

Healthy Living

Brought to you by Maple Meadows Chiropractic

Winter 2010

Here We Go Again!

I'll tell you a secret... it's not, "Time flies when you're having fun", it's, "Time flies whether you are having fun, or not". So you might as well have fun. One way to have fun is to make sure you are spending your time on what is important to you. If you want a balanced and fulfilled life, it's a good idea to stop every once in a while and take inventory of how things are going right now. Take a look at the bigger picture. Is this where you thought you'd be? Are you doing the things you want to do? Try rating yourself in the following 7 areas (*thanks to our friends at Patient Media*). Give yourself a 1 for not so good, and a 10 for fantastic.

After you have rated yourself, go back through and ask yourself if you are satisfied with the number in each area. If the number is lower than you like, then decide that you are going to change it. Be specific. If you scored a 4 in Family Health and don't like that, what are you going to do about it? It could be as simple as, "Phone my parents every week." You don't have to be a 10 in each category.

You may rate yourself as an 8 in some category and be completely satisfied with it. The people that are doing well in each of the seven areas are the people who sleep well at night. It doesn't mean they don't have stress. It just means they have a solid foundation from which to handle it. It can be difficult to deal with the stress of your teenagers or aging parents when you don't like your job or your finances are a mess. A low rating in any one of these areas could become a weak-point, the rate-limiting factor for how well you can handle your day-to-day life. It's hard to imagine a fully mature person leading a completely satisfied life who isn't rating well in each category.

And remember... it's not so much how your rating is right now, as what are you going to do about it so that next year it's not the same thing all over again. If you're lucky, next year is coming no matter what, and it will be here faster than you

think. You might as well make it better than this year, even if this year was fantastic.

I'll give you another tip. Not all of the categories are created equal. Your Physical Health trumps all the other categories. If your physical health isn't up to par, I recommend you start there, because "He who has health, has hope, and he who has hope, has everything."

Physical Health:

How is your physical condition? How about weight? Do you eat well, drink plenty of water, exercise regularly, and get regular preventative checkups?

(needs help) 1 2 3 4 5 6 7 8 9 10 (perfect)

Family Health:

Are you in a loving relationship? Do you give your family enough time and attention? Do you have a close connection with your children, parents, and other relatives?

(needs help) 1 2 3 4 5 6 7 8 9 10 (perfect)

Social Health:

How well do you interact with others? Are you comfortable in new social situations and the company of others? Do you have, and are you able to maintain long-term friendships.

(needs help) 1 2 3 4 5 6 7 8 9 10 (perfect)

Financial Health:

Are you living within your means? Is your debt within manageable limits? Do you make charitable contributions and save for the future? Are you properly insured?

(needs help) 1 2 3 4 5 6 7 8 9 10 (perfect)

Career Health:

Do you like your job? Does your career reflect and advance your values? Do you find your work meaningful and is it suited to your skills and interests?

(needs help) 1 2 3 4 5 6 7 8 9 10 (perfect)

Spiritual Health:

Do you enjoy a sense of purpose and peace? Do you regularly study, meditate pray or worship? How connected do you feel to the higher power in your life?

(needs help) 1 2 3 4 5 6 7 8 9 10 (perfect)

Mental Health:

What is the quality of the information and entertainment you allow into your mind? Are you open to new ideas? Do you seek out new experiences and learn new skills?

(needs help) 1 2 3 4 5 6 7 8 9 10 (perfect)

