

BODY, MIND & SPIRIT

A Free Monthly Newsletter For the Friends and Patients of: **Family Chiropractic & Wellness**

“Having once decided to achieve a certain task, achieve it all costs of tedium and distaste. The gain in self confidence of having accomplished a tiresome labor is immense”. ~ Thomas A. Bennett

HAPPY NEW YEAR TO ALL!



Has anyone made any New Year resolutions? How about a new affirmation? My friend Jim Lee states, “Let us all thrive in 2005”! I like that one very much. How will you make the first step now, today?

Many of us run through our daily lives forgetting about what is important. What about our family or our health? After all if we do not have those then the foundation of our lives begun to erode

I recently presented a lecture/workshop on “Health and Wholeness”. *What is health?* Is it simply the absence of disease? I think not! It is having our very own mind-body-spirit connection with our source.

To attain this we must reduce stress in our daily lives. What stress? Physical, Mental or Emotional and Chemical stresses are varied.

Physical stressors can be from sitting at your workspace improperly. Having an ergonomic workspace is of utmost important to decrease the stress on the body.

Mental or Emotional stress can be from a breakup or an engagement. What about loss of a loved one? Loss of change in job or career.



Chemical stressors are caffeine, alcohol, tobacco, pesticides in our food supply, antibiotics in the milk and many more.

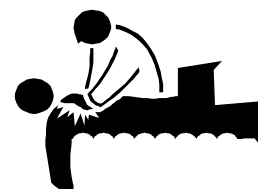
You may be asking, “How can I reduce stress?” Great question with many answers. What about exercise, chiropractic, yoga, stretching, eating right, vitamins, laughing, and so much more.

You may want to decrease or eliminate amounts of caffeine, alcohol or tobacco. Walk or run 20 minutes two or three days a week. Meditate or pray bringing yourself into a relaxing and calm state.

Last but not least, write your goals now, today and post them on your bathroom mirror. You will be amazed how soon they come into existence. One of my affirmations is “I am thriving in 2005(ing)”; which was suggested to me from my friend Jim.

If you would like to explore this topic more give your doctor of chiropractic, nutrition counselor or personal health coach a call today! You will thrive in 2005!

Rick Bonar, D.C., Doctor of Chiropractic



“The Mind-Body Connection. Shocking Proof About The Way You Think... Can It Really Relieve Pain And Cure Disease?”

Ever wonder why our healthcare system in the United States is in such shambles?

Ever wonder why with all the amazing technology we have... and all the “breakthrough discoveries” you keep hearing about... every night on the news... we are still a nation of constant, chronic illness, pain and disease?

Ever wonder why... with the incredible amount of tax money the government takes and spends - - EVERY YEAR - - our health system is just about bankrupt?

Ever wonder why YOU keep suffering with aches, pains, and various illnesses and doctors never seem to help?

Well I’ve Wondered About It Too And The Answer Will Shock And Amaze You!!!

Now, before I get to the “meat and potatoes” and tell you EXACTLY why I think so many people... including YOU... maybe needlessly suffering... I have to give you just a tiny piece of medical history so you understand where all this is coming from.

I assure you this little medical history is necessary... and... I even guarantee you will find it *extremely* interesting. More than that...

It May Add Countless Pain-Free Years To Your Life!

So here we go... This whole mess started way back in the 17th Century with a physicist, physiologist and mathematician by the name of Rene Descartes.

You know who Descartes is... he’s the guy that said...

“I Think, Therefore I Am.”

Anyway, Descartes revolutionized “modern” thinking with his theory of dualism. In a nutshell, dualism says that the mind and body are completely separate.

As the story goes, Descartes came up with his theory while meditating one morning. Then he actually made an agreement with the Roman Catholic Church that he... as a man of science... would restrict himself to the study of the

physical body... while religion would deal with the “mind.”



From that time on, studies of mind and body have... for them most part... remained two distinct and separate fields. Scientists stayed within the realm of what they could see and measure. Meanwhile, those in the religious life lifted thought, reason, and emotion out of the body, into the realms of the spiritual.

The first problem with this separation is that medicine used science as it’s ONLY measuring stick. Procedures are ONLY used if they pass strict scientific testing. This means the procedures must be able to be seen and measured.

If they can’t be seen and measured and proven through scientific experiment... they do not exist and will not be used in medicine. But what about this- -

If you place your hand in a bucket of water... what happens to the water? It rises... right? It rises by the exact amount your hand takes up...or...displaces in the bucket

You know it happened because you can measure the level of the water. This happens EVERY time...so it is called a law. The law of displacement.

Now... what happens if I stick my hand in the ocean? Well, we know that you hand displaces water. It has to... it’s a law. The problem is...

Can You Prove It?

After all.. you can’t measure it. You can’t see the results.

So did the ocean actually rise?

