



November/December 2008

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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Holiday Stress Busters

It's that time of year again. The sweet smells of the holidays, the Christmas tree aglow in the corner, excited children waiting for that special visit from Santa Clause. And yes, another season of absolute stress! You know what I'm talking about - the "Oh my gosh, I have to cook eight dozen Christmas cookies for the school Christmas party, tomorrow" stress. The "I have to buy 'who' from the office a present" stress. The "Little Mary wants the ever popular Baby Eats and Poo's A Lot doll and there are none to be found anywhere" stress.

We've all been there, and it doesn't get easier from year to year, but these tips can help take some of the stress off of your back and help you enjoy the beautiful holiday season a little bit more!

- 1) Make a Pre-Season To-Do Timeline. This will help you stay organized and on track with all the to do's the season brings.
- 2) Avoid last-minute rush. Plan when you'll complete each task. By setting a deadline for your tasks, you can see what has to be done by when, ensuring everything gets completed in time for when it's needed.
- 3) Browse catalogs, address cards, do crafts early, while watching a movie. This can give you some great ideas or give you a head start on cards while you are relaxing.
- 4) Dinner guests? When everyone brings something, they feel more a part of things. This not only takes a ton of stress off of you, but it gives you a great array of delicious foods that you and your guests may never have thought of (and maybe some new recipes too!). Everybody loves a potluck!
- 5) Wrap-as-You-Shop (Or shop where they wrap!). If you wrap as you go, you won't be overwhelmed with a five foot pile of gifts to be wrapped the night before Christmas. It's easier and more manageable to wrap as you go- and you'll be surprised to see that you have more than you thought under the tree and maybe save you some money on some unnecessary gifts.
- 6) Swap baby-sitting with friends so you can shop hands-free. (Buy a little treat for the sitter.) This is worth it no matter what. If you can figure out a way to shop alone you will be way less stressed!
- 7) December Debt a Problem? January 2, start a "Next-December Savings Account" and auto-transfer in each week. It adds up! Or, consider January sales. Wrap up a photo or toy version of the perfect gift in a fancy box with an I.O.U. (then remember to buy the actual gift in January). Either of these options are going to alleviate stress. A Christmas account assures that you have your Christmas finances set and you don't have to try to "find" the money. An I.O.U. is a great option for a spouse or older child who won't be upset not getting that gift on Christmas morning!
- 8) Most importantly, take time for yourself. Get plenty of rest, eat right and don't forego your exercise and wellness regimens, including your regular chiropractic adjustments! Now is the time when you need every ounce of energy and your immune system to be at it's most powerful. Nobody wants to spend the holidays sick and tired.

Will New Year's Eve find you making resolutions for the year to come? You aren't alone, 50% of Americans set goals for the new year but only 15% manage to keep them. Since most resolutions involved some aspect of health and wellness we don't want you to become one of those statistics! Watch for our New Year...New You promotion in January. We're going to help you set your goals and make them stick!

One Size Fits All

We all have those on our holiday gift list who seem to have everything. Well, we've just made your gift-giving a whole lot easier. Give the gift of "health"! It's the perfect gift for everyone...Always the perfect color and you can never have too much. Best of all...one size fits all!

Holiday Closure:

Healing Touch Chiropractic will be closed :

December 22nd through January 2nd

We wish you a Merry Christmas and look forward to aiding you in your health goals in 2009.

Dr. Tiffany and the Healing Touch Chiropractic Team

Make the Right Choices and Avoid Gaining Weight This Holiday

This holiday season don't be trendy – avoid the Seasonal Seven. The Seasonal Seven is the average weight most Americans gain between Thanksgiving and New Year's. That's one trend you don't want to participate in!

I know what you are thinking – the holidays are a time for fun and indulgence! But don't worry! The festivities don't have to be eliminated or avoided. It's all about making smart choices.

The secret to achieving a holiday season that is both full of fun and also focused on wellness can be found in your "choices". By making careful choices about what you eat (or don't eat) you can avoid packing on extra weight AND also partake in all the fun of the season.

One example includes choosing to substitute healthier food options for the more traditional high-calorie and high-fat versions. Check out this recipe as a delicious alternative to traditional pumpkin pie.

Healthy Recipe: Pumpkin Cake

- 3/4 cup Canola oil
- 1 cup honey (if you like things sweeter, you could add a little more.)
- 4 eggs - lightly beaten
- 1 cup apple juice
- 1 12 oz. can pumpkin
- 1 1/2 cup either dried or regular apples
- 3 1/3 cups sifted whole wheat flour
- 1 tsp baking soda
- 1/4 tsp sea salt
- 2 tsp. cinnamon
- 1 tsp. ground nutmeg
- 1 tsp. ground cloves
- 1 1/2 cup shopped walnuts (optional)

Preheat oven to 350°. Grease and flour 10" tube pan. Beat together oil, honey and eggs. Add apple juice and pumpkin: mix well. In another bowl, combine flour and remaining ingredients. Add to pumpkin. Bake 1 hour or until toothpick inserted in the middle comes out clean. Serve with unsweetened apple butter. Those who do eat dairy can whip cream cheese and mix it with honey and serve a dollop on top.

Successful Fittin' Mittens Event

We would like to say "**Thank you**" to all our generous practice members who contributed to the success of our Fittin' Mittens Event.

We were able to help supply children in our community the necessary winter accessories for them to stay warm and dry during this upcoming season in addition to being able to participate in outdoor activities.

All cold weather goods collected were donated to the elementary schools in the West Fargo School District.

