



August – October 2005  
Volume 1 – Issue 3

# BODY, MIND & SPIRIT

A Free Quarterly Newsletter For the Friends and Patients of: **Dr. Rick Bonar, Chiropractor**

*“The oldest wisdom in the world tells us we can consciously unite with the divine while in this body; for this man is really born. If he misses his destiny, Nature is not in a hurry; she will catch up with him someday, and compel him to fulfill her secret purpose. Sarvepalli Radhakrishnan (President of India 1962-1967)*

## ▲ PHILOSOPHY WHOSE TIME HAS COME

Never before has there been a society so ripe, ready and able to receive, implement and perpetuate the vitalistic philosophy of CHIROPRACTIC. Today we live in the most highly educated, affluent technologically advanced society of the world. It seems that nowhere else on earth does the individual enjoy such freedom and opportunity to control his or her own life and destiny

The greatest freedom and opportunity, however, exists within ourselves. Our body's self organizing and healing intelligence expresses itself throughout the quadrillions of cells in our body. It coordinates, heals, controls and maintains the functions and growth of the body itself.

We have recently emerged from the industrial age to enter the computer age. The mechanistic viewpoint may have been appropriate to a society involved with machines and manufacturing, with mass production and assembly lines. It is vitalism that puts natural wisdom and a sense of “divine order”, trust and hope back into our world. Vitalism is the key to integrating our humanity with our technology.

In this office we approach the individual from a vitalistic, humanistic, holistic and integrated point of view. The mechanistic viewpoint would treat and fight disease; the vitalistic view is to promote nurturance of health, fitness, wholeness, harmony, well-being, growth and development. Our health depends not only on what others do for us, but on what we are willing to do for ourselves. Healthier bodies make healthier choices

We can help **YOU**, your family and friends. Let us know when and how we may be of assistance to you. Until then enjoy the rest of the summer and the early fall to the fullest.

*Rick Bonar, D.C.,  
Doctor of Chiropractic*

916.952.1388



THANK YOU for your referrals. We are grateful to be of service. ☺

- Thank you, Irma G.
- Thank you, Jan Z.
- Thank you, Lorraine & Don
- Thank you, Tiffany C.
- Thank you, Sarah B.
- Thank you, Jackie P.



# The Harry Potter Phenomenon

By Kevin Donka, D.C.

This past week, hundreds of thousands of children and adults around the world lined up at their favorite bookstores and participated in “Harry Potter” parties for several hours until the latest volume in the series of Potter books was released at midnight. This is not unique to Harry Potter by any means. Many people took part in similar events for Star Wars, Batman, The Fantastic Four, Bewitched and several other entertainment offerings this summer alone!

Why is it that so many of us so look forward to books and movies about individuals with special powers? This is not a new thing, just since I was a boy I have seen the Lone Ranger, The Green Hornet, Batman, Zoro, Superman, Spiderman, The Fantastic Four, Captain America, Underdog, Wonder Woman, and on, and on!

Of course it is exciting to watch these heroes, but why? I think the only reason we get so excited over people that seem to be above and beyond the norm is that what we call normal is way below what we are capable of. We have lost sight of who we really are – we have come to believe that we are less than we are, and it feels really good to imagine that we could be more than we now believe ourselves to be, even if it is just for a few hours

Imagine what it would be like to just wave your wand and do magic! How would it feel to be able to soar among the clouds, leap over tall buildings in a single bound and tap into the all powerful Force that permeates everyone and everything in the universe.

The fact that YOU already have a very special kind of magic inside of you, as does everybody else on the planet. See in your mind’s eye the ability to take a glob of matter into you body, break it into tiny parts, extract out all of the good things, send them to where they can best be utilized and disposed of the wastes – all without even thinking about it! Imagine being able to heal a cut or a broken bone, smell something that hasn’t been in the room for hours or tell what someone is thinking just by looking into his or her eyes!

“But that’s not the same thing as just thinking about moving an object and seeing it move – simply with the power of your mind - like using the Force in Star Wars,” you say. Really? Let’s try an experiment. I want you to hold your right index finger up in front of your face. Now, try to flex your index finger – you can only use your mind now- NO FAIR TOUCHING IT WITH ANY OTHER PART OF YOUR BODY! Go ahead give it a try.

Did you do it? Did you move something with just the power of your mind? You see, you too have that power! You have just forgotten it! Or maybe we have all just become so accustomed to our everyday magic that we have forgotten just how miraculous we really are!

It is important to always remember the POWER you have within you. This power is the same power that created the Heavens and the Earth, the trees and the flower, the lizards and the birds, the kangaroo and the chimps...and it created and sustains YOU too! This power flows through each and every one of the 70 trillion cells in your body – a community of consciousness we call YOU.

