

Live the

ADVANCED LIFE

Your health & wellness newsletter



Just Do It

Story by Dr. Michael J. O'Connor

When I met Carlos Diaz during a complimentary consultation in our exam room, I encountered a tired, stressed out man in a good deal of pain; furthermore, he was highly doubtful that we could help him. Basically, he proceeded to explain to me all that was going on with his health, not much was positive. He had been through quite a few therapies and medications yet nothing was making him feel any better. I let Carlos know right off the bat that if HE did not change, I was unable to help him. His problem was not a lack of anti-inflammatories and painkillers in his bloodstream, but it was a serious disconnect between his spine and spinal cord. In order to correct this, he had to make some changes in his outlook on health and disease and he had to begin adopting some new habits and disciplines.

Could Mr. Diaz have decided to nod his head fervently in affirmation with my plan of care but actually not make any effort to change? Of course! Nobody can make you change but YOURSELF! Deciding to "turn over a new leaf" is only a part of the cure, but deciding positively and then deciding day after day to follow through and take action upon the decision is where the "Life Olympians" separate from the "bench warmers". We can decide to trust or we can wallow and fidget in doubt. We can make the choice to get a little uncomfortable for a short period in our lives with the reward of feeling awesome or we can pick the path of immediate comfort and no sacrifice. What if Michael Jordan had given up when he was cut from the



Patient of the Month: Carlos Diaz

high school basketball team? What would our world be like if America decided to allow Hitler to continue his "campaign" in Europe as long as he didn't bother us over here? Would we have the convenience of our iPhone if Steve Jobs had said to himself, "well, I've had a good run. I'm filthy rich. I'm gonna stop innovating and take a break."?

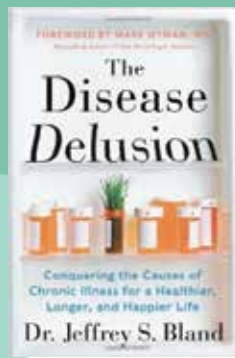
Functional Medicine/Wellness is a new paradigm for almost everyone. It involves facing our greatest weaknesses and making strategies to correct and improve upon the way the body functions. That's a whole bunch more involved than sitting through a bunch of tests and then swallowing chemicals that alter the body but never change the underlying cause of the symptoms. It was a step into the unknown for Carlos Diaz. He trusted, he got involved, he decided to examine his thought processes and did a reality check. He made a commitment to listen and follow through. He is victorious now. Not only is he free of pain and suffering but he has become much stronger, more supple and agile and quite a few pounds of body fat lighter! Why? Because he decided. He stopped the whining and excuse making. He got down to business and persisted. Now he is like a 28 year old again.

I firmly believe that people love to self-sabotage. We love to push the blame and excuses onto others or circumstances. Don't let obstacles keep you from your best life! Imagine the greatest possibilities and hold fast with diligence. You will find that trusting and believing in your greatest goal is more powerful than your worst doubts and fears.

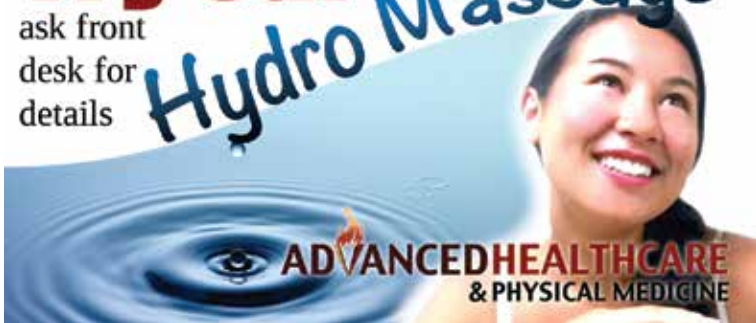
TESTIMONIAL

"The Disease Delusion: Conquering the Causes of Chronic Illness for a Healthier, Longer, and Happier Life"

By Dr. Jeffrey Bland



Try our 15 minutes of heaven for only \$10!
ask front desk for details **Hydro Massage**



Announcements!



