



# BODY, MIND & SPIRIT

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*The POWER that made your body, HEALS your body everyday!*  
A Free Quarterly Newsletter For the Friends and Patients of: **Dr. Rick Bonar, Chiropractor**

*“The most beautiful and profound emotion we can experience is the sensation of the mystical. It is the power of all true science.”*  
~ Albert Einstein

## “How Fast The Year Goes By!”

It seems only yesterday I was welcoming in 2006 and saying goodbye to 2005. Since this is our last newsletter for 2006, it seems appropriate to share my thoughts about 2006.

January 2006 was a busy time I traveled to Kentucky for my nephews wedding. He is a marine stationed in Okinawa, Japan. Two days before the wedding, the newlyweds-to-be cancelled the wedding. We were all surprised; but what does this really say about this situation.

After chatting with my 22 year old nephew, I feel his concerns were that 1), he may go somewhere where it would be more stressful worrying about a spouse in his life; 2), he after much deliberation did not know if he was truly ready for a life long commitment. These are both valid reasons and I was honored he shared them with me.

How many times in our own life have we wished to have had made a different decision about something?

In May 2006, I had my first 2-week vacation since becoming a Licensed Doctor of Chiropractic. I went to Mumbai, India to attend the World Pranic Healing Conference.

What a life changing experience. I never realized how the American lifestyle affords us so much luxury. Air condition at a touch of a button, smooth paved roadways, clean toilets and people who do not lay on the car horn when they drive. However, I do have to admit that India was calm, on the spiritual level. It seems India was either the heart or soul of the Earth. I had never met a more devotional people in all my travels.

I share these things with you because I know you all have had similar experiences. Life is a learning experience and all lessons are revealed when we are ready. [*The teacher appears when the student is ready*].

**Are you ready to learn and grow?** Is your nervous system free of all interruptions and noise? As a Doctor of Chiropractic, it is my mission to restore nervous system function to AMAZING working order within your system. This in turn, will only help you learn Life’s lessons easier and more rapidly, be healthier and more productive.

Take care of yourself and thank you for your patronage. We are here to serve you.

Rick Bonar, D.C.  
916.952.1388  
[www.FamilyChiroWellness.com](http://www.FamilyChiroWellness.com)

“*Miracles of Sacramento*” is a holistic healing center. “Miracles” providing weekly mediation, healing clinics, pranic healing classes, massage and chiropractic services.

([www.Miracles-Sacramento.com](http://www.Miracles-Sacramento.com))

Erik Pilmanis facilitates the “Twin Hearts” meditation every **Thursday** at 6:30PM. The FREE healing clinic follows the meditation at 7:30PM. The meditation is led by Master Choa Kok Sui.

Dr. Bonar offers chiropractic at this location currently on Tuesday mornings and Tuesday/Thursday late afternoon before the meditations.

([www.FamilyChiroWellness.com](http://www.FamilyChiroWellness.com))

Pranic Healing classes are offered every few months teaching the basics of pranic healing. Tiffany Cano and Debby Hardy are the instructors for Northern California.

([www.PranicHealing.com](http://www.PranicHealing.com))

# *How Can I Sleep More Soundly?*

Michael Breus, AOL Wellness Coach and author of the book 'Good Night: The Sleep Doctor's 4-Week Program to Better Sleep and Better Health,' says a more restful night of sleep will give you more energy, help you lose weight and make you look younger.



## **1. GET COOL**

Sleep in a cool environment. The ideal sleeping temperature is between 65 and 72 degrees. A mild drop in body temperature often induces sleep, which is why lying in a cool bed after a hot bath is so relaxing.

## **2. REDUCE YOUR ANXIETY BEFORE BED**

- Hide illuminated clocks from view to avoid clock-watching.
- Avoid eating within three hours of bedtime.
- Alcohol, tobacco and caffeine can exacerbate anxiety. Avoid these before bedtime

## **3. CONSIDER POSSIBLE ALLERGIES**

Look at pillows, sheets, fabric softeners and detergents, pets in the bed, dust, mold, perfume and so on, that can affect the bedroom environment. All of these can cause congestion, which can worsen snoring.

## **4. WATCH THE CAFFEINE**

Get in tune with how your body responds to caffeine and make adjustments so that it's less likely to disrupt your sleep. Some people can drink several cups of coffee, tea or soft drinks within an hour of sleep and notice no effects, whereas others may feel stimulating effects after one cup.

## **5. MAKE SOME NOISE**

Use a white noise machine or CD that is soothing to you. A cheaper alternative is to set the tuner of your FM radio between any two stations. The pseudo white noise you'll hear will do wonders to mask unwanted sounds. Ceiling fans or stand-alone fans can also provide a constant hum that can be sleep-friendly.

## **6. LET EACH OTHER SLEEP**

Find your sleep schedule. With different work hours, social schedules and general lifestyles, couples typically need to go to bed and wake up at different times on different days. The trick is to maintain separate bedtimes and waking schedules without either one disturbing the other's sleep.

