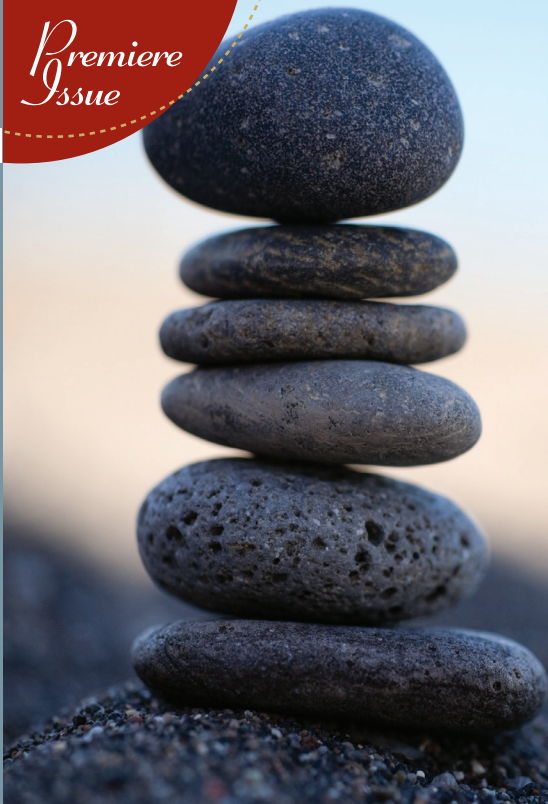


Premiere
Issue



* **Health** Defined!

* **The TRUTH**
behind aspartame

+ **the 7 Principles**
you need to know
and more

balance
for a lifetime

InnateLiving



**A LIFETIME
IN BALANCE
ALLOWS YOU TO
LIVE.**



Dear reader,

Living your life as an event is dangerous and unrealistic. The person who views their life as a process is willing to invest the discipline to living a full, healthy life. This morning I asked a couple that have been practice members for eight years why they continue to get adjusted on a weekly basis. They choose to get adjusted because, "a lifetime in balance allows me to LIVE."

This issue contains important information to assist you in your journey in achieving balance and harmony. The articles are meant to peak your interest, educate you and your family and facilitate your own desire to learn more about the relationship of the world and your well being. I encourage you to do your own digging, pursue further knowledge and then share it with the people you love.

Your Chiropractor...**Chad**.

What is health?

Physical, spiritual, mental and social/emotional: are the basic principles of Balanced and Healthy lifestyle.

Do you get a cold because you don't have enough antibiotics in your body? Do you get a headache because your Tylenol levels have dropped a bit? The answer, of course, is a resounding, "No!"

You get sick or a disease when your body is unable to adapt to an external stressor, such as an opportunistic bacteria setting up residence in an environment that is warm, dark, and filled with plenty of food. The perfect place for a pesky little germ to grow and thrive is your body if you are in a state of dis-ease.

DIS-EASE IS WHEN YOU HAVE EFFECTIVELY DECREASED YOUR BODY'S NATURAL ABILITY TO BE HEALTHY.



Here are several facts. Your body is a self-healing, self-regulating organism. Any interference with your body's nervous system inhibits its natural ability to heal itself, resulting in dis-ease. And there is no such thing as a "medical" problem, other than the side effects you suffer from taking medications.

The mandate of chiropractic is to restore normal nervous system function, thereby, improving the body's natural ability to express health.

Think about yourself. How healthy could you be if your nervous system was functioning at 100 percent all the time? What would you feel like if your nervous system was controlling your heart, lungs, stomach, skin, immune system, and thoughts correctly all the time?

Find out for yourself what it's like to be free of dis-ease!




**ARE YOU EXCITED TO EXPERIENCE
THE POWER OF CHIROPRACTIC?**

A glass of iced coffee with a splash of liquid and a horizontal bar with dripping liquid below it. The glass is filled with a dark brown liquid and ice cubes, with a large splash of liquid erupting from the top. Below the glass, a horizontal bar is shown with several droplets of the same liquid dripping from it.

Sweet Deception?

While I'm sure you know too much sugar in your diet is bad for your health, did you know that artificial sweeteners like Nutra Sweet (aspartame) pose an even greater hazard?



Even though most people use artificial sweeteners to limit their intake of sugar, the fact is the risk of becoming overweight or even obese is seven to 22 percent greater with “diet” soda as opposed to regular soda! And the more cans of diet sodas you consume each day, the higher the risk of obesity.

Others drink diet soda because they’re diabetic and must drastically limit the amount of sugar they eat. Once again, the truth is that artificial sweeteners add to the problem rather than help it.

Many diabetics actually become addicted to diet sodas. consuming up to half a case a day! And according to multiple studies, artificial sweeteners can raise the A1C levels of diabetics which can indicate an elevated blood glucose level.

The risk of obesity tied to artificial sweeteners as noted above is even more dangerous for diabetics. Plus diet sodas are associated with a greater incidence of heart disease.

It all comes down to this: *avoid diet soft drinks and all products containing artificial sweeteners -- make sure you read the labels carefully!* -- and, if you’re serious about losing weight or maintaining your current weight . . . don’t drink sodas, diet or regular!



