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Friday 1:00 pm- 5:00 pm & Saturday 8:00 am-11:00am  
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*“Happiness is having a large, loving, caring, close-knit family in another city.” ~ George Burns*

## “Can You Really Prevent The #1 Cause Of Death... With A Smile?”



**Y**our town –

I’ve got a friend. I’m not going to use his real name... but... let’s call him “Steve.” I bet you know someone just like him. Let’s see if you do...

I’ve known Steve most of my life. And, ever since we were little, he’s been a little different from the crowd.

He was extremely popular and liked by all. I honestly can’t think of one person who didn’t take a shine to him.

And thinking back – it’s obvious why everyone liked him. He was ALWAYS happy. No matter what was going on – Steve had a joke to crack. Aliens could be invading Earth and frying everyone with laser beams... and Steve would... somehow...

### **Find The Bright Side Of It!**

For instance, I remember sitting next to Steve in 8<sup>th</sup> grade English class. We always had vocabulary tests on Fridays. But, our teacher told us we should NEVER wait until Thursday night to study. His advice was study 5 words every night and then the test would be easy.

Well, one day our teacher surprised us with the test on Thursday. “Just to teach you a lesson”, he said. The whole class protested. Everyone complained it wasn’t fair. Everyone

except Steve. He just sat there with a big grin on his face.

I thought to myself – I can’t believe it – he must have studied. This guy has ALL the luck!

As I was handing in my test, I put it on a stack right on top of Steve’s... and noticed...

### **It Was Blank!**

He didn’t even answer one question! Yet, when I sat down next to him – he was as happy as a clam.

I turned to Steve and said, “How can you be so happy? I saw your test, you didn’t get any right?”

Steve laughed and said, *“Yeah, but now we get to get out of here and go to lunch early!”*

That’s the way Steve was. Always looking on the bright side.

But here’s something else I remember about Steve. Something VERY IMPORTANT.

Steve was NEVER sick. He always got that certificate at the end of the year for not missing any days of school. And, now that he is... ahem... a *little* older... he looks 10 years younger than most of our friends (besides me of course!).

Most just chalk it up to more of Steve's great luck – but – there are some new studies that show how it's not luck at all. And there is something really important for YOU in all this.

First the studies. On May 2, 2005 Science Daily published the results of a remarkable study.

In this study, 86 first-year college students at Carnegie Mellon University (37 men and 46 women) got their first ever flu shots at a University clinic and filled out questionnaires on health behavior.

For two weeks, starting two days before the vaccination, they carried palm computers that beeped four times a day and asked them to record their momentary sense of loneliness, stress levels and mood.

For five days during that period, they also collected saliva samples, four times a day, and measured the stress hormone – cortisol.

To assess loneliness, the researchers calculated their social network size.

Blood samples were drawn just before the flu shot, one month and four months after the shot and tested for antibody levels – which indicate how well the students built a defense from the shots.

Now this is the amazing part. The study found:

- 1. Sparse social ties were associated with poorer immune response.**
- 2. Loneliness was also associated with a poor immune response.**

What do you think about that? Loneliness may cause a weak immune system and poor health. But how?

First, listen to this. There was research reported in the BBC News April 18, 2005 that says levels of the stress hormone cortisol – linked to obesity, type 2 diabetes, high blood pressure and auto immune disease – were found to be 32% LOWER in people who reported more happy moments during the day.

Basically, happy people may be healthier both mentally and physically, then unhappy people.

But wait – there's more! Another study reported in USA Today March 7, 2005 says that wounds took **40% longer to heal in married**

**couples who were having problems than in married couples who were happy.**

The stress of conflict slowed down wound healing by 40%!!!!

And here's one for Steve: The BBC News September 12, 2004 reported that researchers suggest the mind determines how quickly and dramatically people age.

This is because good emotions can alter chemical balances. Over a seven year period, investigators measured weight loss, exhaustion, walking speed and grip strength of about 1,500 older Mexican-Americans.

Results showed those with more positive outlooks were significantly less likely to become frail.

### **Pretty Amazing Isn't It?**

But, do we really need all those studies to prove a bad attitude and stress kills?

Just think back with me for a moment to the last time you were watching a scary movie. You got so *into the movie*, you didn't know anything else was going on around you. Then, all of a sudden, **SOMEONE YELLED!!!**

What happened?

Your heart was racing. You were out of breath. Maybe even your hands were shaking.

Why? Because your mind created and shot chemicals into your body – even though nothing physical actually happened.

