

# BODY, MIND & SPIRIT

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

**"CELEBRATE WHAT YOU'VE ACCOMPLISHED, BUT RAISE THE BAR A LITTLE HIGHER  
EACH TIME YOU SUCCEED." (MIA HAMM)**

## THE WISDOM OF THE BODY

The biggest holiday of the year is over!

*How do you feel?*

*Do you feel energized?*

*Do you feel like a brand new you?* If not, then now is your time to begin your new journey towards greater health.

Most of us were put in situations where bountiful food was all too available. Did we hold back? Or did we indulge? In either case today is another day and the day for you to begin the process of unlocking and revealing the new you. The person that your DNA has it store for you is awaiting to be released.

Thousands of different chemicals are being balanced every second, millions of cells are dying every second, millions being born every second and billions of nerves are firing messages to every part of your body every second. Your meals are somehow turned into eye, muscle, heart, bone, skin, and blood; damaged tissues are being repaired; blood vessel linings are being smoothed; germs and tumors are being destroyed; and all the things that your cells produce are being monitored and balanced while you read a book, sleep or run a race.

What keeps track of all this activity? A wondrous intelligence organizes this overwhelming complexity. As Lewis Thomas, M.D. says in The Medusa and the Snail, "[There is] a kind of super intelligence that exists in each of us, infinitely smarter and possessed of technical knowledge far beyond our present understanding." This idea is echoed by Deepak Chopra, M.D., in Ageless Body, Timeless Mind: "Intelligence is present everywhere in our

bodies...our own inner intelligence is far superior to any we can try to substitute from the outside."

Let us assist you to express your innate intelligence to it's fullest. We are here to assist you with any health care goals you may have for 2006. We enjoy seeing people come to us week after week and when they leave they are more relaxed with a smile on their face.

**Are you ready to SMILE?**

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

**916.952.1388**



Become the STAR  
you were born to be  
in 2006!

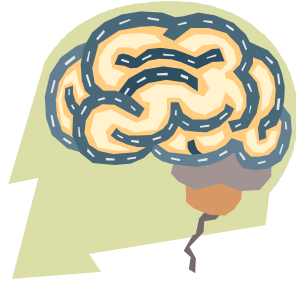
Unlock your power  
from within Now &  
Today!

The #1 healing alternative and "REAL" Health  
Care System is CHIROPRACTIC.

*(Drugs may suppress the problem, they do not fix it.)*

## Left side of the brain holds the keys to happiness

Functional MRIs have enabled scientists to identify which parts of the brain are activated when we experience emotions such as happiness, enthusiasm, and joy. This technology has consistently shown that when happy, people have increased activity in the prefrontal cortex on the left side of the brain, and when depressed or anxious, activity increases on the right side.



An experimental treatment for depression called transcranial magnetic stimulation (TMS) seeks to correct this imbalance with electromagnets. When applied directly to the left side of the skull, these magnets send pulses or energy into the brain, causing the cells on that side to fire. According to a recent study in the *British Journal of Psychiatry*, TMS is just as effective as electroconvulsive therapy in treating depression in people who haven't responded to antidepressant therapy. But unlike the latter, TMS does not cause memory loss.

Meditation may also increase activity in the left side of the brain, according to research done by Richard Davidson, Ph.D., a professor of psychology and psychiatry at the University of Wisconsin-Madison. In one experiment, he compared brain activity between normal people and a Tibetan monk and found that the Tibetan monk's left-side brain activity was so high, it was off the curve. This research, he says, offers dramatic evidence that meditation may have the power to literally change the brain.

\*\*\* With only 30 participants, the study on TMS was small, but it had a control group. Other randomized trials have shown TMS to be as effective as electroconvulsive therapy in treating depression.



## Shoulder Pain

### *What causes shoulder pain?*

The shoulder is the most mobile joint in the human body. The joint includes four tendons that hold muscle to bone. Together, these four "rotator cuff" tendons stabilize the upper arm bone to the shoulder socket and allow a wide range of motion in the shoulder.

Shoulder pain is an extremely common complaint, and there are many common causes of this problem. It is important to make an accurate diagnosis of the cause of your symptoms so that appropriate treatment can be directed at the cause. If you are unsure of the cause of your shoulder pain, or if you do not know the specific treatment recommendations for your condition, you should seek medical attention. Treatment of these conditions must be directed at the specific cause of your problem.

***You should see a doctor if you experience the following:***

1. Inability to carry objects or use the arm
2. Injury that causes deformity of the joint
3. Shoulder pain that occurs at night or while resting
4. Shoulder pain that persists beyond a few days
5. Inability to raise the arm
6. Swelling or significant bruising around the joint or arm
7. Signs of an infection, including fever, redness, warmth
8. Any other unusual symptoms

### **How can chiropractic help my shoulder pain?**



The treatment of shoulder pain depends entirely on the cause of the problem. Therefore, it is of utmost importance that you understand the cause of your symptoms before embarking on a treatment program. If you are unsure of your diagnosis, or the severity of your condition, you should seek professional advice before beginning any treatment.

