

Live the

ADVANCED LIFE

#4

Your health & wellness newsletter

December
2014

HAPPENIN' AROUND THE OFFICE



Rob U. casually directs air traffic in front of the office before his adjustment.



Our favorite mischievous dental hygienists, Fernanda & Bo keep their spines align and their outfits coordinated!



Amelia "adjusts" her daddy.

Chiquita
ba-TahTah



"Being happy is a very personal thing and it really has nothing to do with anyone else."
- Abraham Hicks

Mark quit smoking in June, he thinks it's no big deal. But we think it's awesome!



Paul is our resident champion in Horseshoes, Darts, and Bowling. Don't be blinded by his gold!



Valeria & Victor take in the sunshine after their tune-up.



Put that head down Kenny!

ADVANCEDHEALTHCARE
& PHYSICAL MEDICINE

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HEALTH IS LIKE MONEY IN THE BANK

By Dr. Michael O'Connor

Most of us have the kind of people in our lives that once we've gotten to know them a bit, we say, "He's my uncle!" Or, "She's my aunt!". Well, for December, I'd like to introduce you readers and clients to my Uncle Ray and Aunt Susie Krutz!

Ray has been my family's financial advisor and monetary czar since 2003. You see, with my four children and genetics that scream, "Spend! Spend! Spend!", after I had paid off my student loans, I realized that I needed accountability and guidance. His advice especially helped me navigate buying my first practice from the owners that I had worked for and seeing my family through life's ungodly expenses. Ray and Susie Krutz helped Stephanie and I more than I could have ever asked. Ray's down to earth advice and knowledgeable strategies have been a true blessing for our family. Susie runs their Granada Blvd.

Primerica office much like my Stephanie runs our clinic, with precision yet with the personal, un-corporate flair that makes you happy to visit and do business with them. The American art and science of true small businesses! The style that holds our country together.

Interestingly enough, and typical of businesses that stem from the heart, Ray and Susie surround themselves with their entire family in their Primerica office! Their daughters, Rebecca and Jaclyn are both financial advisors and agents with them, as is Rebecca's husband, Brian. Both ladies balance their successful careers with being mothers and the outer office often sports a playpen, toys and a baby swing so that the children can be with their family a good part of the day. Both Rebecca and Jaclyn are very involved, in-touch mothers who are proactive about the families' health. They make sure that their own and their children's' nervous systems and spines continue to develop and function in top notch order. They **REGULARLY GET SPINAL ADJUSTMENTS AND "TUNE-UPS"** to ensure optimum nerve flow and brain-body communication. They have researched the devastating effects of vertebral subluxation and will not allow that to develop on their families' spinal cord. Jaclyn's husband, Big Al, (as I have affectionately named him over the years) is one of those patients of mine that always brings me a hearty laugh and an ear to ear smile. We joke and insult each other like two childhood chums, yet I happen to be old enough to be his uncle!

The Krutz family truly recognizes that, as important as finances are in ones life, nothing is more important than ones health.



Left to Right: Brian, Zane, Rebecca, Ray, Suzie, Jaclyn, Amelia, Emma, and Alan.

I RARELY meet a family that is so "on board" and involved in building the bodies vitality and health quotient. Ray once said to me, "What good is all the money in the world if you're blowing it away on medicines and surgeries because you've neglected your health?" . These are not just words and verbiage. Ray lives this principle. He can still run back and forth over Granada Bridge like a teenager on Saturday mornings! He participates in runs and half marathons like the average guy participates in finding excuses. He moves and has energy as a man literally HALF his age and plays serious tennis a few days each week. Both the Krutz's are very positive and uplifting people - as are their daughters and extended family! "Priorities and knowing those priorities help tremendously to navigate your life," says Ray, "Health is like money in a bank. You've got to invest in it, and you've got to work on it with conviction. It doesn't get there by osmosis!"

People like the Krutz's are hard to find and Stephanie and I are blessed to know them, invest our savings with them and serve as their "Health Team". We hardly recommend calling them and setting up a one on one consultation with Ray to make sure that your own finances and investments are in the right places. Be careful, though, if Ray asks you to go on a "walk" with you... he will wear you out...back n' forth over the Granada Bridge!

Thank you PRIMERICA FAMILY for trusting our family with your vitality!

