work or home

again. You might find something glorious just around the corner you never knew was there. Try a new restaurant or a new dish that you wouldn't normally order. Be bold and courageous. Even if you don't like it you may end up with a great story. Find something that you have wanted to do but keep putting off, and make it happen.

Perhaps you need to go the other way and slow down and schedule some relaxation time. Go get the book you have wanted to read, schedule a massage, or go fishing. Identify whatever it is that you find relaxing and don't get enough of, and make it happen.

The point is that incorporating a vacation attitude into a piece of our day on a regular basis will help add spice to your life and make life more enjoyable. Make being irregular a regular part of your life and enjoy the ride.

Happy Today-Cation!



*Make being irregular a regular part of your life and enjoy the ride!*



# Avocados

What's greenish-black, pear-shaped, has leathery skin and is really good for you? Holy Guacamole! If you guessed avocado then you're correct! While avocados used to get a bad rap for their fat content (30 grams of fat in a medium-sized fruit = that of a quarter-pound hamburger), they are now touted as a healthy addition to your diet. Although it is true that they are high in fat, avocados are high in monounsaturated fat, the "good" kind that lowers cholesterol levels. Avocados also contain beta-sitosterol, which has been shown in numerous studies to significantly reduce cholesterol. Besides the cardiovascular benefits of lowering cholesterol, avocados also have anti-inflammatory properties, are high in carotenoid antioxidants, and may have anti-cancer benefits.

While avocados are native to Central Mexico, they are cultivated in tropical and subtropical regions throughout the world making them widely available year-round. Nearly 95% of U.S. production comes from 59,000 acres in Southern California. The Hass avocado is the most common, making up 80% of cultivated avocados world-wide. They have a mild nutty flavor that many people love.

The recommended serving for avocados is 2 tablespoons or about 1/3 of a medium-sized avocado. Each serving contains approximately 5 grams of fat and 55 calories. An equal portion of butter or mayonnaise would contain 22 grams of fat and 200 calories! So, if you're ready to start eating more avocados, here are some ways they can be used. Try them plain, maybe with a little salt and pepper if you desire.

## Perfect Guacamole Recipe

**Prep time:** 10 minutes

**Ingredients:**

- 2 ripe avocados
- 1/2 red onion, minced
- 1-2 Serrano chiles, stems and seeds removed, minced
- 2 tablespoons cilantro leaves, finely chopped
- 1 tablespoon of fresh lime or lemon juice
- 1/2 teaspoon coarse salt
- Dash of freshly grated black pepper
- 1/2 ripe tomato, seeds and pulp removed, chopped



**Directions:**

Cut avocados in half, remove seed and scrape out avocado from peel into a bowl and mash with a fork; add onion, cilantro, lime or lemon, salt and pepper and mash more; add chili peppers slowly to desired temperature and just prior to serving add tomatoes. Serve with tortilla chips and Enjoy!

Add them to salads, dressings, sandwiches, and soups. Serve them as a garnish to your favorite Mexican dish. Mashed avocados can also be used as a sandwich spread as a healthy alternative to mayonnaise.

And of course, there's always guacamole!!

*Dr. Brian P. Rector*

# Your Inner Wisdom

You are wiser than you may ever understand. Early chiropractors knew that chiropractic was different from other forms of healthcare and worked to identify and articulate a set of working principles which we could use to identify our great profession. In this article I will focus on three of those 33 Principles.

The first principle, The Major Premise, states "A Universal Intelli-

gence is in all matter and continually gives to it all its properties and actions, thus maintaining it in existence." This is a big statement and can be difficult to fully grasp. Essentially what it means is that there are forces at work in our universe that give order to everything within the universe. Without these forces everything would dissolve into chaos and the universe would cease to exist.



Your life is a gift and the forces at work that give you life are awesome.

# Your Inner Wisdom

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Principles 20 and 21 refer to a subset of Universal Intelligence that is found in living organisms called Innate Intelligence.

20. Innate Intelligence - A "living thing" has an inborn intelligence within its body, called Innate Intelligence.

21. The Mission of Innate Intelligence - The mission of Innate Intelligence is to maintain the material of the body of a "living thing" in active organization.

Put another way, when the forces of nature are expressed through physical matter to the point it expresses the signs of life we call that force Innate Intelligence. It is this Innate Intelligence that controls 99% of what

happens in our bodies. It directs the digestion of food, assimilation of nutrients and elimination of waste. It controls our ability to adapt to an ever changing environment and directs our ability to grow and reproduce.

Think for a minute about how amazing your body is and all the things it does in any given second. It is beyond our ability to fully comprehend because there is so much going on at any given time that it would be impossible for our educated conscious mind to keep track of everything. However, Innate Intelligence, that life force that resides within all living organisms, is constantly at work organizing and coordinating the matter through which it is expressed.

Your life is a gift and the forces at

**Innate Intelligence, that life force that resides within all living organisms, is constantly at work organizing and coordinating the matter through which it is expressed.**

work that give you life are awesome. Appreciate what you are and be a good steward of the gift you have been given. Even under the best of circumstances it is a gift that doesn't last very long!