## **7. PREPARE TO SLEEP**

Relax before bedtime. Stress not only makes you miserable, it wreaks havoc on your sleep. Develop some kind of pre-sleep ritual like reading, light stretching or taking a hot bath to break the connection between all the day's stress and bedtime. These rituals can be as short as 10 minutes.

## **8. MAKE IT DARK**

Cover your windows. Consider blackout shades or heavy drapes -- these can also dampen sounds. Don't forget to use a drape clip, which will securely close the two sides of the drapery. (Start out by using a "chip clip," which works just as well.)

## **9. REST YOUR HEAD**

Buy a new pillow. If every night you scrunch up your pillow and fold it in half like a neck-roll just to get it to fit comfortably underneath your head, you're in dire need of a new pillow. If your pillow is dirty, stained, torn or if it smells bad, you also need a new bed pillow.

## **10. SET THE MOOD**

Keep high-wattage lights away from the bedroom. Install low-wattage lights anywhere near the bed or add dimmers to all the switches and set the mood for sleep two to three hours before you retire.

## **11. TAKE A NAP**

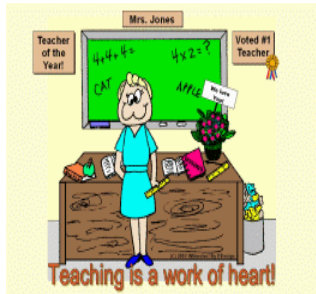
The 20-minute power nap has been talked about for years, but napping doesn't have to be so confined. You can gain a lot of benefits from as little as five minutes, and as much as two or more hours (but, please, no more than three). If you have real trouble sleeping at night, though, it's a no-napping policy during the day.

## **12. EVALUATE YOUR MATTRESS**

Test your mattress. If it hasn't been turned (rotated if it's a pillow top mattress) in a year, do it now. If it's older than seven years, it's time to buy a new one.

## “How Can That Be?”

A woman had been suffering from an intestinal disorder called Crohn’s Disease and recurring polyps for 16 years. She now has absolutely no pain, no dysfunction, and no more polyps and leads a normal drug-free, happy life eating anything she chooses and actively participating in every activity she and her family undertake.



A seventh grade teacher had decided that she would retire after only 11 years in the classroom because the kids, in her words, “Are insensitive, rude, ignorant and don’t care about their own or

anyone else’s future.” She is back in the classroom now and she is marveling at how different the kids are this year compared to previous years. Of course, she knows they aren’t really any different at all. She knows that she is so much healthier and happier that she is bringing a completely different energy to her classroom.

A woman had been having trouble swallowing and had a feeling of tightness in her chest and at the base of her skull for several years. Many doctors had told her that nothing was wrong, that it was stress and yet, after just a few adjustments, these abnormal feelings were gone.

A man in his eighties had been walking with a walker for the past four years. He used to love jogging but the pain and weakness in his feet and legs had gotten to the point where he could now only walk slowly and for short distances before having to stop. He now jogs every morning with his fourteen-year-old Grandson.



A baby was unable to nurse or even drink from a bottle. He had been this way since his birth four days earlier. After just one adjustment, he latched on and began nursing normally. He also had his first

bowel movement immediately afterward. Something described as a, “major infant mudslide!”

A woman with no sense of smell for many years is able to smell the cookies her teenage daughter just baked.



A boy with no complaints comes in with his mother and she decides to put him under chiropractic care for wellness. He is great in school and a delight to be around. He is very healthy. After only 2 months of care, he runs into the office wearing a medal he won for

being the fastest runner in his class. I tell him and his mother how proud I am of him and they tell me that until he began getting adjusted, he was the slowest runner in his class. He beams with pride.

A man in his seventies tells me how much better and more relaxed he is feeling since beginning care. His four-year-old Granddaughter is in the corner playing with her doll and says, “Yep! And Grandpa doesn’t smack me anymore either!” The man begins to cry.

How can all of these things happen from a program of chiropractic care you ask? It is actually very simple. Each one of us (including you) has an Innate Intelligence within our bodies that knows exactly how to run, regulate, adapt, heal and grow our bodies from conception until death. But, if the communication pathway in the nerves between your brain and your body is compromised by what we call the subluxation process, this Intelligence cannot comprehend and respond to all of the stresses you encounter in your environment and things begin to break down. This will eventually affect every single system if allowed to progress and can result in every kind of physical, mental, emotional, social or spiritual problem you can imagine.

**By restoring the NEUROLOGICAL CONNECTION between your brain and your body through the chiropractic adjustment process, your Life Energy is able to once again flow easily from inside-out and restore you to the whole and happy being you were meant to be.**

## Office News

### Community Events

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

**Sunday, October 22, 10AM-5PM**

**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 (home visits) 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 3:00-6:00PM

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 **NEW** web page link at "<http://www.FamilyChiroWellness.com>"

## **Family Chiropractic & Wellness**

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**Return Address Requested**