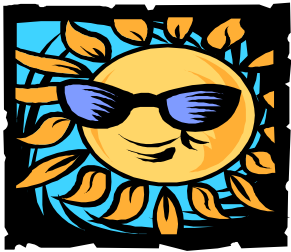


*“The doctor of the future will give no medicine but will interest his patients in the care of the human frame (spine). In diet and in the cause and prevention of disease.” ~ Thomas Edison*

## *Meditation is great for your body, mind & spirit!*



Summer is here and most of us will spend some time traveling either by car, plane, train and/or bus. We also are more physically active during the summer months. Children are home from school, and vacation from the office is expected and appreciated.

One thing remains the same in our busy life and that is the fact that if we take care of ourselves just a little each day then, when we demand the most from ourselves either physically, mentally/emotionally or spiritually, then we are up for the challenge.

Patients consistently ask me, “Doctor Rick, what can I do, in addition to my chiropractic treatments, to be more healthy to feel better, to be all that I can be?” I tell them exercise, stretch, eat nutritionally and MEDITATE.

**Listen up!** Many of us in America think that we are immortal, but we are not. We can have 100 or more years in our current body (life) if we take care of it.

We bathe our body, brush our teeth, comb our hair, cut our nails, apply make-up to make our body refreshed and look better. I encourage everyone to be more active. Being more active will make our cells, organs and body/mind happier.

A body in motion stays healthy. A mind/body that meditates, says connected to their higher power. To meditate once a week to be healthier and live longer peacefully would you do it? **I know you WILL!**

If you are healthy wouldn't you want your family, children, co-workers and friends to live long and feel more alive also? **I know you WILL!**

I have had patients tell me that I saved them from depression, allergy attacks, using too many medicines. How you might ask? Because when the chiropractic adjustment is given it clears the nervous system from interruptions and increases immune system functions. In plain terms, it makes the body's engine run better!

If you were a car you would never break down, get amazing gas mileage and look like a million dollars.



Would you like yourself, your spouse, your children, your loved ones to love and feel like a million bucks? **I know you WILL!**

I am grateful to know you will refer them in for amazing and intuitive chiropractic care! Encourage your friends, family and co-workers to call us today. We will help them!

See you soon. Peace and health to you always.



**Dr. Rick Bonar, D.C.**  
916.952.1388

## "The One Thing"

A few weeks ago, a nurse began care in our center. After a few adjustments, she came to me to ask for help in explaining this new and very different way of thinking to her co-workers. She asked me to please tell her the **ONE THING** above everything else that makes chiropractic so different than medicine. She said that before beginning care, she had always thought that the main difference was that medical treatments use drugs and surgery, but that she no longer thought this was an important a distinction as she once had.

Let me answer this by telling a story entitled *God and the Scientist*. There once was a scientist who had worked tirelessly for many years on his idea. When he finally perfected it, he ran outside of his lab, lifted his head and hands to the sky and shouted, "God I've done it! I've finally figured it out, so you're no longer going to be necessary!" God couldn't resist

asking him  
talking  
great  
answered,  
how you  
together  
Earth,  
the form  
breathed

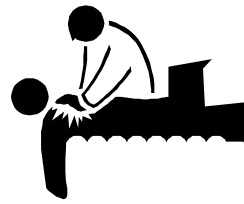


the man and  
what he was  
about. The  
scientist  
"You know  
scooped  
the clay of the  
shaped it into  
of a man and  
life into it?"

"Yes," God answered, still questioning where the man was going with this. "Well," he continued, "I've figured out how to do the same thing! So like I said, we won't need you anymore!" "Can you show me?" God asked the scientist. "I would be honored!" he replied. The scientist bent down and began forming a man from a pile of earth when God stopped him and said, "Wait a minute, wait just a minute there...**GET YOUR OWN DIRT!**"

You see, the **ONE THING** that really sets chiropractic apart from every other healing art (not just medicine) is that chiropractic is humble rather than arrogant. My definition of humble means that we know that a Universal Intelligence created everything we see and everything we are, **AND IT'S STILL ON THE JOB!** Medicine and most other healing arts believe that we can know exactly what each and every cell, tissue,

organ and organ system needs at any given moment. Chiropractic says that the number of variables within each person and with his or her interactions with others and the world makes it nearly impossible to know much of anything at all about what our bodies need.



