

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

Wellness News You Can Use

Inspiring Health and Wellness

Welcome back and thank you for once again allowing us to share empowering ideas with you in the Wellness News You Can Use newsletter!

It is the beginning of a new year and we hope you use the articles in this edition to create a new direction for your life and your health. This month we are excited to share simple but powerful steps that will help you make lasting changes in your habits and your life in the article titled, "One Thing". In "Share a Hug" you will learn how necessary and important touch is to your health and the health of your

loved ones, and you will learn about the healing power of tea when you read the article titled, "Tea Time". The last article you will find helpful this month is, "Show & Tell" where we will discuss the importance of seeking health care early to prevent sickness and disease later in life.

Together with the health and wellness quiz, the recipe of the month and the recommended reading we hope you enjoy the first edition of 2012, and as always please share this newsletter with your friends and family so you can be healthy together!

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One Thing

It is not uncommon to hear patients report that they are overwhelmed with everything going on in their lives. When you feel like everything is coming at you all at once it can be difficult to focus on any one thing, and as a result everything suffers.

I often see similar results when patients try to make a lot of changes in their lifestyle all at once. While intentions are good, enthusiasm quickly fades and patients often feel overwhelmed and often give up on everything.

There is another approach that is more successful. It 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. Make a list of the things you want to change about your lifestyle. It can be things that you want to start doing or things that you want to stop. Once you have your list, pick something that you are going to change and focus on that one thing until it becomes a habit and a natural part of your lifestyle rather than something you have to do.

For example if you are a coffee drinker you may consider decreasing the amount of coffee you drink and replacing it with more

water. Or if you put cream and sugar in your coffee you could gradually decrease the amount as you adapt to the taste. You might even get to the point where you drink it black. That would save you a lot of extra calories from the cream and sugar.

Once you successfully make this first change a part of your lifestyle, take on another one. Over time, as you gradually give up bad habits and take on new healthy ones, you start to see the cumulative effect of these changes in your life.

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One Thing

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Think of it like this. If you were on a boat or a plane on your way to a particular destination hundreds or thousands of miles away, how far would you miss your target if you were off by just one degree? I can tell you that you would be off by a lot. Using the same idea, by making small changes and carrying them out over long periods of time, you will find yourself in a much different place than where you were once going.

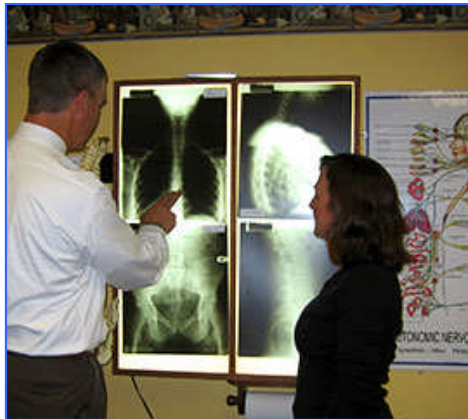
Dr. Brian P. Rector



...how far could you miss your target if you were off by just one degree?

Show & Tell

You may remember show and tell from your days in pre-school and kindergarten, and if you are like so many of us, the anticipation of sharing and learning was tantamount to Christmas or your birthday. No matter what your age,



Part of show and tell is a discussion of what is wrong, why it is wrong, and what caused it to go wrong.

When someone tells me they bent over to pick up a piece of paper and “their back went out” it is time for show and tell.

The most important discovery is that symptoms are not the problem, they are the result.

curiosity is still alive and well in all of us. As a chiropractor, I get to play show and tell every day with new members of my practice when we are moving from the initial interview through the examination process, goal setting, and finally to optimal recommendations for care. Luckily for me and the people I work with the show and tell process is often a progression of better and more exciting discoveries. As is the culture of our system of health care, most (but not all) people come to my office with a condition or a “problem” that is interfering with their quality of life. In this phase of show and tell we are looking for the cause of the problem and the solution. Part of that show and tell series is a discussion of what is wrong, why it is wrong, and what caused it to go wrong.

When someone tells me they bent over to pick up a piece of paper and “their back went out” it is time for show and tell. When that same person is standing upright and their right hip is higher than their left, their left shoulder is higher than their right, and their head is tilted to the left, it is time for show and tell. When we review the x-ray of that same person and we

see arthritis that has been developing for decades without them being aware of it, it is time for show and tell. The most important discovery is that symptoms are not the problem, they are the result. That back pain is no different than the chest pain, tooth ache, reflux, or the sores that come at the end of heart disease, tooth decay, digestive disorders, or diabetes respectively. The symptoms are the result not the cause.

