

BODY, MIND & SPIRIT

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

“We do not need more intellectual power, we need more spiritual power... we do not need more of the things that we seen, we need more of the things that are unseen.” – Calvin Coolidge



Happy Spring to you!



My writing this issue is taken from the amazing book *“The Chicken soup for the CHIROPRACTIC SOUL.”*

“The Power That Made the Body Heals the Body”

As a competitive swimmer for the University of Wisconsin, I was traveling the country as one of the tops in my field. While training midway through my first year, I began to lose sensation to my left arm from the shoulder to my fingertips. Upon further examination, I also lost a pulse to that arm. I could not use a screwdriver or a toothbrush with that hand. The medical doctors diagnosed shoulder problems. They placed me on fifteen different anti-inflammatory drugs, and, as each one wore off, I received a new prescription. This was destroying my liver, kidneys and digestive and immune system, which made me chronically ill.

This continued until I was given a product that we now know causes cancer and is only used on racehorses. Since anti-inflammatory drugs only mask the problem, I continued to train and further damage my body. Because I wasn't getting any better, and in fact was getting worse, the university hospital began to run tests on me. They gave me every poke, prod and scan. I was the guinea pig, with up to twelve residents gawking at a time. No one could believe what was happening in my body.

Following about \$20,000 worth of testing, I was told that I needed to have a rib taken out to make room for the nerves, arteries and veins. I spent the next year and a half in search of a second opinion that differed from the first. I saw the best specialists in the country only to be told the same thing at each office. While searching for a solution other than surgery, I lost my swimming scholarship, lost my ability to study, and lost friends and family due to my attempts to squelch my depression with alcohol.

I lost everything I had worked for over the last twelve years. I then decided to have the surgery as there seemed

no other recourse. It did not work. So I continued my downward spiral and could have killed myself, or someone else, by drunk driving seven nights a week.

Then, when the bottom fell out, someone recommended that I try chiropractic. While skeptical, I listened to Dr. Beyler and it made so much sense. I knew I was in a special place from the beginning. Within the first couple of adjustments he was able to temporarily restore the blood and nerve flow to my left arm. From then on, I knew what I would do for the rest of my life. I would be a Chiropractor committed to saving others lives just as I am convinced Dr. Beyler saved mine.

By Mark David Lagerkvist, D. C.

Like Dr. Beyler and Lagerkvist, I restore the nervous system flow to the body. We brush our teeth, wash our face and eat food everyday. I know everybody would do better inside their own bodies if they would have their nervous systems checked for any blockages.

If there is a dam in the creek, does the water get through?

Let me help you live a healthier life TODAY. Imagine never having to take prescription drugs or having surgery. It is possible!

I look forward to be of service to you soon.



Yours in health,
Dr. Rick Bonar, D.C

You Have The Power To Prevent Diabetes

(by Cathy Burke)

On March 21, Americans observed American Diabetes Alert Day. This is a day to learn about the risks and symptoms of diabetes, and especially about how to prevent the disease. While diabetes is the fifth deadliest disease in the United States it is also one of the most preventable.

Diet and exercise are more effective than drugs in preventing diabetes. According to a recent Diabetes Prevention Program study, just 30 minutes of moderate physical activity along with a 5-to-10 percent reduction in body weight decreases chances of getting diabetes by 58 percent. In addition, these changes also reduce the risk of diabetes complications, such as stroke, heart disease, high blood pressure, kidney disease and blindness. While it is best to start these changes early on in life, it is never too late to improve your health.

Diabetes symptoms often seem harmless and go unnoticed. If you experience any of the following, have your blood glucose levels checked to see if your body has difficulty processing carbohydrates, (a key part of diabetes):

- Frequent urination
- Excessive thirst
- Extreme hunger
- Unusual weight loss
- Increased fatigue
- Irritability
- Blurry vision

You can also take a risk test at www.diabetes.org/risk-test.jsp.

In Type 1 diabetes, the body does not produce insulin, so insulin needs to be consistently supplemented to properly break down and metabolize carbohydrates in the diet. This type of diabetes, typically genetic, accounts for 5 to 10 percent of all diagnosed cases of diabetes in the United States and is usually acquired in childhood or young adulthood. Type 2 diabetes, which accounts for 90 to 95 percent of diabetes in the United States and often occurs at a later age, is much more preventable, though it has genetic ties, as well. In type 2 diabetes, the body does not produce enough insulin to process carbohydrates or processes them incorrectly.

The following lifestyle modifications will help you prevent diabetes and lead a healthier life:

1. Eat a low-fat diet.

Reduce total daily fat intake to no more than 20 percent to 35 percent of your diet and keep saturated fat below 10 percent (the less, the better).

2. Control your calories.

Consult www.mypyramid.gov to determine your optimal daily calorie intake and do your best to stick to it.

3. Increase fiber.

Fiber fills you up and replaces less healthful foods, especially sweets and sugars. Your body metabolizes fibrous foods easier and requires less insulin than to absorb simple sugars.

4. Limit carbohydrate intake.

Eat carbohydrates and sugars in moderation-no more than 30 grams of carbohydrates in each meal is recommended. Read the product label to determine the amount of carbohydrates per serving. To find the carbohydrate content of non-packaged foods, visit www.calorieking.com.

5. Mix carbohydrates with a protein when possible.

Some examples include a trail mix of nuts and dried berries, apples with nut butter, oatmeal raisin cookies with walnuts, or even a nut topping on your ice cream. Proteins slow down the digestion of carbohydrates, keeping you satisfied longer and reducing the need for quick bursts of insulin.

