



Larsen Family Chiropractic:
A Creating Wellness
Center



August 2007

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Focusing On...

The 3 Dimensions of Wellness.

Your life is made up of multiple dimensions that are separate, yet profoundly connected. You can move toward wellness in one dimension while moving away from it in another. Addressing these dimensions simultaneously is a foundational piece of the Creating Wellness System. This is the last of a three part series which focuses on each of the three dimensions separately: ***Physical, Bio-Chemical and Psychological.***

The Psychological Dimension (The mind-body connection)

Many people do not realize how psychological stress can translate into physical ailments. The mind-body connection is becoming more and more understood and its significant impact on overall wellness. Within this dimension of the Creating Wellness System we assess specific things to see how you react to stress, your feelings of anxiety and your perception of your control over various parts of your environment.

Examples include: organization of your home, work, finances, healthy/unhealthy relationships, being able to see the 'big picture', living with purpose and creating a healthy family are all things that go into making you who you are. The assessment process is done in part by a comprehensive questionnaire as well as a stress

responsivity test that is conducted in the office the day of the assessment. This test allows us to see what capabilities your body holds to help you deal with different types of stress (physical and mental).

Within the Creating Wellness System members are supplied with great tools such a weekly Sound Advice and a Weekly Insight to help them to learn and grow. Members also benefit from weekly coaching session with a Wellness Coach to help them stay focused and on task. During specific sessions things such a self-talk, positive thinking and the internal struggle with ourselves is discussed and evaluated.

In order to achieve true wellness, you need to address the psychological component. Creating Wellness is one of the few programs that provides this opportunity. People need to have a better understanding of themselves and learn why they do what they do (i.e. seeking comfort in food, stay in unhealthy friendships) so they then can implement change if needed.

[Info for Everyday Life](#)

The Secret

This full length feature film has been sweeping across North America the past year. *The Secret* is the culmination of many centuries of great thinkers, scientists, artists and philosophers. Based on the Law of Attraction it is a well made 90 minute journey for the viewer that presents a lot of things for them to consider and reflect on. It focuses on putting positive energy out into the world by the thoughts we think. There is an extensive list of narrators in the film including a Doctor of Chiropractic! For more info go to www.theseecret.tv

Louise Hay

In the myriad of self help books it is often difficult to separate the wheat from the chaff. We were introduced to the world of Louise Hay by one of our Creating Wellness Members (thanks Rhea!). Ms. Hay is known as one of the founders of the self-help movement. Her first book, [Heal Your Body](#), was published in 1976, long before it was fashionable to discuss the connection between the mind and body. Through Louise's healing techniques and positive philosophy, millions have learned how to create more of what they want in their lives, including more wellness in their bodies, minds, and spirits. To check it out for yourself try <http://www.louisehay.com/index.php>.

[Interesting Things and Things That Interest](#)

Being engaged in your community and helping those that are not blessed to be as financially fortunate as you can really give you a boost! To help those families that struggle with all of the back to school costs our office is collecting school supplies for the month of August. At the end of the month we will then turn all of the supplies over to

the city wide Tools for Schools program which is organized through the [Central Alberta Women's Outreach Society](#). So, when you are out and about getting the kids ready, how about grabbing an extra couple of things to donate?

The Hub

We are a team of 4:

Dr. Stacy Larsen (Doctor of Chiropractic) stacy@docstacy.com

Carol Simpson (Wellness Coach) carol@docstacy.com

Janice Doherty (Chiropractic Assistant) jan@docstacy.com

Brad MacLeod (Registered Massage Therapist)

The core of all we do is located in downtown Red Deer AB at #102 4706 48 Ave. (2 blocks south of City Hall and across the street from the Associate Clinic). You can reach us at 340.0278 or via email. Office hours are Monday, Wednesday and Friday 8-12:30 and 2-5:30, Tuesday 8-12:30 and Thursday 1-7:30.

“Knowing others is intelligence; knowing yourself is true wisdom. Mastering others is strength; mastering yourself is true power.” ~Anonymous

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