But chiropractic also says that we don't **NEED** to know, because the intelligence that runs, regulates heals and grows us **ALWAYS** knows exactly what to do! The only problem is that interference can occur within our nerve systems that makes it difficult for this Wisdom to completely do its job. The chiropractic adjustment process restores that **CONNECTION** between the Intelligence you are and your body so that you can continue moving toward the full expression of our purpose and potential in each area of your life.

Of course, healing (movement in the direction of wholeness) does require some things from you as well. You must live a healthy lifestyle that supplies your cells with everything they need to function properly, heal and grow. And, you must focus upon creating what you want, rather than always trying to eliminate or prevent what you don't want. This is because you always get more of what you focus upon. It doesn't matter whether you want more of something or less of it; the fact that you give any energy to it at all actually **CAUSES** it to keep showing up in your life.

What if you were to give your attention to remembering the **Power** that created you? What if you concentrated on living the cleanest and most loving life possible? What if you identified and shared you own unique gifts with the world? What if you did everything possible to keep the lines of communication open between your body and the **Intelligence** that runs it? What would your life be like?



I suspect that if you did these things consistently, you would then know the **ONE THING** that would set your life on a different path than most of the people in the world. You see, the **ONE THING** you would truly come to know is... your **SELF**.

# ULTIMATE DIET

By Nancy Monson

Choose protein from vegetable source such as beans, nuts, grains, and soy, as well as chicken, turkey, and fish. Limit proteins high in saturated fat and cholesterol.

The points to ponder, then:

## Point 1. EAT LOTS OF VEGETABLES AND FRUIT

Five to nine servings a day are recommended, because fruits and vegetables are filling, low-calorie foods that were packed with nutrition to build health and prevent disease. Potatoes and French fries are NOT counted as vegetables under the *Eat, Drink, and Weigh Less Plan* (although they are on other diets). Here's one example of foods you can eat more of, not less, say the duo, since most people currently eat only around four daily servings (and that includes fries).

## Point 2. SAY YES TO GOOD FATS

The goal isn't to go low- or no-fat, as advocated in the not-so-distant past. "One of the biggest nutrition advances in recent years has been the recognition that there are good fats and bad fats," says Katzen. You want to avoid saturated and trans fats from whole-fat dairy products and red meat, but eat plenty of unsaturated fats from nuts, plant oils, fatty fish such as salmon and tuna, and avocados. These fats are not only the lesser of two evils when compared to traditional fats such as butter and lard, but are actually an essential part of a healthy diet. Plus, good fats can make other foods, such as vegetables, even more savory and satisfying, she says, so you'll want to eat more of them.

## Point 3. UPGRADE YOUR CARBS

Likewise, there's now a recognition, nutritionally speaking, that there are good and bad carbs. You certainly don't want to cut all carbs from your diet (goodbye, Atkins diet). Products made from white flour (white bread, bagels, and crackers) and quickly digested starches (such as potatoes and white rice) offer little nutrition and major calories and should be shuttled. It's far better to get your carbs from whole-grain, high-fiber foods such as whole-wheat bread, brown rice, beans, and other legumes, says Katzen. These types of carbohydrates should make up 30 to 40 percent of your daily calories.

## Point 4. CHOOSE HEALTHY PROTEINS

Rather than red meat and dairy products, which are high in saturated fat and cholesterol, shift to protein from vegetable sources such as beans, nuts, grains, and soy (shoot for three to four servings of soy and tofu products a week), as well as chicken, turkey, and fish. That doesn't mean red meat is completely restricted. Rather, Katzen, who is famous for her vegetarian recipes (but occasionally eats meat herself), advises meat-lovers to choose lean cuts and eat it in small portions (4 ounces) no more than twice a week.

## Point 5. STAY HYDRATED

Drink 6 to 8 cups of liquids a day. A beverage with each meal and another in between each meal should allow you to meet your requirement. Avoid sugared sodas and fruit juices, which offer little nutrition and pack a hefty calorie count.

