

Wills Family Chiropractic December E-News

For unto us a child is born, to us a son is given;
and the government shall be upon his shoulder,
and his name shall be called Wonderful Counselor,
Mighty God, Everlasting Father, Prince of Peace.

– Isaiah 9:6

And the angel said to them, "Fear not, for behold,
I bring you good news of a great joy that will be
for all the people.

– Luke 2:10

And suddenly there was with the angel a multitude
of the heavenly host praising God and saying, "Glory
to God in the highest, and on earth peace among
those with whom he is pleased!"

– Luke 2:13-14

The joy that you give to others is the joy that comes
back to you.

– John Greenleaf Whittier

Christmas is not as much about opening our presents
as opening our hearts.

– Janice Maeditere

Things You May Not Know About Your Diet:

1) **Butter is good for you:** Butter contains many nutrients vital to growth and brain function. Butter has nourished healthy populations throughout the globe for thousands of years.

2) **Eggs are healthy:** Eggs are nature's perfect food, providing excellent protein, as well as the gamut of nutrients and important fatty acids that contribute to the health of the brain and nervous system. Americans had less heart disease when they ate more eggs. Egg substitutes cause rapid death in test animals.



3) **Saturated fats and cholesterol are vital for optimum health:** Cholesterol helps babies and children develop a healthy brain and nervous system. Saturated fats provide integrity to the cell wall, promote the body's use of essential fatty acids, enhance the immune system, protect the liver and contribute to strong bones. Saturated fats do not clog arteries, nor do they cause heart disease. In fact, saturated fats are the preferred food for the heart.

4) **Foods from grass-fed animals are important for good health:** Red meat is a rich source of nutrients that protect the heart and nervous system, including vitamins B12 and B6, zinc, phosphorus, carnitine, and Coenzyme Q10. The fats of grass-fed meats contain vitamins A,D,E and CLA, a substance that prevents obesity and protects against cancer.

5) **Modern soy products are dangerous:** Modern soy foods, such as soy protein powders and soymilk, block mineral absorption, inhibit protein digestion, cause endocrine disruption, depress thyroid function and contain potent carcinogens.

Did you Know....?

Chiropractic Reduces Stress- Chiropractic care reduces stress by allowing the body to achieve a balance. In addition, chiropractic helps keep patients free of the impairments to regular exercise, which is key to reducing stress and preventing stress related anxiety and depression. And, while chiropractors do not treat depression, preliminary research demonstrates that chiropractic adjustments may ease depressive symptoms by increasing endorphins. "It has been long speculated that chiropractic interventions may affect mental health problems," note researchers. Investigators followed 15 adults who were both clinically depressed and had cervical spine subluxations. Before and after receiving an adjustment, the subjects completed a standard assessment for depression called the Beck Depression Inventory II. Results revealed a marked reduction in depression scores following treatment.

[Http://drcaram.com/10-reasons-to-see-a-chiropractor/](http://drcaram.com/10-reasons-to-see-a-chiropractor/)

Office Hours

Monday 8am-noon, 2-5pm

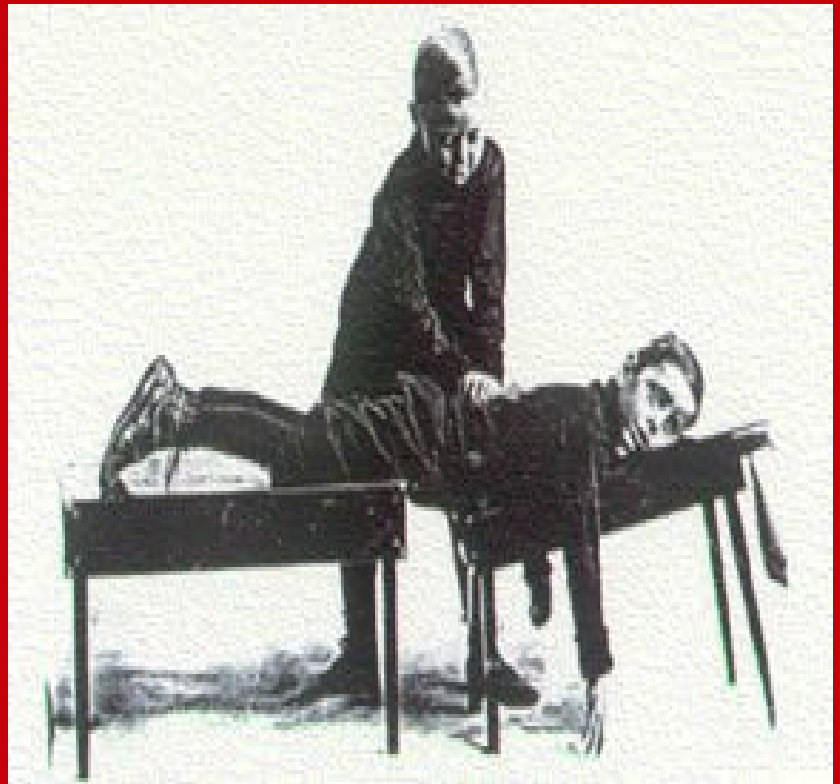
Tuesday 8am-noon, 3-7pm

Wednesday CLOSED

Thursday 8am-noon, 3-7pm

Friday 8am-noon, 1-5pm

Saturday 8am-11am



* The Office will be closed Saturday Dec 24th and Dec 31st

* Friday Dec 23rd the office will be open from 8am - 3pm

* After hours emergencies should send a message to drjason@willsfamilychiropractic.com

Coping with Holiday Stress

Here are some tips to help minimize holiday stress

Simplify

Let go of unrealistic expectations, particularly the desire for perfection.
Invest your energies wisely.