You see, you can get sick **JUST BY THE WAY YOU THINK**. Through negative thoughts, your mind will create harmful chemicals. Over time, those chemicals will destroy your body and your health.

And this is not just about major diseases. Your negative thoughts can manifest themselves in many other ways. Back pain and arthritis is one of them. You can think yourself into pain just like you can think yourself sick.

But the good news is...

### **You Can Also Think Yourself Healthy And Pain-Free!!!**

Don't believe me? Think back with me one more time. This time to the first time you fell in love. Picture that person and that time. What did you see? What did you smell and taste? What did it feel like?

Hold that thought for a moment and really remember what it was like. How your heart raced when you saw that person. How your

face felt flush. How, even if just for a brief moment, nothing else mattered... and... everything was okay in your life.

Can you remember it?

Well, here's what I want you to do: twice a day... upon waking and just before going to sleep, I want you to think about and experience what you just experienced. And, if you are ever stressed out and having a bad day – just think of this newsletter and SMILE. I know it's easier

said than done... but... do it for a month, and I promise, your life, and health, will change.

So there you have it – Steve's secret. It wasn't luck after all. Chances are Steve never gets sick and looks so young because of his positive mental attitude.

Now it's up to you to be like Steve!  
**And don't forget, if you ever have any questions or concerns about your health, talk to us. Contact us with your, questions. We're here to help, and don't enjoy anything more than participating in your lifelong good health.**

## Did You Know?...

- Wettest inhabited place on earth: Buenaventura, Colombia, with 265 inches of rain per year.
- Heaviest U.S. president: William Howard Taft (332 lbs.). Lightest: James Madison (100 lbs.).
- The Netherlands has more burglaries per capita than any other country on earth.
- The sailfish is the fastest fish in the world. It has a top speed of 68 miles per hour.
- Sweden has more telephones per capita than any country on earth.
- The G in g-string stands for "groin"
- It takes six months to build a Rolls Royce...and 13 hours to build a Toyota.
- In an average hour, there are 61,000 Americans airborne over the United States.
- Music videos were originally known as "tele-records."
- Cubans eat more sugar than anyone else; Irish people eat the most corn flakes.
- The second most popular place to eat breakfast in the U.S.: The car.
- Onions have no flavor; only a smell.

**The following NFL teams use and have a chiropractor with their medical team:**

- |                         |                          |
|-------------------------|--------------------------|
| 1. Buffalo Bills        | 15. Detroit Lions        |
| 2. Miami Dolphins       | 16. Atlanta Falcons      |
| 3. New England Patriots | 17. Carolina Panthers    |
| 4. Baltimore Ravens     | 18. New Orleans Saints   |
| 5. Cincinnati Bengals   | 19. Tampa Bay Buccaneers |
| 6. Houston Texans       | 20. Arizona Cardinals    |
| 7. Indianapolis Colts   | 21. St. Louis Rams       |
| 8. Jacksonville Jaguars | 22. New York Giants      |
| 9. Tennessee Titans     | 23. Washington Redskins  |
| 10. Denver Broncos      | 24. Chicago Bears        |
| 11. Kansas City Chiefs  | 25. Green Bay Packers    |
| 12. San Diego Chargers  | 26. San Francisco 49ers  |
| 13. Dallas Cowboys      | 27. Seattle Seahawks     |
| 14. Philadelphia Eagles |                          |

A team with a chiropractor has won the Superbowl every year in at least the last 20 years.

"It doesn't matter whether you play football, race the Tour de France (yes, Lance Armstrong has a

personal Chiropractor too) or mow the lawn; the principles that govern healing and health are simple, infallible and apply to everyone equally.”

Also, remember John Stockton credited chiropractic as 1 of 3 things that kept his NBA career going strong as long as it did.

## **Laser Laser Laser**

Wow! We have had some really exciting things happening with our laser treatments. A year long ankle pain—gone in one visit; TMJ (extreme jaw pain) gone in 5 visits; numerous long standing headaches gone in 1 to 4 visits; Shoulder/Arm pains gone in 2 to 6 visits; my thumb hit with a hammer—turned blue in 30 seconds—lasered that day—no black or blue coloring by the next day; and the list goes on; Carpal Tunnel symptoms gone in 4 to 7 visits. Get the word out. Your family and friends may be needing your referral to us.

## **Bulged or Herniated Discs**

Don't forget we have the Disc Decompression Machine (D.T.S.). 85% effective at keeping patients out of surgery. Tell your family and friends.