**We will be closed
Monday
9/1/2014 for
LABOR DAY!**

ASCC (Advanced Spinal Care Class)

Hour of Power



While at the Palm Coast Home Show, my husband and I came across Advanced Healthcare's booth and we received a complimentary evaluation. We went to the Advanced Healthcare office in Ormond Beach for a thorough evaluation, and a few x-rays. I had never been to a functional wellness clinic before, and was

both nervous and even skeptical. My husband was more confident and encouraged me to begin care with him, which I did.

After only about a week of treatment, I noticed I could swallow easier- I didn't even know there was a problem with that. Then I realized there was no pain when I was getting out of bed in the morning, and most importantly, when I rise from a seated position I can walk normally when I used to move like an old lady. I have horrible arthritis in my knees and have noticed with my treatments at Advanced Healthcare, I am able to function and move much better. **My medication usage has all but stopped.** I am thrilled about that, because I know what they do to your liver and kidneys. . I even attended the Advanced Healthcare nutrition seminars and learned a great deal about how to eat for slower aging and less inflammation.

I am no longer nervous when coming in for my adjustments or treatment. In fact, I look forward to them! I am feeling stronger, moving easier, and have an overall sense of wellbeing.

- Susan Gendernalik



Go With Your Gut

Is your gut telling you something may be wrong with your diet?

Available at Advanced Healthcare! ask for details!

ALCAT
WORLDWIDE

The Leader in Food Sensitivity Testing

"WE ARE MADE WISE NOT BY THE RECOLLECTION OF OUR PAST, BUT BY THE RESPONSIBILITY OF OUR FUTURE."

- George Bernard Shaw

Parents Today Need More Backbone

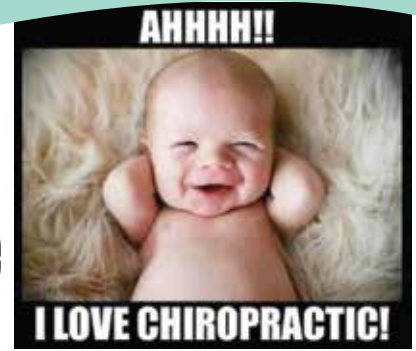
Dr. Michael J. O'Connor

Am I the only one to remember a childhood where your father would just give you the "occhio severo" (the scary look) that made you stop whatever it was you were doing and behave? The memory of him reaching behind for us into the back seat of the ol' green station wagon was enough to elicit fear so deep and profound that you would do almost anything to avoid another "lesson"! I love my parents. Deeply and profoundly. I came back from a very comfortable life in Italy to be closer to them and spend time with them. The reprimands and few corporal punishments that I got as a youngster were far and few between, but when my Dad said something, it was not open for discussion or debate. If any of my siblings ever questioned that authority, especially in public, they would be escorted by the ear out to the expanse of that same beat up green, Chevy station wagon and convinced that they would never, ever question that authority again.

My opinion is that the vast majority of today's parents need to sign up for the 'Hugh J. O'Connor School of Childrearing'. My goodness what a bunch of "mushes"; I encounter in dealing with so many young parents today. Not all, obviously, but a great many seem to believe that it is acceptable that their children can tell them what the course of the day is going to be like and how it is going to be done! A good example of this is in their spinal care. **Getting the spine adjusted is seriously important.** It is not an option if one really understands the damaging ramifications of vertebral subluxations.

If a child had a serious infection and was hauled into the medical office there would be no arguing or discussions about the injection of an antibiotic. Sometimes children are held down physically so that the doc can administer the injection. Why? Because the parent knows what is best and makes that call, as it should be. So why is it that when children don't "want" to get adjusted (which is rare as