A Few Last Words From Dr. Tah Before 2015

By Dr. Tah Manasvigangkul

As we approach the end of 2014, many of you are probably excited for something new that awaits in 2015, or if you're like me, you're wondering where 2014 had gone. It has nearly been one full year since I've been adjusting many of you. During this year, I've come to know many of you in such way that words can't describe how much it means to me to see that your health is improving. Slow or fast, it's a step in the right direction. I know that I'm not there as often, but one day a week for me is just enough to make me look forward to seeing you all again the week after. Thursday afternoon is when things make sense to me. The feeling that I get after each adjustment that I deliver is beyond satisfying. For that, I thank you all from the bottom my heart for being a part of my life and make it so much fun for me to be at the office. I hope that 2015 will be a year (for all of us), that many things that we've worked so hard for will come to fruition; but more importantly, I hope that your health will also change for the better. Whatever goal you'd like to accomplish, I hope that 2015 will be the year that you 'kick the big dog in the butt'. As for me, I believe it's more important that we don't look too much into the future without letting go of things in the past. We can't very well move forward if things of 2014 are holding on to us. If there were things that didn't turn out the way you wanted

them to, don't think of it as a failure. Thomas Edison, before he finally invented a light bulb, failed 2000 different times. When asked, he said, "I didn't fail. I found 2000 ways how not to make a light bulb. I only need to find one way to make it work."

In the end, as the new beginning approaches, I hope that you will find whatever it is that you're looking for, and that you let go of any negativity of the past. Nothing is supposed to last forever, not even bad things. So once again, thank you all from the bottom of my heart for being a part of my life. Have a safe trip if you're traveling, enjoy all your friends and families, but above all, enjoy yourself and be thankful for many things to come.



Dr. Tah with his children, Nitaya and Chase.

GREEN POWER! MAKES A GREAT STOCKING GIFT!

I've tasted many a "green drink" in my life and I can honestly say that NanoGreens is the best tasting one. Not only does it contain a variety of vegetables and fruits but the produce is grown herbicide and pesticide free. Nanogreens is chock full of phyto-nutrients, these provide nutrients and energy to your body and cells. I always feel a boost of energy after drinking my NanoGreens and I think it keeps my immune system high, even during cold & flu season!

Natasha



Consuming 1 glass of nanogreens is equivalent to approximately 7-10 servings of organic green veggies. This has been proven to:

- Increase energy, naturally, without stimulants
- Reduce appetite and improve metabolism
- Assist weight loss efforts
- Restore regular elimination and assist digestion
- Reduce inflammation, relieve stiff and achy joints and muscles
- Lower risk of cancer, diabetes, heart disease and stroke
- Inhibit hardening of the arteries
- Protect your vision from age related vision loss
- Maintain strong bones support immune function and increase resistance to infections
- Reduce allergy symptoms without drowsiness
- Improve mental acuity and protect mind and memory
- Detoxify toxic metals and chemicals help slow aging of the skin and dulling of the hair

Dr. Michael O'Connor and Dr. Tah are practicing Chiropractic physicians with extensive experience in the fields of physical and functional medicine. The recommendations and materials in this newsletter represent our opinions based on our experiences in caring for our clientele and our own health. The information and material presented here is for educational purposes only and any recommendations are not intended to replace personal advice from a licensed physician. You are encouraged to seek advice from competent medical and chiropractic professionals regarding the applicability of any recommendations with regard to your symptoms or condition. It is vitally important that you do not reduce, change or discontinue any medicines or treatment without directly consulting your personal physician first. The personal stories and testimonials shared on this newsletter and on our website are personal to the clients themselves and will not necessarily be typical of the results you will have if you follow the advice provided in this newsletter. The information and recommendations provided on this newsletter have not been evaluated by the Food and Drug Administration and are provided for educational purposes only.

