



Larsen Family Chiropractic:
A Creating Wellness
Center



September 2007

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Focusing On...

Why Should We Bother?

A lot of thoughts and emotions come to the surface when we learn of a loved ones news of sickness or disease. When we know the loved one who is stricken has a healthy lifestyle and a positive outlook we ask "how can this be?" For a lot of us we have an expectation that eating properly, exercising and thinking healthy thoughts should prevent us from getting sick. When it does happen it really makes us wonder why we should continue to do all the rights things...what is the point?

Living a healthy lifestyle is not a get out of jail free card. It does not exempt us from illness. What it does do for us is diminish the likelihood of many sicknesses and diseases. If we do end up getting sick it can certainly minimize the amount of recovery time we need. It can lessen the severity of the sickness. Healthy living puts us in 'fighting form'. If we are stricken by something of major consequence we at least will start our fight without the added stressors of high blood pressure, obesity, clogged arteries and the like. Our bodies and minds will be able to really focus on the task at hand because it won't have 50 other issues to deal with at the same time.

Use caution when going through life with a sense of entitlement to good health. It takes effort, vigilance and consistency. Honor yourself and your body by doing the good things, the right things. Honor your loved one by not giving up and continue to strive for

optimum health by following them as a role model. The point is that we owe it to ourselves and to them.

Be Fit. Eat Right. Think Well.

[Info for Everyday Life](#)

Road ID

We would like to salute the smallest, simplest, least-sexy piece of workout gear that a person can own. It doesn't record data, or monitor heart rate, or dispense fluid. It doesn't take batteries. It doesn't even make you faster. But it will, in an unfortunate situation, potentially save your life. Behold the [Road ID](#). This unassuming piece of gear could make the difference between you getting home again or not.

If you like to walk, run, cycle or do any kind of activity away from your home or gym then this is for you. This Kentucky based company has a friendly website with tons of information to help you decide what type of id would suit you best (wrist bands to dog tags) and what kind of information you should include on it. Order and delivery is done in a very timely way and gift cards are available for those already starting think of Christmas. It may only cost around \$20 but it will be the most valuable piece of gear you will own.

Snack Savvy

Snacking can help or hurt a healthy diet. The difference depends on what you choose and how much you eat. In fact, it may actually help you to *lose* weight. This is because snacking helps to maintain a balanced blood sugar level and encourages your body to burn calories faster. When it comes to losing weight, it is your *overall* calorie intake that counts rather than the number of meals or snacks you consume. Here are some tips

- Plan ahead so that you have the desired food at hand when you need it. You don't want to be forced to choose from the limited selections in a corner store, or a randomly stocked refrigerator.
- Instead of munching absent-mindedly, make snacking a conscious activity. Ideally, this means eating without doing anything else at the same time (for example, watching TV). Otherwise, you can easily overeat without realizing it.
- Choose lower-fat snacks: <http://www.cbc.ca/health/story/2007/08/21/snack-poll.html>

[Interesting Things and Things That Interest](#)

While Dr. Stacy is away on sabbatical Dr. Mark Dyrholm will be helping us out temporarily. Dr. Mark will be in the office on Tuesdays from 8-12 pm and Thursdays from 1-7:30 pm. His adjusting style is similar to Dr. Stacy's as he is instrument based as well. Please call 340.0278 or [email Jan](#) to schedule a time to come in and see him.

He will continue with those days and hours until we are able to find a full time Doctor of Chiropractic to fill in until Dr. Stacy is able to rejoin us.

NOTE: The office will be closed Wednesday, October 3-Friday, October 5 as Carol and Jan will be away attending the Creating Wellness All Centers Conference in Chicago, IL. Brad will continue with his regular schedule. To contact Brad in our absence please call 396.3169.

The Hub

We are a team of 4:

Dr. Stacy Larsen (Doctor of Chiropractic-on sabbatical) 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.

“You gotta quit waiting for something to happen and start doing something about it.” ~Anonymous

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