



Special Holiday Issue 2006

W.O.W.

Way Of Wellness Newsletter

Gratitude Promotes Health

Thanksgiving is a time to gather with family and friends in thankfulness for all that we have been blessed with in our lives. But did you know that gratitude actually promotes better health?

"... research has begun to indicate that positive emotions such as gratitude and love, have beneficial effects on health. They do so by strengthening and enhancing the immune system, which enables the body to resist disease and recover more quickly from illness, through the release of endorphins into the bloodstream. Endorphins are the body's natural painkillers. Among other effects, they stimulate dilation of the blood vessels, which leads to a relaxed heart.

Conversely, negative emotions such as worry, anger and hopelessness reduce the number and slow down the movement of disease-fighting white cells in our bloodstreams, and contribute to the development of stroke and heart disease by dumping high levels of adrenaline into the bloodstream. Adrenaline constricts blood vessels, particularly to the heart, raising blood pressure and potentially damaging arteries and the heart itself.

What this means is that the more we experience a sense of gratitude, the more endorphins and the less adrenaline we pump into our systems, thus contributing to longer, healthier lives. As we count our blessings, we literally bathe ourselves inwardly in good hormones."

(excerpted from Attitudes of Gratitude by M.J. Ryan)

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The Gift of Giving

The holiday season is supposed to be a time of family, love, laughter and joy. But for many, it brings more stress, rushing, and financial worry than anything else. We have become a commercialized society that brings with it the pressure of being everywhere, doing everything, and having more than enough money to cover the costs. If throughout the holiday season you find yourself feeling as if there should be more,

maybe it's time for a different approach.

As you make out your holiday shopping list this year, consider the 'gift of giving'. Sometimes it's the small or inexpensive things that make the biggest statement and a lasting impression. Here are some simple ideas to help warm your heart this holiday season.

- Start a family tradition; consider reading a holiday story together each year, a 'special' holiday breakfast, generational cookie baking with grandma, mom and daughter, a holiday play or a caroling party. As time passes, it's the memories that tend to stay with us and warm our hearts for years to come.
- Homemade gifts are always extra special. Imperfections and all, they tell us that someone cared enough to invest their time and energy into a gift just for us. Consider baked goods, mini scrapbooks, picture frames, ornaments, or jewelry. Get the kids involved and teach them the true meaning of the holiday season.
- Give of yourself. Your special talent or just your time may just be the perfect gift. Offer to shovel the sidewalk or run errands for an elderly neighbor, take the kids on a special family outing or meet a friend for lunch. The gift of time could be their favorite gift of all.
- This season, a handwritten letter could be worth more than a thousand words. Is there someone who needs your forgiveness? Send them a letter to show you've accepted their apology. Is there someone who touched you in a special way? Send them a note to express how they have positively impacted and influenced your life.
- The gift of health. Good health is a gift that keeps on giving...share health and wellness through chiropractic with your friends and family so they can experience the same health benefits that you have. Ask us about our complimentary "Care to Share" program.

As you make out your holiday shopping list this year, consider the 'gift of giving'.

However you choose to celebrate this holiday season, remember that there is no gift more special than one that comes straight from your heart. Blessed is the giver and the receiver of such a gift.

One Size Fits All? We all have those on our holiday gift list who seem to have everything. If the ideas above don't inspire you, why not give the gift of "health"? It's the perfect gift for everyone on your list, always the perfect color and you can never have too much. Best of all...one size really does fit all! Speak with our staff to find out how you can give this most precious gift this holiday season.

News From HEALING TOUCH CHIROPRACTIC

Gratitude

This is a time of year for us to be thankful. Thankful for friends and family and especially thankful for our good health!

And, this is also the time of year for giving. We couldn't think of a more precious gift than the gift of health! Giving a Gift of Health is easy. Ask our staff for details.

Upcoming Events:

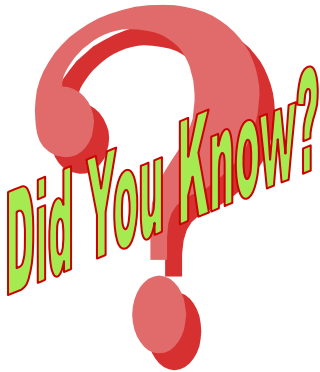
Lady Wellness Screenings

January 15, 2007, from 3:00—5:00

Lady Wellness Lobby

For more information call 701.893.3150

Consider including a health screening or educational workshop as part of your next meeting or event. We have several complimentary programs available for local clubs, churches and organizations. Contact our office for details.



It's sad to think that this most joyful time of year is also a time of great stress, and for many, chronic depression. This need not be the case. Follow these tips yourself (and share them with others). Make this holiday season the joyful time it should be.

1. Incorporate alone time into your schedule to pray, meditate, reflect and be thankful for what's really important in your life.
2. Don't overlook proper nutrition's affect on your ability to juggle multiple priorities. Excess sugar, fast food, and alcohol zaps energy.
3. Exercise is often the first thing cut from our schedules when time is at a premium. Don't do it! Exercise will give you the energy you need and is important to overall emotional health too.
4. Add charity to your to-do list. Focusing on the needs of those less fortunate will make you appreciate all the good in your life.
5. Get your CHIROPRACTIC ADJUSTMENT. You'll work and play better with your POWER turned on!

Healthy Holiday Eating Tips for Thanksgiving

By Gloria Tsang, R.D.



Do you know that the average Thanksgiving dinner has over 2000 calories? It can be a real challenge if you are watching your waistline. The following are some eating tips so that you can still look good and be healthy after the Thanksgiving dinner without having to deprive yourself.

Healthy Holiday Eating Tips for Thanksgiving:

- **Don't go to the Thanksgiving dinner hungry:** We often eat faster and more when we are hungry - therefore, eat a wholesome breakfast and lunch on the day to avoid overeating at dinner time.
- **Thanksgiving dinner is not an all-you-can-eat buffet:** Fill your plate half with vegetables, one quarter with a lean meat and the rest with a starch of your choice. Eat slowly and stop when you are full.
- **Turkey - go skinless:** Choose your 4-oz turkey portion skinless to slash away some fat and cholesterol. Save your appetite for the side dishes and desserts.
- **Side Dishes - watch your portion size:** Go for smaller portions. This way you can sample all the different foods. Moderation is always the key.
- **Make a conscious choice to limit high fat items:** High fat food items can be found in fried and creamy dishes as well as cheese-filled casseroles in a traditional Thanksgiving meal. For instance, mashed potatoes are usually made with butter and milk; green bean casseroles are often prepared with cream of mushroom soup, cheese and milk and topped with fried onions; candied yams are loaded with cream, sugar and marshmallows. If you cannot control the ingredients that go in to a dish, simply limit yourself to a smaller portion size. Again, moderation is the key.
- **Drink plenty of water:** Alcohol and coffee can dehydrate your body. Drink calorie-free water to help fill up your stomach and keep you hydrated.