Best wishes to those who had birthdays from October through December 2010

H. Adams	R. Connelly	B. Gilles	T. Lerand	T. Peacock	M. Taylor
C. Ambesi	G. Conway	J. Gillespie	L. Lige	T. Phaneuf	S. Thompson
C. Amos	A. Cooshek	J. Good	C. Little	B. Phelps	T. Thompson
D. Andersen	R. Cridland	J. Graham	D. Locke	M. Picard	J. Tomkins
G. Andersen	L. Crocker	T. Graham	G. Louie	J. Pink	C. Tones
E. Andreolli	A. Cummings	C. Grant	K. Lourens	J. Plamondon	J. Treverton
C. Andrews	T. D'Adamo	A. Greaves	G. Lovitt	R. Plitt	S. Van Altena
P. Arychuk	S. D'Angelo	S. Greencorn	K. MacDonald	J. Polack	B. Weiss
K. Audette	A. Dalman	V. Gressel	S. MacPherson	C. Potter	O. Westby
J. Bailey	J. Darlington	C. Gullmes	C. Maguire	W. Pruner	T. Whiting
I. Bajkay	S. Davies	S. Hache	C. Malacko	J. Rakhra	K. Wiens
D. Baptista	J. Daykin	C. Hanlon	S. Malone	J. Ralston	S. Wight
J. Baptista	G. De Geus	M. Harmston	C. Marion	S. Ralston	R. Wilcox
A. Barlow	T. Deacon	S. Harmston	D. Marthaller	D. Rear	C. Wiley
S. Basra	E. Dekarli	T. Hatchard	T. Martin	R. Reining	T. Willton
B. Bates	C. Delainey	M. Healy	D. Martins	B. Rickman	J. Wilson
D. Beaton	D. Delainey	L. Henderson	S. Matheson	I. Rilcoff	S. Wilson
L. Begg	S. Demers	D. Hodgkins	M. Mawani	T. Rilcoff	D. Wock
E. Bell	N. Demeule	A. Hollingshead	L. Maxwell	S. Roberts	M. Wock
G. Bennett	F. Deptford	S. Hutchinson	G. McClement	D. Robertson	J. Wray
V. Bennett	R. Desrochers	C. Iverson	G. McDonald	H. Robertson	S. Wyant
J. Bhauruth	W. DeWaal	C. Jacobs	M. McGill	J. Ross	I. Yamashita
S. Bishop	G. Dezura	J. Jaggard	K. McGowan	D. Rutquist	I. Yorkston
T. Black Hughes	B. Dickie	K. Jaggard	L. McGowan	L. Salmons	R. Young
K. Boldt	K. Dickson	S. Jones	B. Mcintosh	M. Scarlett	S. Young
T. Bon	M. Doherty	J. Joseph	C. McKenna	G. Schwarz	J. Zaharia
M. Boser	J. Dolan	T. Jude	J. Medernach	T. Scott	B. Zubick
S. Boserup	R. Downie	B. Kabala	E. Meier	R. Selzer	
H. Bouchard	K. Dupre	Z. Kalmykova	K. Mengerighausen	K. Simpson	
J. Branter	G. Durant	G. Kanouse	H. Mikulik	M. Simpson	
D. Brisbin	S. Dussault	S. Kaur	J. Mikulik	C. Smith	
K. Brochu	D. East	T. Kellock	J. Millar	P. Southam	
T. Brotzel	D. Evans	B. Kelly	G. Moeller	R. Speakman	
D. Brown	S. Exley	M. Kim	C. Moen	M. Spooner	
W. Brummitt	R. Fagan	N. Knull	J. Monette	V. Spurrell	
B. Brusic	K. Farquhar	B. Korska	M. Moor	A. St-onge	
L. Burnett	S. Faulkner	S. Kowalski	J. Moore	K. Stark	
T. Burns	G. Faurot	J. Kramer	S. Moriarity	R. Stec	
T. Camozzi	D. Fehr	S. Kroeker	C. Morrissey	A. Steele	
J. Campbell	H. Fikerle	V. Kwiatkowski	N. Muc	S. Steele	
K. Campbell	V. Finnson	A. Ladd	S. O'Reilly	N. Stephenson	
M. Campbell	S. Fitzmaurice	K. Lake	M. Odne	A. Sterling	
R. Campbell	T. Flett	P. Lamour	E. Otsig	B. Sterling	
A. Cartridge	J. Flokstra	J. Lancaster	A. Pagtakhan	E. Sterling	
P. Charles	J. Fonseca Jr	A. Langevin	J. Palahicky	D. Stevenson	
R. Chaulk	M. Foord	B. Lapierre	M. Pan	K. Stroup	
N. Clark	L. Fowler	G. Lau	L. Paquette	L. Stuart	
S. Clarke	D. Francilia	T. Lee-Chin	M. Parker	J. Sweet	
P. Coe	W. Gabriel	D. Lepke	M. Partridge	J. Talkio	
D. Cole	P. George	S. Lepke	K. Pastorek	K. Talkio	



Testimonials



Chiropractic has helped my digestion immensely. I have struggled with gut pain, bloating, & gas for at least 15 years. I have taken medication and seen numerous doctors. So far with chiropractic and probiotics it's been good. ~ J.G.

