



Larsen Family Chiropractic:
A Creating Wellness
Center



May 2007

Welcome to our very first Creating Wellness Bulletin!

We've decided since there is such a large amount of great information available to share with you focusing around your health and lifestyle choices, we felt to do you (and us!) justice we needed to have a separate newsletter. We promise to keep it informative while focusing on the three dimensions of Creating Wellness (physical, bio-chemical and psychological).

We understand that when you agreed to have your email address in our mailing list for Dr. Stacy's monthly chiropractic newsletter this wasn't included – therefore if you would **rather not** receive this bulletin (which will come out around the middle of each month) please reply to this email with 'unsubscribe' in the subject line.

Please feel free to forward this to anyone that may find it interesting and beneficial – we invite anyone who would like to sign-up for the Creating Wellness Bulletin to email info@docstacy.com and place 'subscribe newsletter' into the subject line.

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Focusing On...

Just what is all this stuff about Creating Wellness anyway? Here, let start with a definition of wellness to help us explain the system:

Wellness: The degree to which an individual experiences health and vitality in any dimension of life.

Health and vitality refer to your life force. The Power to live, grow, and express your maximum potential as a human being. Your life is made up of multiple dimensions that are separate, yet profoundly connected. We work with you to achieve true wellness in all three dimensions – physical, bio-chemical and psychological.

Creating Wellness consists of two key components. First is the assessment. This step can stand on its own as a way measuring where you are at with your health and vitality in all dimensions of your life. It generates your Wellness Quotient that can lead you to the second step of the system. This second step consists of 20 weeks of customized programming that addresses all three dimensions of stress in your life.

For a better understanding of what we have available to help you on your path to wellness please check out http://www.docstacy.com/pdf/web_cw.info.pdf. It gives a very good overview of the assessment and what makes up the 20 weeks of programming.

The reason we have introduced this program to our community is we want to continue to make a difference. This program does and can change lives. It does a fantastic job of complimenting the chiropractic care we already offer. It provides the opportunity for people to experience greater levels of health and vitality.

Another great source for all things Creating Wellness is <http://www.creatingwellness.com/default.html>. This is a website created and maintained by those revolutionaries that founded Creating Wellness. Check out what Dr. Gentempo (otherwise affectionately known as Dr. G!) has to say.

[Info for Everyday Life](#)

Body Mass Index

One of the components we use within the Creating Wellness Assessment is determining an individual's Body Mass Index (BMI). While this is another good piece of information to have on hand while assessing a person's physical state it does have its shortcomings. A recent article on MSNBC <http://www.msnbc.msn.com/id/18043813/from/ET/> does well explaining why just using a Body Mass Index number shouldn't be the only way to determine your optimum weight.

Gimundo (ji-MUN-doe)

Cool name – great website. In a world that can often times be pretty negative we were thrilled to come across this website that is dedicated to talking about the good things happening in the world. It helps us be positive and thankful for the goodness we have and the great achievements of others. The daily newsletter in our Inbox is a real picker upper. www.gimundo.com

[Interesting Things and Things That Interest](#)

In our office for the month of June we are very excited to bring you.... drum roll please....[Creating Wellness Chiropractic Collects Clothes](#). We have noticed that people who have been on the Creating Wellness system are changing their lives and their bodies. As a result, a lot of their clothes no longer fit! We are collecting clothing donations from anyone who may want to be a part of this event. The clothes will be donated to local charities including Loaves and Fishes to help those less fortunate. Contact the office 340-0278 or info@docstacy.com for more information. This is a [fun](#) way to help those in need.

[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.

*“Few things in the world are more powerful than a **positive** push. A smile. A word of optimism and hope. And you can do it when things are tough.”*
~Richard M. DeVos

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