It is important to keep your nerve system clear so that this power can flow easily and to allow communication between each of these individual points of consciousness we call your cells. This allows them to work together for your overall good. **Getting your family checked by a chiropractor on a very regular basis is important part of a health** –creating lifestyle that will allow each of you to continually grow physically, mentally, emotionally and spiritually from conception until death.

This will help you to become more aware of this magic we all possess! Then you will know the truth – there are no *muggles* – we are all magic maker, and the world is anxiously waiting for us to demonstrate the truth.

## SPECIAL EVENTS

**The Prana Path Healing Arts Fair**  
Sunday Oct. 2<sup>nd</sup>, 2005 11am-5pm  
3120 O Street Sacramento, CA 95816

Contact -Tiffany Cano @ 916-806-1704 for more info or to be a vendor.

We would love to see you there

# How to Stay Young

1. Throw out nonessential numbers. This includes age, weight & height. Let the doctors worry about them. This is why you pay "Them."
2. Keep only cheerful friends. The grouches pull you down.
3. Keep learning. Learn more about the computer, crafts, gardening and whatever else makes you happy.
4. Enjoy the simple things.
5. Laugh often, long and loud. Laugh until you gasp for breath.
6. The tears happen. Endure, grieve and move on. The only person who lives with us our entire lives is ourselves. Be ALIVE while you are alive.
7. Surround yourself with what you love, whether it is family, pets, keepsakes, music or whatever else you enjoy. Your home is your refuge.
8. Cherish your health: If it is good preserve it. If it is unstable, improve it. If it is beyond what you can improve ,please get help!
9. Don't take guilt trips: Take a trip to the mall or your favorite place in nature or likewise but not to where the guilt is.
10. Tell people the people you love that you love them at every opportunity.

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## **Always Remember**

**Life is not measured by the number of breaths we take, but by the moments that take our breath away.**

**Be Sure to share this with someone who you love and cherish. We all need to live life to its fullest each day and may today be a new beginning for a new future in your life.**

**All of our Love, Loyalty and Friendship**

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## Healthier Children with Chiropractic

"Chiropractic for my child? Why? Her back doesn't bother him/her." Often chiropractors have encountered parents who appreciated the importance of regular checkups for their children's teeth, hearing, and vision but draw a blank when it comes to a spinal checkup. This is distressing because a spinal checkup could be one of the most important checkups your children will ever have! The reason it is so important is because your children's spines protect their spinal cords, an extension of their brains. The spinal contains billions of nerve fibers that send messages and energy to every part of their bodies.

If there is a blockage of any of the nerves along the spinal cord, any nerve damage at all, then a state of "dis-ease" can develop. Dis-ease is a state of disharmony in the body which can lead to lowered resistance to disease, organ malfunction, sickness and disease. Blockage of the nerves in the spinal column is usually caused by tiny misalignments of the spinal vertebrae called vertebral Subluxations.

How can your child's spine lose it's natural alignment and develop Subluxations? Vertebral Subluxations have many possible causes, some of which may occur as early as labor. Injuries can occur to a baby's spine at birth due to a breech presentation or a difficult delivery that puts to much stress on the child's body. Health problems in childhood or even adulthood have been traced back to spinal damage at birth.

More and more families are finding that periodic chiropractic spinal checkups for their children make a big difference in their health. Please include chiropractic checkups as part of your family's healthcare and experience a difference!



## Office News

We said good luck to our friend Azer Forto, who moved to Los Angeles at the end of May and good luck to our friend Nicole Nichols who moved onto her very busy full-time real-estate business and WELCOME Michelle Robison to the position of Office Manager, effective July 28, 2005.

## Community Events

### EAST/WEST BOOKSTORE

Dr. Bonar will be at the **East/West Bookstore** the 3<sup>rd</sup> 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 doctor with no obligation, except a love donation. He will provide a brief consultation and “sample” adjustment so that everyone can get a sense of how “gentle” chiropractic treatments affect their body-mind-spirit connection.

Upcoming dates are: **August 20, September 17 and October 15**

## Office Hours

### **2222 Loma Vista Drive Sacramento, CA 95825**

Monday 9:30am-12pm

Tuesday 3:30pm-6:00pm

Thursday 9:30am-12pm

Friday 3:30-6pm

### **The Prana Path 3120 “O” Street Sacramento, CA 95816**

Tuesday 10am-12pm

Thursday 3:30pm-6pm

We offer a wide range of services, for your healthcare needs and goals from gentle chiropractic, massage, energy and pranic healing, nutritional counseling, life coaching, arthatic yoga, tai chi, meditation, raw food, yoga chi, belly dancing, sound therapy and pilates- yoga blend and many more wonderful things.

## **Family Chiropractic & Wellness**

2222 Loma Vista Drive

Sacramento, CA 95825

**(916) 952.1388**

**Return Address Requested**