EXERCISES THAT CAN SAVE YOUR LIFE

By Dr. Michael O'Connor

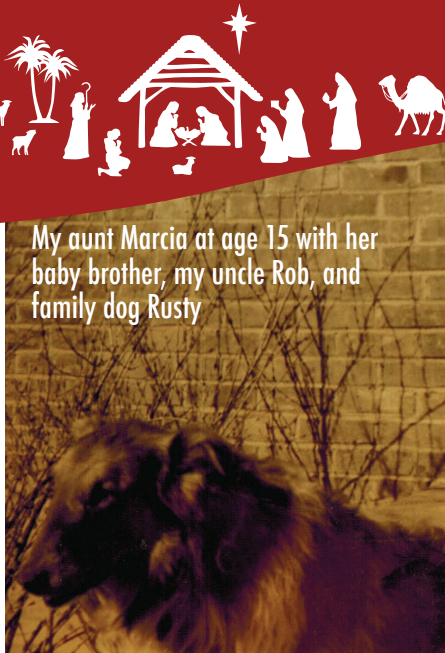
I have an aunt whom I care a great deal for. She's my mother's sister and despite being VERY proactive about exercising and watching her blood sugar levels, she recently broke her femur at the hip joint, and then fell onto her shoulder on the bathroom tile. In that order. How? Thanks to a drug she was prescribed years ago called, Fosomax. As most pharmaceuticals that people take every day without ever thinking about it or questioning "side effects", this drugs testing was done predominately and almost exclusively by the manufacturer. Can you say, " CONFLICT OF INTEREST"? No double blind placebo, long term studies. If that had been done, we would've known that the very reason patients take the drug, which is to prevent osteoporosis; However osteoporosis is often, but not always, a side effect. Guess who's aunt happened to be in that "unlucky population" ? She trusted her doctors and the literature with which they had presented to her. Now, not only does she have a broken femur (leg bone) but it won't heal. The drug also seems to have created an environment within the bone that retards osteoclastic (bone building) activity.

Advice from us at ADVANCED HEALTH CARE... First of all, don't trust nor rely on medications. Be informed and diligently seek advice and references from all sides before popping a pill. ALL MEDS HAVE BAD EFFECTS. If you must take a medication, work with your physician to try and wean off as soon as is possible. Secondly, no matter what health issue you have, find a great Chiropractor and w-holistic nutritional consultant. Also, engage in some REGULAR, no excuse movement and conditioning times. These three influences will change your life for the better.

After the age of 50, the risk of fracturing a hip increases doubly every 5 years! Yikes! Nine out of ten hip fractures occur in people over 60 years old and now for the truly scary statistic....25% of those hip fractures will create complications that kill the victim within one year.

The University of Delaware studied how muscles surrounding the hips tend to atrophy and receive less nerve signals from the spinal cord as age progresses. The " neurons" that are like electrical wires in our body become impeded. This makes the muscle regeneration and bone/connective tissue

My aunt Marcia at age 15 with her baby brother, my uncle Rob, and family dog Rusty



suffer greatly, adding insult to injury. Vertebral SUBLUXATION greatly speed up the degeneration process because of the diminished nerve flow and consequent muscular imbalances. These muscles surrounding the hips are controlled completely by nerves arising from the lower spinal column - another reason to get your spine checked and adjusted regularly....not waiting until there is pain!

Our legs power and coordination, as well as balance and reaction times, arise from a coordinated nerve - muscle response at all times. So, lets make sure that you are on a structured, regular program of spinal adjustments and that you take self responsibility for performing specific exercises that will help strengthen and tone both leg muscles and vertebral motor units. Here are a few excellent ones that will get you started...[see photos]

1. Begin with your legs just a bit wider than shoulder width apart. For added full body benefits, you may hold light dumbbells or wrist weights and keep arms slightly behind you. Take a deep breath in....

2. Keeping your heels flat and body balanced, squat down to a level where you feel comfortable [take ALL exercise nice and easy at the beginning] but use legs parallel with the floor or slightly below as a goal. Go slowly and FEEL the tensions in the thighs. As you lower yourself, raise your arms up in front 45 degrees to the sky [see photo]. Pause and count slowly to three, feeling that tension, again, in the thighs.

3. Now, exhale, and slowly come to an upright position but raising UP ON YOUR TOES. Hold this position and pause for a second to feel the calves working now.



Keep those knees behind your toes!!



MERRY CHRISTMAS

2015

and HAPPY NEW YEAR



Stephanie, Dr. Mike, & Susan with
Michael Feldbauer from GCFP.