Initially, show and tell with a new practice member leads to an unfortunate surprise that is registered with the disbelief that they have lost their health without even knowing it. The fortunate and exciting part of show and tell with that same person is the empowerment that comes with knowing they can take control of their health, regain their wellbeing and become stronger, more balanced and in control of their future. It is never too early to take charge of your health and your life. If you are interested in a life of optimal wellbeing, call today and schedule a time to play a life changing game of show and tell.

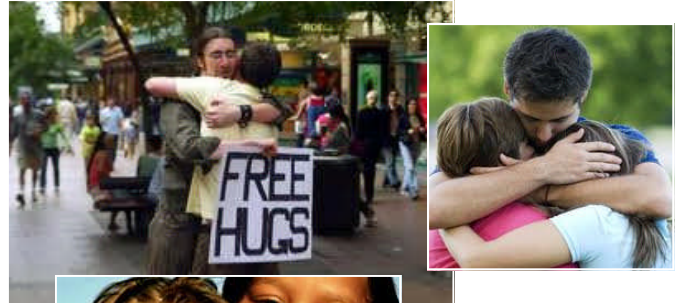
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Share A Hug

Touch.... a fundamental human need that we are all born with, a need that is commonly neglected in American society. Americans tend not to be “touchy-feely” in public, says Tiffany Field of the Touch Research Institute at the University of Miami Medical School. Field’s research shows that touch can cause a reduction in stress hormones and an increase in feel-good hormones.

According to Field’s studies of American and Parisian cafes, French couples spend three times the amount of time touching than American couples do. According to the Touch Research Institute, touch therapy (massage) has been shown to facilitate weight gain in preterm infants, enhance attentiveness, alleviate depressive symptoms, reduce pain, reduce stress hormones, and improve immune function. What about a hug, though? Can a mere hug have as profound an effect?

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. They found that hugging significantly lowered blood pressure and heart rate. It seems silly to research such a thing. I think most would agree that hugging is a good thing when it is a welcome act between two people and we should do more of it. In my office, each patient is offered a hug after their adjustment and although we provide exceptional chiropractic care, some insist that the hug is the best part of their visit.



...give a friend or loved one a hug the next time you see them!

If hugging makes you uncomfortable get out of your comfort zone and give a friend or loved one a hug the next time you see them. It may take awhile to get used to expressing yourself in a newer physical way, but you’ll be glad you did. If you already regularly hug your friends and family, great! Keep it up!

***If you want to see a really cool video check out Free Hugs Campaign on YouTube.

Until next time, live well!!

Dr. Brian P. Rector

Tea Time

Tea has long been revered by many cultures in the East for its healthy qualities. In the West we are finally catching up! Research indicates that some teas may help with cancer, diabetes, and heart disease. Tea may also help lower cholesterol, heighten mental alertness and encourage weight loss. Most of the health benefit and anti-cancer properties of tea come from antioxidant compounds called polyphenols. In fact, tea ranks as high or higher in antioxidant levels than many fruits and vegetables.

In order for a tea to be a real tea it must come from the warm-weather evergreen tree, *Camella sinensis*, which is native to China, South, and Southeast Asia, but is cultivated worldwide today. That means that herbal teas and any other product made from another plant are not truly a tea. The only true teas are black, white, green, and oolong (pronounced wulong). What determines the type of tea is how it is processed. Below is an overview of how the different teas are processed and some of their known benefits.



Research indicates that some teas may help with cancer, diabetes, and heart disease... Tea may also help lower cholesterol, heighten mental alertness and encourage weight loss!

Tea Time

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Green tea: Made with steamed tea leaves and along with white tea is one of the least processed forms of tea, which leads to a high concentration of epigallocatechin gallate (EGCG). EGCG is an extensively studied antioxidant known for its anticancer properties and positive effect on other disorders. Studies suggest that green tea's high concentration of antioxidants may interfere with the growth of bladder, breast, lung, stomach, pancreatic, and colorectal cancers. They may also prevent clogging of the arteries, burn fat, counteract oxidative stress on the brain, reduce risk of neurological disorders like Alzheimer's and Parkinson's diseases, reduce risk of stroke, and improve cholesterol levels.