Your chiropractor looks at your overall health, focusing not only on your shoulder, but also on your lifestyle, such as diet and amount of daily exercise. This integrated approach helps determine the best treatment for your shoulder pain. To help identify the cause of your problem, you and your chiropractor will discuss your symptoms and previous injuries, your family health history, and your lifestyle, including recreational and work related physical activities.

Your chiropractor is uniquely qualified to restore the health of your spine and neck. Special chiropractic techniques may relieve the pressure that is causing your shoulder pain. After locating the misaligned vertebrae in your neck, your chiropractor manually applies gentle pressure and repositions the vertebrae. These adjustments can help restore alignment, improve mobility, and relieve pain and stiffness.

Your chiropractor may recommend other types of treatment for relieving your shoulder pain. These may include moist heat, ice packs, massage, tractions, or stretching and strengthening exercises. Your chiropractor can discuss these with you.

## HAPPY BIRTHDAY DR. RICK BONAR!

**THANK YOU** for making Sacramento a more health conscious city. We appreciate all you do.

We are the first to see patients come into the office and the last to see them as they leave. They leave happy, relaxed and with a smile.

## HAPPY ANNIVERSARY

### Family Chiropractic & Wellness and Prana Path!

Dr. Bonar has practiced chiropractic for 10 years in Hayward, San Francisco and Northern Kentucky. He has resided at 2222 Loma Vista Drive in Sacramento for two years as of Feb. 1st. **Happy 2<sup>nd</sup> Anniversary!**

We have a satellite location at "The Prana Path" 3120 "O" Street which marks it's 1<sup>st</sup> Anniversary on the same day. **Happy 1<sup>st</sup> Anniversary!**



## Excerpts from Ramtha:

"Everyone thinks that they must have an excuse for their existence. 'Ah, master,' they say unto me, 'what is my destiny here, my purpose in this life? I know there is a reason I am supposed to be here.' So I tell them, 'Life!' and they are most perplexed and unhappy, for they are waiting to hear of a very elaborate plan where they will rise above a great mount and be draped in gold, with birds singing around their heads and they shall be the salvation of humanity.

"You know, living has become such an overlooked and unappreciated experience, that everyone looks for something other than life to do. But your greatest accomplishment in life will be living through it. That is, perhaps, not precisely the understanding that you are wanting to hear, but I assure you when you come close to dying you will appreciate that answer."

## Midtown Fitness Fair

**Sunday, February 12<sup>th</sup>**  
**10AM-5PM**  
**at Bicycle Chef Bicycles**



Family Chiropractic and SacramentoMidtown.com will have a booth at **Bicycle Chef's Second Sunday in February Midtown Fitness Fair!** Located behind Bicycle Chef Bicycles, this even will promote the walkable and bikeable lifestyle of Midtown and Downtown, so show your pride and pass the word.

Anyone interested in a booth, call Chris @ Bicycle Chef Bicycles 447-9118, 2409 J St.

## Office News

### Community Events

**Sunday, March 19<sup>th</sup>, 10AM-5PM**, bring a friend and stop to see us and others for a fun day! **“New Location” Healing Arts Festival**, Double Tree Hotel, Arden at Business 80 by the Arden Fair Mall, **FREE** scheduled speakers. *Expand your possibilities of thought and energy, from quantum physics to bodywork to meditation. Learn about drums and flutes, how music soothes, how aromas clam, how shamanic astrology can guide, how crystals energize, and how natural healing can occur.*

Dr. Bonar wants to welcome the new addition to the office Arthur Cuevas, office manager. Michelle will continue to work on a per diem basis. You may see Azer or Michelle providing vacation relief, help with special projects or at community events.

### Office Hours

Doctor is in the office everyday except Wednesdays and usually every other Saturday. He makes home visits on Wednesdays, to the home bound. Doctor is also available to speak at any of your health conscious social or business groups.

**2222 Loma Vista Drive**, (off Fulton between El Camino & Cottage)

<b>Monday</b> 9:30AM-12Noon	<b>Tuesday</b> 3:30-6:00PM
<b>Thursday</b> 9:30AM-12Noon	<b>Friday</b> 3:30-6:00PM
And every other <b>Saturday</b> 9:00-10:00AM	

**3120 “O” Street**, (at Alhambra & “O” Street)

<b>Tuesday</b> 10:00AM-12Noon	<b>Thursday</b> 3:30-6:00PM
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Check out our web page link at “<http://www.sacramentomidtown.com/bonar/bonar.shtml>”

## **Family Chiropractic & Wellness**

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

**Return Address Requested**