*Dr. Brian P. Rector*



## Recipe of the Month: Ratatouille



**Prep & Ready Time:** 1 Hour 25 Minutes

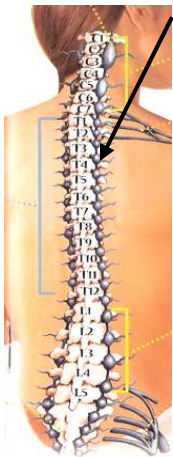
**Yields:** 10 Servings

**Ingredients:**

- 2 tablespoons extra-virgin olive oil
- 2 onions, coarsely chopped
- 2 red and/or yellow bell peppers, diced
- 2 cloves garlic, minced
- 1 1/2 teaspoons fennel seeds, crushed
- 1 medium eggplant, diced
- 2 large zucchini, diced
- 6 medium ripe tomatoes, coarsely chopped
- 1/4 cup finely chopped fresh basil
- 2 tablespoons finely chopped fresh thyme
- Salt and ground pepper, to taste
- 2 tablespoons finely chopped fresh parsley

**Directions:**

1. Preheat oven to 350°F.
2. Heat 1 tablespoon oil in a Dutch oven over medium heat. Add onions and bell peppers; cook, stirring occasionally until the vegetables begin to brown, 8-10 minutes. Add garlic and fennel seeds; cook, stirring until fragrant, about 1 minute more. Transfer the vegetables to a large bowl.
3. Add 1 1/2 teaspoons oil to the pot. Add eggplant and cook, stirring frequently until browned, 7-8 minutes. Transfer to the bowl with the vegetables.
4. Add the remaining 1 1/2 teaspoons oil to the pot. Add zucchini and cook, stirring frequently until browned, about 5 minutes. Add tomatoes, basil, thyme and the reserved vegetables and bring to a simmer. Cover the pot and transfer to the oven.
5. Bake the ratatouille, stirring occasionally until the vegetables are tender, 35-45 minutes. Season with salt and pepper. Serve hot or at room temperature & garnish with parsley before serving.
6. Enjoy!



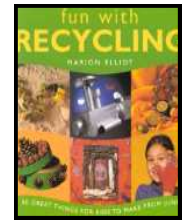
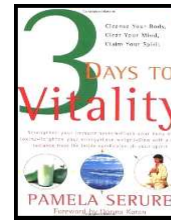
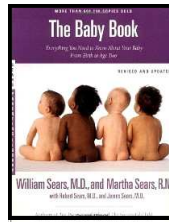
T4—A subluxation or interference at this spinal level can affect the gallbladder, common duct, heart, lungs, bronchial tubes.

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](http://www.amazon.com).

- **The Baby Book**, by Dr. William Sears & Martha Sears~ Everything you need to know about your baby from birth to age two.
- **3 Days to Vitality**, by Pamela Serure~ Cleanse your body, clear your mind, claim your spirit.
- **Fun with Recycling**, by Marion Elliot~ 50 Great things for kids to make from junk.



## 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](mailto: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. What is the definition of esteem?
2. What do vacations offer?
3. Name three ways you could add some vacation into your daily/weekly routine.
4. What type of fats are in avocados and what does this help to lower?
5. If you substitute an equal serving of avocados for mayo, how many calories would you be saving?
6. What do we all have that is a gift?
7. What organs and/or body parts could be affected by a subluxation at the fourth (T4) Thoracic Vertebrae?

## January Answers:

1. If you want to make changes in your life and you struggle with sticking to those changes, take a gradual, one thing at a time approach.
2. Some examples of small changes you can make in your life to become healthier include drink one extra glass of water a day or one less sugar drink or coffee; take a walk one more day a week; smoke one less cigarette a day.
3. The most important discovery in show and tell with your doctor is the discovery that symptoms are not the problem, they are the result.
4. Researchers at the University of North Carolina found that hugging increases the release of oxytocin, a bonding hormone, and may decrease the risk of heart disease.
5. Researchers at the University of Carolina found that hugging significantly lowered blood pressure and heart rate.
6. Tea may help lower cholesterol, heighten mental alertness and encourage weight loss.
7. A subluxation or interference at the third (T3) Thoracic Vertebrae can affect the lungs, bronchial tubes, pleura, chest, breast, heart.

## Inside the March Issue:

- Whiplash
- Are You Hungry?
- Pepper Your Diet
- As Young as You Feel
- Recipe of the Month
- Recommended Reading
- Health & Wellness Quiz

## Rector Chiropractic News & Updates

### “Come One Come All”

### To Our Saturday “Wellfit Program”

Every Saturday morning at 9:30 AM we are having an Exercise program for one hour. Join the fun and learn how to exercise properly without equipment. Bring a friend and receive discount on the membership.

Contact Jesse by phone or email: [jesse@rectorcreatingwellness.com](mailto:jesse@rectorcreatingwellness.com)



*Congratulations to Barbara S., from DMDC for answering the wellness quiz and winning the free massage for February!!!*

*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](mailto:Sandra@rectorcreatingwellness.com) or call (831) 899-5900.*

## About Rector Chiropractic: A Creating Wellness Center



Sports & Family Chiropractic:  
A Creating Wellness  
Center

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.



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### 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**