

HEALTH

News & Views

July 2014

Summer Of Purpose
Accomplish Something BIG!

MY MIRACLE LIFE
An Expect A Miracle Story

Health Benefits Of
A Chiropractic Lifestyle



Expect A Miracle



My Miracle Life

I've been in chiropractic practice for over twenty years now and during that time I've cared for over ten thousand patients and witnessed endless miracles that have been life changing for so many people.

Last night when you asked Dr. John to share a miracle story from my practice I found this to be a tough task. My mind initially took me back to when I got hurt in High School and a chiropractor was able to help me when nobody else could. The outcome to my amazing health turn around meant I changed from wanting to be an optometrist, which I wanted ever since I can remember, to becoming a chiropractor.

On my first day of Chiropractic College when everybody was sharing their stories as to why they had chosen chiropractic as their career, I was amazed at the stories my class members were telling. I'm thinking... 'wow what great stories, I thought my story was unique on how I got hurt, and how a chiropractor helped me.' And that's why I decided to become a chiropractor and every single person that spoke before me told a similar story. So many amazing miracles were shared that day.



I graduate and get out into practice and meet a beautiful girl and get married. It turns out her folks told her that she was going to have to marry a chiropractor because that's what they wanted her to do. So twenty years on and three kids later, I guess that was another of my miracles.

In practice, miracles happen all the time and it just gets so hard to narrow it down to my favorite miracle story.

This miracle story about Earl is what I want to share with you. Earl's wife passes away and he was gutted. Earl had been a ten pin bowler on the Professional Bowlers Tour here in the US in the mid 60's. He travelled with

the best in the game and he was very successful but he had to give the game up as he was no longer able to do that when his wife became ill and eventually passed away. He felt he wouldn't really have a life anymore.

Earl started to come to see me as a patient for back problem. As he progressed with his care he started to loosen up and feel much better. One day he said, "Wow, it would be great if I could bowl again." As his health continued to improve he started working out a little and regained his fitness. Then he comes into the practice a couple of weeks ago in tears talking about how he can do something now that was the first love of his life, after he lost the second love of his life.

His change in mental and emotional state and his positive thinking now left me to feel, 'wow, that's really cool.' Then he told me that he was bowling again. I'm thinking, 'this guy can kick my rear end at his age'.

Miracle stories of people regaining their health happen all the time in our clinic. Part of what's difficult for me is, it's easy to forget, as so many people regain their health through chiropractic care. When it's really boiled down there was a point in time where being a chiropractor changed for me from what I did to who I was. And after that, the stories all became the same and I want to make sound like I'm talking about myself but that miracle turned out to be.. my life.

Dr. Thomas Garzillo
Plano, Texas

Expand Your Viewpoint

There is always something new to learn about, whether you are young or old or somewhere in between. Let us help you *know your stuff!*

Our Website of the Month
(we think its worth checking out)

www.naturalhealth365.com

Where The Experts Speak Out!

Summer of Purpose: Accomplish Something Big

The nerdy girl who loses her braces, gets contacts and comes back in the fall as the coolest girl on campus. The little freshman runt who grows a foot, works out and returns to school as the football hero.

Maybe it's all the teeny bopper movies we watched when we were younger, but summer is an amazing time for change and growth. It's wonderful what can be accomplished in 3 small months.

Set Summer Goals.

Summer vacation is the perfect time to set a goal to learn a new skill or improve and old one. It's amazing how just a little vision and direction can inspire you to work together and accomplish big things.

We need to set our own goals for the summer. The great thing about summer goals is that they are especially and uniquely fun. Because summer is (or should be) especially and uniquely fun.

Take some time to set a goal or two to accomplish over the next three months.

Why Set Summer Goals?

The point of setting summer goals isn't just to make us better at some skill or activity. That's certainly a benefit, but the greater goal is to help us learn the **importance of goal setting, the wonderful feeling of achievement when we succeed, and the habit of self discipline.**

It's an opportunity for us to practice making decisions. We can choose how we spend our time, so we need to often choose between what we feel like doing and what we need to do in order to reach our goal. **Summer is fun.** Make sure that setting and achieving these goals isn't a chore, but a wonderful way to celebrate summer!

Derived from an article at inspiredtoaction.com



No Dairy Alfredo Sauce

- 1 cup soaked cashews
- 1 cup raw cashews
- 1 cup (or more) almond milk
- 2 small green onions, chopped
- 4 cloves garlic
- 1 ½ - 2 teaspoons salt
- 1 ½ teaspoon white pepper
- 2 teaspoons paprika
- 3-5 drops of gluten free Worcestershire
- salt, to taste
- Optional: Add Daiya cheese for texture if you desire.

Combine all ingredients in a high speed blender.
Blend until creamy and smooth.
Optional: Add Daiya cheese, if you heat this up or bake with it for additional texture
Serve over whatever you prefer.

This recipe is Paleo
and Gluten Free!

Health Benefits of Chiropractic Care



Chiropractic care is not just for those patients who have been involved in an accident or suffer from chronic neck or back pain. Chiropractic care can benefit many people with a great number of health conditions. Even those with few, if any, health conditions can benefit from chiropractic maintenance care. How, you ask? Life's daily stressors add up impacting the human body in far greater ways than you might realize. As a natural healthcare approach, regular chiropractic adjustments can restore and maintain balance within your body, leaving you better prepared to live life to its fullest.

Busy parents, athletes, weekend warriors, golfers, runners-really anyone can benefit a great deal from routine chiropractic care. Regular chiropractic visits may help maintain bodies at the high level of activity to which they have become accustomed and even aid in function allowing the body to self-heal when proper alignment is achieved and maintained. Additionally, injuries are less likely to be serious and can heal at a significantly faster rate in those who receive regular chiropractic care, especially when combined with other healthy activities such as regular exercise and eating a nutritious diet.

The human brain communicates through the body's nervous system, sending messages through our spinal column, so it's easy to see how taking care of this conduit of messages to every single part of our bodies is so important. Routine chiropractic care is vital to maintaining good overall health and regularly visiting your chiropractor can have a significant positive impact on your overall well-being.

In fact, ongoing chiropractic maintenance care may offer significant health benefits, including but not limited to,

Management/Relief of:

Back and Neck Conditions

Leg Pain (Sciatica)

Knee, Foot and Ankle Pain

Shoulder or Elbow Pain

Arm or Wrist Pain

Carpal Tunnel Syndrome

Migraine and Tension Headaches

Sleep disorders

Repetitive Stress Disorders

Stress and Tension Disorders

Fibromyalgia

Bursitis

Arthritis

Chronic Injuries

Chiropractic may also help:

Improve Nervous System Function

Relieve Prenatal Discomfort

Increase Vitality and Improve Quality of Life

Provide Preventative Care

Improve Overall Health and Wellness for both children and adults

People Benefiting from Chiropractic Care

Jerry Rice, Hall of Famer and retired NFL star, is among many top performing athletes who cite chiropractic care as essential to their success. Other legendary athletes who spread the word and endorse chiropractic include Michael Jordan, Lance Armstrong, Emmitt Smith, Joe Montana, Tiger Woods, Arnold Schwarzenegger and Evander Holyfield.

Article courtesy of thejoint.com