6. Stay Active!



Aim for a minimum of 30 minutes of moderate physical activity five days a week. More may be necessary if you want to lose weight. If this is difficult at first, try starting with two or three days and work your way up. If you have a condition or schedule that does not allow for 30 minutes five days a week, consult with your health care provider to set a goal and work toward it. You can also include shorter periods of exercise into your day if 30 minutes at one time is not realistic. Walking is great way to stay active!

Most important, remember that lifestyle changes take time and practice to become “routine.” If on some days you cannot meet the goals, don’t give up. Instead, simply refocus your goals and try to find a balance that works. You have the power to make a difference in your health and prevent a myriad of severe diseases.

For more information on diabetes, visit www.diabetes.org and/or consult with Dr. Bonar today!

CHIROTHOTS

By Kevin Donka, D.C.

Coming or Going?



“Winter is on its way out,” said the weatherman, “But that doesn’t mean we won’t still see some pretty cold temperatures each night as darkness comes.” You may not have noticed anything peculiar about that statement, but let’s look a little more closely. *Winter* and *night time* are the names we have given to a season of the year and a time of the day. But what are these named for? In other words, have we named winter and night time for what is *present*...or for what is *absent*?

A very basic teaching of quantum physics is that there is only ONE THING anywhere in the universe – ENERGY! And, energy can be present in varying degrees. For example, if light energy is fully expressed, we say the room is brilliantly lit. If we have a lot of light energy but not as much as when the room is brilliant, we say it is bright. If there is a little less we say it is dim and if there is no light energy at all, we say it is dark. There is no actual thing called darkness, it is simply the name we give to how we *perceive the decreased presence* of light energy as the position of the Earth changes.

As the Earth rotates each day, there comes a point when the light energy from the sun is blocked and cannot reach us. Again, we have named this time of the day when we perceive less light energy darkness. The same is true with winter. It is the name we give to the season of the year when we *perceive the decreased presence* of the heat energy as the position of the Earth changes in relation to the sun. Because the Earth tilts on its axis, there comes a point each year where the heat energy of the sun is blocked from reaching us.

How can the *absence* of one thing seem so much like the *presence* of something else? **It is because your neurological system is only designed to allow you to be aware of what is present, not what is absent.** As a result, it transmutes your perception of what is missing into an idea that something is actually *present*, but it is an *illusion!* Why is this important?

It is important because the same thing happens in your body. Your neurological system allows you to be aware of how much LIFE ENERGY you are expressing. When you are expressing a high amount of life energy, we say the body functions with EASE. If less life energy is being

expressed, we say you are in a state of DIS-EASE. This state of decreased expression of life energy may manifest itself in a nearly infinite number of ways. It may show up as dysfunction in an organ system, pain, inflammation, fatigue, insomnia, irritability, the inability to think clearly or just about any other way you can think of. This is what happens when the position of your spine blocks your nerve system and does not allow your Life Energy to be fully expressed in your body.

But again, *it is an ILLUSION!* Your nerve system has simply transmuted your perception of a *decrease* in the expression of life energy into an idea that something is actually *present*. Because of this, we have given names to all of the different ways this decrease in the expression of Life energy can show up. This is crucial idea for you to understand, for you see, most people think that what we call *health* is the absence of something. But in reality, **HEALTH IS THE PRESENCE OF SOMETHING!**

So when you ask, “When will my _____ go away?” You really want to know when you will begin noticing your expression of Life Energy *increasing* again! And, as you express higher and higher levels of your Life Energy, you will move from dis-ease, to ease to wellness to wholeness! It is a continual process of more fully expressing your purpose and potential in life!

So remember what your Mommy and Daddy told you... There is **NOTHING** to fear in the dark! Winter isn’t on its way out... spring is on its way IN! Let’s all go play in the **LIGHT!**

From the EDEN Kitchens FIVE BEAN SOUP



Ingredients

- 2 Tablespoons EDEN Extra Virgin Olive Oil
- 3 cloves garlic, minced
- 1 medium onion, diced
- ¼ cup celery, diced
- ½ cup carrots, diced
- 3 Tablespoons barley, rinsed
- 3 cups water
- 1 can EDEN Organic Pinto Beans
- 1 can EDEN Organic Black Beans
- 1 can EDEN Organic Kidney Beans
- 1 can EDEN Organic Navy Beans
- 1 can EDEN Organic Garbanzo Beans
- 1 cup sweet corn, fresh or frozen
- 1 can EDEN Organic Diced Tomatoes with Roasted Onion
- ½ teaspoon dried basil
- 1 ½ teaspoons crushed bay leaf
- 1 teaspoon EDEN Sea Salt – French Celtic

Heat oil in a soup pot, sauté garlic and onion until the onion is translucent. Add water, celery, carrot and barley, beans, corn, tomatoes and herbs. Add salt, cover and simmer 30 minutes. Serve

*Serves 10 * Prep time 10 minutes * Cook time 40 minutes*

Office News

Community Events

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

Sunday, June 11th, 10AM-6PM, *Holistic Living Expo*, Holiday Inn NE (Madison Ave & Business 80), 5321 Date Ave, Sacramento, CA

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

Sunday, July 16th, 10AM-5PM, Free prizes!

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

F. Y. I.

Dr. Bonar will be on a Spiritual Retreat in Mumbai (Bombay), India, from May 10th – 20th. He will return refreshed, energized and more enlighten to be of even better service to you, your family and friends. Schedule today to receive your chiropractic adjustments. We all here at the office wish him a safe journey.

Dr. Martha Dickson will be substituting for Dr. Bonar. You may contact Alana at 916.974.3434 to schedule your appointment.

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

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