White tea: Made from steamed new

leaves harvested in early spring. They are silvery white due to the lack of chlorophyll. They are not cured or fermented. Studies suggest that white tea may have the most potent anticancer properties when compared to more processed teas.

Black tea: Made from fermented tea leaves, has the highest caffeine content and is used in flavored teas such as chai. Studies have shown that black tea may offer some protection to the lungs from damage caused by cigarette smoke and may reduce the risk of stroke.

Oolong tea: Made from partially fermented tea leaves, has long been used in China and is believed to stimulate weight reduction. Other studies suggest that oolong tea may



At the very least...teas offer a great tasting and healthier alternative to coffee!

help lower cholesterol.

Most resources suggest 3-6 cups of tea a day to receive maximum benefit. At the very least, teas offer a great tasting and healthier alternative to coffee. So, consider adding a tea time to your day! And because I didn't cover herbal "teas" or, more properly, tisanes in this article, you can expect an article on these in the future!

Until next time, live well!

Dr. Brian P. Rector



Recipe of the Month:



Stuffed Artichoke Hearts

Prep & Ready Time: 15 Minutes

Yields: 18 Servings

Ingredients:

- 9-ounce box frozen artichoke hearts
- 2/3 cup cooked chopped spinach
- 1 teaspoon lemon pepper
- 1/4 teaspoon salt
- 18 thin slices Brie

Directions:

1. Preheat broiler.
2. Prepare artichoke hearts according to package directions.
3. Combine spinach, lemon pepper and salt in a small bowl.
4. Top each artichoke heart with the spinach mixture and Brie.
5. Broil until cheese melts, approximately 1-2 minutes.
6. Enjoy!



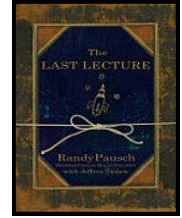
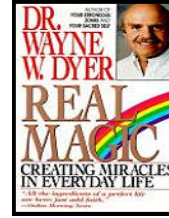
T3—A subluxation or interference at this spinal level can affect the lungs, bronchial tubes, pleura, chest, breast, heart.

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.

- **How to Think Bigger Than You Ever Thought You Could**, by Mark Victor Hansen~ This audio book will transform your idea of what is possible for you in all aspects of life.
- **Real Magic: Creating Miracles in Every Day Life**, by Wayne Dyer~ This book is all about making it happen!
- **The Last Lecture**, by Randy Pausch~ The lecture that captivated the world is now a book to inspire millions.



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. What can you do if you want to make changes in life but struggle with sticking to those changes.
2. Name examples of three small changes you could make, one at a time, to improve your health.
3. What is the most important discovery in show and tell with your doctor?
4. What did the researchers at the University of North Carolina find that hugging increases?
5. What did the researchers at the University of Carolina find that hugging lowered?
6. Tea may help lower _____, heighten _____ and encourage _____.
7. What organs and/or body parts could be affected by a subluxation at the third (T3) Thoracic Vertebrae?

December Answers:

1. The more capable our nervous systems are at expressing INNATE intelligence, the better we adapt to stress, the further we move away from sickness or dis-ease, and the closer we move to optimal well-being and vital health.
2. If you ever feel like the demands of everyone around you are always taking priority over your time you may want to consider scheduling yourself some alone time.
3. Some ideas for spending quality time alone include, but certainly are not limited to, taking a bath, taking a walk, praying, meditating, exercising, going to a movie, eating out, watching the sunset, etc.
4. The most important relationship you will ever have is the one with yourself!
5. Is your spine important enough to invest in practices that keep it healthy?...YES!
6. The Information Overload Research Group suggests one way to decrease the flood of information is to stop contributing to it, and asking those around you to do the same.
7. A subluxation or interference at the second (T2) Thoracic Vertebrae can affect the heart, including its valves and covering, coronary arteries, lungs, bronchial tubes.

Inside the February Issue:

- Boost Your Self Esteem
- Your Inner Wisdom
- Today-Cation
- Avocados
- Recipe of the Month
- Recommended Reading
- Health & Wellness Quiz

Rector Chiropractic News & Updates



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!

Be sure to submit your answers to the health and wellness quiz for a chance to win the 1/2 hour massage each month!!!

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

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**