What does the Holiday season mean to you?

What are you celebrating?

What values do you think of when you think of your holiday?

Consider past holidays. Where did you invest your energy? Was it worth it?

As a family, consider the traditions and rituals that you practice. Which ones do you enjoy?

Which ones bring your family closer together? It's okay to re-evaluate past traditions and be flexible and willing to let go of ideas of the way things "Should be" that don't work.

Family

Share responsibilities so the pressure does not fall on one person.

Don't get hung up on the actual date...Time together is what matters.

Allow enough time to relax and recover after visiting others. (children need this too.)

Tell your family about your commitments so you are not struggling against their expectations.

Time Management

Consider past holidays and where you invested your energy. Decide to rid yourself of the things you dislike about the holidays.

Don't spend the holidays just fulfilling obligations. Pick and chose what you want to do rather than what you think others expect you to do.

Set priorities and let go of impossible goals.

Don't over-schedule yourself and your family. Leave some relax time.

Take care of yourself

Ask for help! (Don't wait until offered; you may be disappointed.)

Don't let your "to-do" list control you. Set realistic goals for yourself.

Spend time with positive, supportive people.

Take breaks! Rest when your body tells you to.

Get adequate sleep, eat right and don't abandon your exercise routine.

Support your health during stressful times:

When you find yourself in a situation where you are overtaxing yourself, where everyone demands your time and energy here are some natural ways to support your mind and body while you burn the candle at both ends. Please keep in mind that we are in no way encouraging an overtaxing lifestyle which can take a toll on your overall health. We are simply suggesting nutritional support during those times when stress can not be avoided.

Stress Relief

Withania Complex: Excellent for type A personalities and those who are wound up yet run down. Helps relieve nervous tension, stress and mild anxiety.



Rhodiola & Ginseng Complex: Chronic fatigue, mental, physical exhaustion Fibromyalgia. Enhances strength, endurance, recovery, athletic and work performance. Beneficial for those who work long hours or late nights.

Nevaton: Anxiety, depression irritability and stress, fatigue, debility. Assists in the management of mood swings, PMS, irritability, anger. Sleeplessness, insomnia...(may assist with ADD and ADHD)

Min-Tran: Mild natural calmativ, helping establish balanced function of the central nervous system. Min-tran is the mildest of the three tranquilizing products, excellent for the person who is nervous and cannot relax. It is also effective for helping people with muscle spasms and cramps. Min-Tran is short for "Mineral Tranquilizer".

Min-Chex: Physiological tranquilizer. This is the second in line of the three tranquilizing products, excellent for the person who is nervous and cannot relax. Min-Chex is stronger than Min-Tran, very good for people who get depressed, and for nervous, emotional people.

Orchex: This is the most powerful nutritional tranquilizer we have. It's for the person who is about to blow his stack. It can also be given to the woman with menopausal hypertension, and the man with hypertension.

Before placing an order for herbs and supplements, ask Dr. Jason which one would be best for your situation.

#7 Reason for a Massage

We pick up a great deal of stress in our cars in traffic and sitting in the office trapped in a cubicle...there is no flight or fight...which is a natural reaction to stressful situations... so our bodies are "coping" with it by storing all the tension and extra energy in our muscles.

Massage therapy can actually decrease the levels of hormones such as cortisol and increase serotonin thus significantly counteracting the effects of stress. Massage will lower your heart rate back to normal. It will also stimulate the systems that were shut down to conserve energy such as your immune system, reproductive system and digestion. Your muscles relax and your stress levels have been lowered significantly.

[Http://www.rennwellness.com/the-top-7-reasons-to-get-a-massage-today.html](http://www.rennwellness.com/the-top-7-reasons-to-get-a-massage-today.html)

Massage Hours

Monday	2:15-5pm
Tuesday	3:15-7pm
Thursday	3:15-7pm
Fridays	Request only


* Thursday morning if prearranged



JUST 4 FUN

★ Christmas Jokes 32 of 315

Christmas is weird! What other time of the year do you sit in front of a dead tree and eat candy out of your socks?



SOME CHRISTMAS JOKES

What does Santa write on his Christmas cards?
ABCDEFGHIJK_ MNOPQRSTUVWXYZ (No-L, No-I) !

What do you call people who are afraid of Santa Claus?
Claus-Trophobic.

What Christmas Carol is the favourite of parents and teachers?
Silent Night.

What do you get if you cross an apple with a Christmas tree?
A pineapple!

What did the snowgirl say to her favourite snowboy?
I love you SNOW much !

What's the best thing to put into a Christmas cake?
Your teeth !

Why do reindeer wear fur coats?
They look silly in polyester.

Knock-Knock
Who's There
Mary
Mary who?
Mary-Christmas !

Knock-Knock
Who's There
Avery
Avery who
Avery Merry-Christmas to you.



What do you call a polar bear wearing ear muffs?
Christmas Jokes
Anything you like it can't hear you.



"Honey, our lawyer wishes us, but in no way guarantees, a Merry Christmas."

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