



Larsen Family Chiropractic:  
A Creating Wellness  
Center



***January 2008***

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### **Focusing On...**

#### **Routines**

Most of us have lots of routines. How we get up and get ready in the mornings, how we travel to and from work everyday, what we eat on certain days, the order that we do our weight lifting exercises and on and on, the list could be endless. Routines can bring peace and consistency to our lives. They can add value to our days and help us get the most out of our time. They can be comforting as long as we don't become rigid and controlled by them.

We have to be careful not to continue doing something in our routines 'just because that is always the way it's always been done.' Once in a while step back from your normal routine and ask yourself "could this be better?" Think of things like time, place, commitment, feasibility of doing the task and who does doing the task 'this way' really serve?

Caution should be used in comparing your routines to others. Always remember that everyone has their own circumstances. No two lives are the same so what may work for someone maybe a potential disaster for another. Try changing the order of things to suit you, your family and your lifestyle.

### **Info for Everyday Life**

## **Preparing the Ham Dinner**

A young woman was preparing a ham dinner. After she cut off the end of the ham, she placed it in a pan for baking. Her friend asked her, "Why did you cut off the end of the ham"? And she replied, "I really don't know but my mother always did, so I thought you were supposed to."

Later when talking to her mother she asked her why she cut off the end of the ham before baking it, and her mother replied, "I really don't know, but that's the way my mom always did it."

A few weeks later while visiting her grandmother, the young woman asked, "Grandma, why is it that you cut off the end of a ham before you bake it?"

Her grandmother replied, "Well dear, it would never fit into my baking pan."

## **Healthy Food Getting More Expensive**

This topic is one of the biggest pet peeves of a lot of people who try to eat healthy and provide healthy diets for their families. Sometimes it feels like a penalty to have to pay more money for produce than it does for junk food. There is also something fundamentally wrong when you can spend less money on a burger, fries and soda than it cost for a healthy chicken salad. Interestingly enough it seems others are finally starting to make this realization too. To read more please see:

<http://www.msnbc.msn.com/id/22476265/>

## **Interesting Things and Things That Interest**

We are thrilled to welcome Dr. Gord Stanford to Larsen Family Chiropractic. Dr. Gord has graciously agreed to help us by providing chiropractic care to all of you who utilize our office. At the present moment we are just now figuring out the final details to his availability at the office and an email will be sent out once that is confirmed. You can reach Dr. Gord at [drgord@docstacy.com](mailto:drgord@docstacy.com)

We are also excited to welcome Kalynna Styba to our office. Kalynna is our new Chiropractic Assistant. Kalynna will be starting full-time mid January but look to see her here and there in the office prior to that as she does some training as time allows. To contact Kalynna please email [kalynna@docstacy.com](mailto:kalynna@docstacy.com)

## **The Hub**

We are a team.

Dr. Stacy Larsen (Doctor of Chiropractic-on sabbatical) [stacy@docstacy.com](mailto:stacy@docstacy.com)

Dr. Gord Standford (Doctor of Chiropractic) [drgord@docstacy.com](mailto:drgord@docstacy.com)

Carol Simpson (Wellness Coach) [carol@docstacy.com](mailto:carol@docstacy.com)

Kalynna Styba (Chiropractic Assistant) [kalynna@docstacy.com](mailto:kalynna@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 1-6:30.

**NOTE: Please note that our office hours on Thursday have changed from 7:30 to 6:30 pm. We will also be closed Monday, February 18<sup>th</sup> to celebrate Family Day.**

**“Spontaneity is the quality of being able to do something just because you feel like it at the moment, of trusting your instincts, of taking yourself by surprise and snatching from the clutches of your well-organized routine.”**

**~Anonymous**

## **2008 The Year for Renewal**

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