I was recently in a near fatal accident; I was hit by a limousine while standing on the sidewalk. Having my body in the condition to survive the impact reduced both the effects on my body and aided in speeding up my recovery. I believe that chiropractic is a constant part of wellness and should be a commitment everyone should make towards their health. ~ J.L.



Last week I received a special kind of thank you... During my shift over 4 inches of snow fell, but it didn't stop people from coming! In fact, more than a few people made an extraordinary effort to get here. I figure if the guy from Burnaby, and the family from Langley, and the 85 year old Great-Grandma made it in on the snow day, then what I'm doing must be of value! Thanks to all of you for making my day!

~ Dr. Crystal





MONDAY 2:30 pm - 7:30 pm
 TUESDAY 7:30 am - 7:30 pm
 WEDNESDAY 7:30 am - 7:30 pm
 THURSDAY 7:30 am - 7:30 pm
 FRIDAY 7:30 am - 12 noon

Our clinic prides itself on thorough care, effective communication, and excellent results. The goal of our clinic is to support each individual in achieving his or her optimum health. This is accomplished by educating our practice members and having them take a more active role in their health.

Dr. Matt Boser and Dr. Crystal Boser

New Families Welcome!

- wellness care
- back or leg pain
- neck pain / headaches
- shoulder / arm pain
- sports injuries
- maintenance care
- WCB / ICBC

Spiced Pumpkin Soup

Nutritional Info

Fat: 4.3g
 Carbohydrates: 22.7g
 Calories: 164.8
 Protein: 10.1g

Ingredients:

- 1 tablespoon butter
- 1 cup onion, chopped
- 3 tablespoons whole wheat flour
- 1/2 teaspoon curry powder
- 1/4 teaspoon cumin
- 1/4 teaspoon ground nutmeg
- 2 garlic cloves, crushed
- 1 cup peeled and cubed sweet potato
- 1/4 teaspoon salt
- 2 14 oz. cans of low sodium chicken broth
- 1 15 oz. can of pumpkin
- 1 cup 1% milk
- 1 tablespoon fresh lime juice



Directions:

Melt butter in a Dutch oven or large saucpan over medium-high heat. Saute onion for 3-4 minutes then add flour, curry, garlic, cumin and nutmeg and sauté for 1 minute.

Add sweet potato, salt, chicken broth and pumpkin and bring to a boil. Reduce heat to medium-low and simmer, partially covered for about 20-25 minutes or until sweet potatoes are cooked through and softened. Remove from heat and let stand for 10 minutes to cool.

Place half of the pumpkin mixture in a blender and process until smooth. Using a strainer, pour soup back into pan. Repeat with rest of soup.

Raise heat to medium then stir in milk and cook for 5 minutes or until soup is heated through. Remove from heat and add lime juice. Serves 6.

From Sparkrecipes.com

Understanding Wellness

The term "improved function" has been used by chiropractors for years to help patients understand the benefits of chiropractic care and the role it plays in true wellness. The body is made up of muscles, organs and glands that are controlled by the nervous system, and the nervous system consists of the brain, spinal cord and nerves.

The brain sends signals down the spine and to the nerves, which tell the heart to beat, the lungs to breathe, the stomach to digest, the glands to produce necessary hormones, and so on. It's when the signals don't get from the spinal cord to the nerves and then from the nerves to the muscles, organs and glands that the body begins to lose proper function and symptoms begin to occur.

Mainstream medicine doesn't recognize these symptoms as simple alerts from the body that there's something amiss, but instead as something that must be eliminated through chemicals or pharmaceuticals. They don't seek wellness, but rather a lack of symptoms.

The biggest difference between mainstream medicine and wellness care is just that: medicine. Today's medical professionals are still treating symptoms instead of the cause of the problem. The bigger problem lies with the fact that the medicines usually begin to create their own list of symptoms that must be treated with more medicines. It's a domino effect leading not to health and wellness, but to illness and dependence.

These days, the term *wellness* is being overused and abused by a society that recognizes its importance but doesn't understand its application. Marketing departments around the globe are throwing the word around because it's popular, but often it's simply being used as a gimmick to improve sales of products that have nothing to do with improved health and function.

We live in a society that's been conditioned to believe there's a medication or a surgical procedure to fix every problem. Is that really the way you want to live your life? Now that you understand wellness, start doing something to ensure you can enjoy it. Talk to your chiropractor to learn more.