## Point 6. DRINK ALCOHOL IN MODERATION (OPTIONAL)

A daily glass of wine or another type of alcohol can reduce the risk of heart disease and stroke. If you're not a drinker, however, there's no need to imbibe if you don't care to, say the authors. You can get similar health benefits from regular service.

## Point 7. TAKE A MULTIVITAMIN EVERYDAY

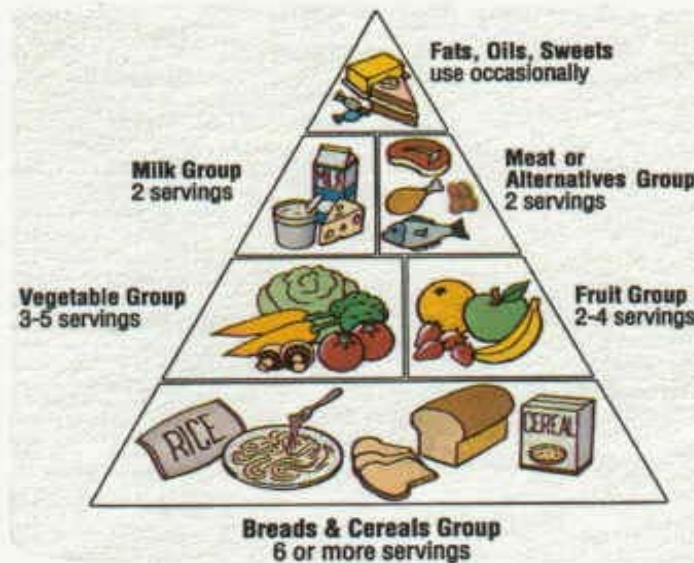
It's not a replacement for healthy eating, but rather an insurance policy that you're getting a full array of nutrients.

## Point 8. MOVE MORE

Thirty minutes a day is the goal, say Katzen and Willett, to help control weight and reduce your risk of chronic disease. Any form of whole-body activity is beneficial, such as walking, biking, dancing, gardening, or even housecleaning. Add a little resistance training - even just five minutes a day - and you're golden.

## Point 9. EAT MINDFULLY ALL DAY LONG

It's important to develop a sense of food consciousness, says Willett. "It's become far too easy to eat with a trough mentality. [In our society,] there's all this stuff before you and you just eat it without paying much attention to it." Instead, he advises looking for high-quality food and enjoying it bite by bite, savoring the flavor of the foods you eat, eating slowly, and stopping eating before you're stuffed (or the trough is empty). Lastly, don't skip meals, which can create intense hunger pangs and lead to overeating.



## Office News

### Community Events

**BRING A FRIEND FOR A SPINAL SCREENING & RECEIVE A FREE ADJUSTMENT AT ANY OF THE EVENTS BELOW.**

**Saturday, June 18<sup>th</sup>, 12PM-5PM**, Healing Arts Fair at East West Bookstore (corner Fair Oaks & Howe Ave), next to 76 Gas Station

**Sunday, July 16<sup>th</sup>, 10AM-5PM**, Free prizes!

*Healing Arts Festival*, Double Tree Hotel, Arden at Business 80 by the Arden Fair Mall, **FREE** scheduled speakers.

**Sunday, September 10<sup>th</sup>, 10AM-5PM**, Free prizes!

*Healing Arts Festival*, Double Tree Hotel, Arden at Business 80 by the Arden Fair Mall, **FREE** scheduled speakers.

### Office Hours

Doctor is in the office everyday except Wednesdays and usually every other Saturday. Please call to schedule an appointment for yourself and family today and *LIVE A HEALTHIER LIFE NOW!* Dr. Bonar is available to do health care talks on a variety of topics for your business or personal groups. Just ask.

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

Monday 9:00AM - 12Noon

Tuesday 3:00-6:00PM

Thursday 9:00AM - 12Noon

Friday 3:30-6:00PM

And every other Saturday 9:00-10:00AM

#### **3120 "O" Street, (at Alhambra & "O" Street)**

Tuesday 10:00AM-12Noon; 5:45 - 6:30PM

Thursday 3:00 - 6:00PM

Check out our web page link at "<http://www.sacramentomidtown.com/bonar/bonar.shtml>"

## **Family Chiropractic & Wellness**

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**(916) 952.1388**

**Return Address Requested**