ABSOLUTELY! It rose in an immeasurable amount. At least immeasurable with the tools we have at this time.

So what’s the point? The point is...

By Throwing Out The Mind-Body Connection Simply Because It could Not Be Scientifically Measured, Medicine Has Ignored One Of The Most Powerful Healing Forces Known To Man!

How do I know the mind-body connection is such an important healing force?

Here's how: You see, in 1981 Neurobiologist David Felton at the University of Indiana discovered that the immune system is actually hard-wired to the brain through the nerve system. That's right, for the first time there was scientific proof that the immune system is under the direct control of the brain.

Why is this so important to you?

Well listen to this... this is them most important part of this newsletter. If you only read the next few paragraphs...

You WILL Live A Happier, Healthier Life!

In 1974, Ader, an experimental psychologist, made what most consider to be one of the central discoveries of mind-body research. It, too, happened as a surprise. In the course of investigating conditioned response (Pavlov's drooling-dog-and-bell concept), he was testing to see how long such a trained response might last in some laboratory rats. Using a combination of saccharine-laced water and the nausea-inducing drug Cytoxan, he had trained the rodents to associate the sweet stuff with a bad bellyache. Afterwards, while giving them saccharine-water with the accompanying Cytoxan, Ader watched to see how long it might take for them to forget the association between the two.

Unexpectedly, during the second month, the rats began to fall prey to disease and die off. Investigating this unforeseen result, Ader checked into the properties of the nausea-inducing drug he had used and found that one of its side effects was an immune suppressant. The rats had been conditioned, it developed, not only to associate sweet water with nausea, but also with an immune shutdown. The conclusion was obvious:

Their Minds Were Controlling Their Immune Systems!

Isn't that amazing? The rats actually killed themselves just by thinking it! So, my question to you is... what are you thinking your immune system into doing? Are you thinking yourself healthy or sick?

Here's an even better question... since your nerves serve as the communication line between your brain and your body/immune system... are you sure those lines are open so your brain can keep you healthy?

The bottom line is: if you have misaligned or malfunctioning spinal bones... your brain CANNOT communicate properly with your body. And, as you now know... with your immune system. Having these spinal misalignments... or **SUBLUXATIONS**... may not only cause pain... but also weaken your immune system and lead to sickness and disease.

The only way to keep your spine free from these subluxations...and unnecessary pain and disease... is by routinely getting your spine checked by your Chiropractor (that's me!), just like you routinely brush your teeth and go to the dentist.

...And don't forget, if you ever have any questions or concerns about your health, talk to us. Contact us with your questions. We're here to help, and don't enjoy anything more than participating in your lifelong good health.

Join Rick Bonar, D.C. for a special presentation of Network Spinal Analysis (NSA)

Network Spinal Analysis is a very gentle yet powerful technique that is safe and effective for all ages. What happens in Network Care is that the body learns new strategies that enable it to connect to and release old tension patterns from past physical, chemical, or emotional trauma and stress.

As a patient of Network Care it changed my life, and my practice members report changes in many areas of their lives including decreased pain, better ability to handle stress and overall improved quality of life.

The results of Network Care are tremendous. In fact 95% of those receiving care have their expectations met or exceeded. My experience of the work assures me that I can expect the same to happen to you.

Join me for this casual yet comprehensive conversation of how Network Care can empower you, and enhance your overall quality of life!

February 8 & 22nd – 6:30-8:00PM

"OUT and ABOUT"

DOWNTOWN OFFICE

Dr. Rick Bonar, Chiropractor, will be part of "The Prana Path" effective February 1st, 2005. The Prana Path is a Holistic Healing Center to facilitate Health and Wellness (Physically, Emotionally, Mentally, Spiritually, and Financially).

It will offer gentle chiropractic, pranic healing, massage, nutrition, abundant living coaching, arthatic yoga, taichi, meditation, raw food, yoga chi, belly dancing, pilates-yoga blend and so much more!

Dr. Bonar will continue to have a private practice at 2222 Loma Vista Drive and incorporate The Prana Path as an additional office to serve new and established clients.

The **OPEN HOUSE** will be Thursday, March 10th and all are welcome!

Call the center directly at 916.736.3380 or Dr. Bonar at 916.952.1388 to schedule your appointment.

EAST/WEST BOOKSTORE

Dr. Bonar will be at East West the 3rd Saturday each month to meet and "sample" adjust new prospective clients. This is a wonderful opportunity to have your friends or family come by and meet the chiropractor with no obligation, except a love donation.

He will provide a brief consultation and "sample" adjustment so that they can get a feel what "gentle" chiropractic does to their body-mind-spirit connection.

Upcoming dates are: February 19, March 19, April 16

Family Chiropractic & Wellness

2222 Loma Vista Drive
Sacramento, CA 95825
(916) 952.1388

Return Address Requested