95% of our little clients love to get their adjustment) some parents are left perplexed and impotent in getting them up on the table? I recall one time (only once) when my daughter, Natasha, came with me to the Chiropractors. This was before I went to Chiropractic College and I was a patient, but I understood how important it was that my children did not grow up with long term, permanent spinal subluxations like I had. She was giving us a hard time about getting up on the table so that Dr. David could adjust her. Well, that genetic code of my father's side kicked in and I simply said to her, "Tasha, Doctor David loves you and so do I and we want you to be super healthy for the rest of your life, so I'm going to ask you one more time to help us out by getting on the table. If you don't, Poppa is going to be very disappointed in you and you know what happens then, right?" She knew. We had had a prior situation only one other time in a grocery store. She mounted the table and laid down! My future brother in law (Dr. David) said, "That's how I was raised too. Good work!". I was prepared to physically lift her up onto the adjusting bed and tell her to stay still, or else. I was also ready and willing to enforce the "or else". Happily it didn't go that direction. I don't claim to be a "know it all" parent, actually I'm the opposite. I think most of us just take after our parents or blunder along and learn as we go. One thing that I do know is that Principles remain the same, regardless of time. Nobody can understand the love we have for our children except other parents. This love even transcends a friendship type of love. There's no bond like a healthy parent-child bond. **Parents need to be parents, not gigantic friends.** Especially when we are responsible for their health until they accept the responsibility, both personally and financially.



CONGRATULATIONS CORNER



Congrats to Jake! This awesome guy just got promoted to the manager position at the Boston Market right here in Ormond Beach! In addition to working hard at his job he also finds time to help out with the youth at Calvary Christian Center and makes it in for his adjustments! **Great job Jake!**



Congrats to Matt & Crystal who welcomed their second daughter into the family. Avery Cheyenne Erlenbach was born Aug. 5th, 2014.

**WELCOME TO LITTLE
AVERY
&
CONGRATS TO THE
FAMILY!**

Buyer Beware

By Natasha O'Connor

One would think that if an ingredient were naturally derived that it would be beneficial to your health, or at least not threatening. However, when purchasing foods like almond milk, coconut milk, soy milk, ice cream, yogurt, or anything that is dairy or non-dairy alternative, keep your eyes peeled for the ingredient named carrageenan. It is derived from a red seaweed and is added to some dairy and non-dairy products to give it a smoother texture and better mouth feel. This ingredient can cause inflammation, gut irritation, and even cancer.

Carrageenan has been added to food products for 50 years now. Joanne Tobacman, MD, a physician-scientist at the University of Illinois College of Medicine, has been studying the effects of carrageenan in human cells and lab animals for almost 20 years. Tobacman says that carrageenan causes inflammation so frequently that scientists use it to induce inflammation in biological experiments. Furthermore, the breakdown product of carrageenan also creates dangerous inflammation and this can lead to over 100 debilitating diseases, including inflammatory bowel disease, arthritis, and arteriosclerosis. Frighteningly, cancer can also be fueled by inflammation.

Next time you're at the grocery store looking for some organic, non-gmo soy milk or a tub of ice cream, keep in mind that **carrageenan can even be lurking in some certified organic products**. Carrageenan **MUST** be labeled so as long as you read the ingredients you can avoid this harmful ingredient. The Cornucopia Institute has compiled a working list of what brands have it and what brands do not. Here is the website: <http://www.cornucopia.org/shopping-guide-to-avoiding-organic-foods-with-carrageenan/>

Eat, drink, be well, and be aware!

Julie & Natasha training the new front desk lady Nitaya.



Traction time with Helen & Bill



A Letter From Brandon

During the last quarter of a chiropractor's education we have the opportunity to stay behind in school or go off and intern at an office. After looking very carefully at my opportunities, I chose Dr. Mike to be my preceptor, and I am glad I did. He has taught me so much that my school hasn't taught. He has guided me patiently through the processes of patient care; from the correct adjustment to choose for a specific subluxation to the most important thing - patient education. My experience at Advanced Health was the perfect capstone to my chiropractic curriculum. Dr Mike sets himself aside from all other chiropractors I have met because he possesses something most of them lack, and that is passion. His passion and love for spinal health goes far beyond the office, he lives what he preaches. He is a walking example of health and wellness. I couldn't be more proud to be part of such a great team at Advanced Health and Physical Medicine.

- Brandon Mitchell, Student Intern

Palmer College of Chiropractic class 143



Thanks for all your help Brandon! We appreciate all your help and hard work.