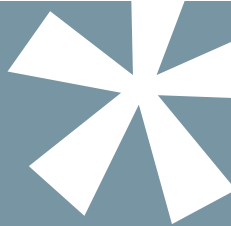
**For more
information visit:**

www.atlasmediagroup.org/aspartame

**CHOOSE A
TIME OF
DAY TO BE
STILL AND
QUIET
THE
MIND,
EVEN IF
IT'S JUST
TEN
MINUTES.**



7 Principles for living a balanced life.



- * **Make a list** of the things where you spend most of your time and money. Ask yourself, "Why am I doing the things I am doing?"
- * **Identify your priorities.** Decide what things are most important to you.
- * **Set your schedule** around those priorities. Don't allow yourself to be distracted by things that are less important. Stay focused.
- * **Make a commitment** to your health. Get adjusted every week or two. Take time to rest and reenergize.
- * **Focus on building relationships** and making memories. Give your family and friends the time they deserve.
- * **Maintain a spiritual connection.** Using prayer, meditation and visualisation, stay connected to God.
- * **Get involved** with others that will build you up in strong and noble thoughts.

REVIEW THESE SEVEN PRINCIPLES OFTEN. AND REMEMBER, THE GOAL IS NOT PERFECTION, BUT TO BUILD AN EVER BROADER, SUPPORTIVE FOUNDATION FOR YOUR LIFE.

Move it or Lose it!



Here's one simple fact you need to know: exercise keeps you healthy! It improves your immune function, helps your attitude, improves sleep, and is part of a normal healthy lifestyle.

In fact, exercise has six major benefits – from morning through night – as you strive to enhance your quality of life.

First, exercise wakes you up. Spending 20 minutes just two or three days a week exercising increases your endurance... and your energy will skyrocket. Next, it makes you smile. A study from Duke University shows that *just eight to ten minutes of strenuous exercise can dramatically reduce negative feelings and help you feel better.*

Third, *exercise helps prevent cancer*, most likely because it boosts the immune system's ability to detect and kill cancer cells.

Fourth, it soothes arthritic joints. Next, exercise keeps you young. As you grow older, your body manufactures less human growth hormone (HGH), a substance that improves your immune system, builds muscle, burns fat, and contributes to a general feeling of well-being. Lower body exercises with weights stimulate the production of HGH.



Finally, exercise “knocks you out.” Exercise helps you sleep better at night. Studies from the University of Arizona, Tucson, found fewer sleep disorders among young men and women who took exercise classes or walked briskly for at least six blocks each day.

Make today the day you start reaping these benefits by exercising!

**TRY TO VARY YOUR
WORKOUT, IT KEEPS
YOU FROM
GETTING BORED AND
YOUR BODY FEELS
CHALLENGED.**

Why Visit the Chiropractor When I'm Not in Pain?



One way of answering this question is to spout off research and statistics coupled with lengthy explanations of physiology and its anatomic connections. Granted, some of you need that type of an answer and I do my best to give that to you when you need it one-on-one. Most people just need to understand that adults are an accumulation of all the stressors that they have encountered in their life. Remember, stressors manifest as the 3T's: Thoughts, Traumas, and Toxins. It takes time to heal all of those issues that are going on inside your body. Healing is a process and all processes require time.

Healing is not an event.

It is during this time that new patients are healed just enough to be dangerous. In other words, they try and do too much too fast. Just because the pain is gone does not mean that you are 100% ready to go, go, go. At this stage of healing, the person most likely still has the same old posture, their nervous system can easily shift back to the old patterns that got them into the position they were in when crisis struck. Most are still dealing with either toxicity, deficiency or both.



most have not worked through the emotions or imprint of their recent episode. I liken it to a quote I once heard. *"We humans sometimes stumble across the truth. But that is okay. We pick ourselves up, dust off, and keep right on going."*

So no matter where you are at in your chiropractic lifestyle, just started or into your seventieth year, be at peace and know that your body can be better tomorrow than you are today. See what God has in store for you with a nervous system that is tuned up and rearing to go.



Be good to your body and it will serve you well. Make smart and healthy choices so that you can achieve all the wonderful things the universe has in store for you!

Foundational Stand



Be aware
of posture and
ergonomics

...at work, at home,
and at play.

While the frame of your home can be replaced if it's damaged by wind, rain, or fire, your skeleton – the “frame” of your body – can't.

Just like the beautiful exterior on your home can hide some ugly, not to mention dangerous, flaws in the building's frame, so too can your “exterior” – your skin, hair, muscles and more – hide hazardous situations. Looks can be deceiving. You can look good on the outside while being unhealthy on the inside.

And one of the most critical aspects of “inner” health is the condition of your skeleton ... and, believe it or not, that can be greatly affected by your posture!

Your skeleton serves an important purpose: it supports your body – all those muscles, ligaments, organs, skin, and so on. Because of this critically important job, you need to treat your skeleton well, and that *begins with good posture.*

You see, when you slouch, when you hunch your shoulders, when you stoop over your desk, you put your body in an unnatural position . . . and this results in abnormal pressure on your muscles and joints.

The consequence is a domino effect of subluxations that interfere with the ongoing “discussions” between your brain and your heart, liver, kidneys, stomach, and other organs. And that means sickness!

So take to heart the advice Mom gave you so many years ago: “Sit up straight!”

It will make a big difference in how you feel.



This publication is provided by:

Dr. Chad Hawk

Atlas Chiropractic
1424 Greenbrier Place
Charlottesville, VA 22901
Telephone: 434.872.9440

www.atlaschiropractic.org



www.atlasmediagroup.org