Advanced Health Care recently participated in three community events doing spinal/nerve system screenings in an attempt to help people with vertebral subluxations and degenerative diseases, which arise from spinal disorders. The entire staff at Advanced Health Care gave the public an opportunity to come into the office for a complete, comprehensive spinal exam (regularly costing \$120) for a donation of only \$20. The entire \$20 was given to the Grace Community Food Pantry. Advanced Health Care was able to screen and examine over 25 people and raised \$500 for the needy families of Flagler County! That \$500 donation will buy over ONE TON of food for families and children who are struggling. **MORE INFO. ABOUT GRACE COMMUNITY FOOD PANTRY:** Grace Community Food Pantry began as an

outreach ministry of Grace Tabernacle Ministries International, Inc., a non-denominational church. It quickly became evident that the need, resources and support exceeded what could be accomplished simply as an outreach ministry of the church. By expanding their orientation as a community-wide organization, they have been able to attract and coordinate the participation and support of key individuals and organizations in the area with a heart and a passion for helping the destitute and unemployed. Their primary objective is to provide food to families and individuals in need. In addition, they provide clothing, limited financial assistance, and help coordinate other social services. They are a 501(c) 3 not for profit organization.

PLEASE SIGN UP TO VOLUNTEER OR DONATE ONLINE AT: www.gcfp.org

Ingredients:

3 cups almond flour
1/2 cup coconut oil, melted
1/2 cup of raw honey
2 large eggs
1 teaspoon baking soda
1 teaspoon sea salt
1 teaspoon vanilla extract
1 1/2 cup of chocolate chips (gluten free, dairy free, soy free kind)
the brand name of the chocolate chips is called "enjoy life." You can also make this yourself by melting raw cacao powder with coconut milk, and let it sit in refrigerator until it settles.

Dr. Tah's Paleo Chocolate Chip Cookies

Gluten free, dairy
free, sugar free!



Directions

Preheat your oven to 375 degrees. In one bowl combine all dry ingredients. In another bowl, mix eggs, honey, vanilla together. Pour wet ingredients onto dry ingredients and mix well. Add the coconut oil and the chocolate chips. Scoop batter onto baking sheets, and bake for 10 minutes and check. If you prefer them more done, then add 2-3 more minutes. Optional: You can take the cookies out of the oven, and then place them immediately in the freezer (make sure you use something that can handle going from hot to cold and won't break). This way, it seals in all the flavor and they taste better.

If you like to taste them warm and moist, then no need to do the above. If you leave the batter in the fridge for a long period of time, like 2-3 days before you bake them, the better your cookies will taste.

HOLIDAY GIFT GUIDE

For that guy that won't stop sitting on his wallet:

Did you know that sitting on your wallet can cause a great deal of subluxation leading to pain and discomfort? This wallet by Orvis is designed to match the curve of a pant's front pocket. It also keeps your cash and cards easily accessible. Only 1/4" thick, light, and barely noticeable. Why throw off your adjustment by sitting on your wallet? Help him help himself...



\$49 available at Orvis.com
(monogramming is only \$8)

For that someone that needs a good stretch:

The Go-fit Extreme Massage Roller's patent-pending Egg Crate design performs like an aggressive sports massage for tired and sore muscles. The firm-molded Peaks pinpoint and break up sore, knotted muscles or trigger points. Simultaneously, the Peaks and Valleys roll smoothly over muscle curves and harder body parts without causing discomfort. This self-massaging process also relaxes muscle tissue, promoting more flexible movement.



**\$44.99 available
at Sports Authority**

For that someone that likes to be pampered:

Give your friend or loved one a coupon for a 30 minute hydro massage. It's relaxing and really loosens you up, especially before your adjustments!

**\$15 for 30 minute gift
coupon!**



Left to Right: Natasha, Nina,
Dr. Mike, Stephanie, Nick, & Noelle

Oh the lure of the Holidays! Festive signs everywhere. Folks pulling out wads of cash and sliding plastic like orchestrated musical techniques. Cheesy electronic tunes emanating from plastic widgets imported from our benefactor, the Chinese! Marketers on Fifth Ave. squeezing their creative minds trying to get us to buy, buy, buy! I know you guys feel it too...that sense of disappointment in mankind's never ending lust to capitalize. And forget about the raging complaints and incensed lobbying from the atheists, the agnostics and every other belief camp that resides within our "way too loosely boarded" United States. "Happy Special Days" my gluteus maximus! MERRY CHRISTMAS !! God Bless You!! Ha!! Take that!

Honestly, I didn't want to turn these few paragraphs that I have into a tirade. The older I get, I'm man enough to admit that I tirade more. Not good. Must stop. So, I will simply say that from my family to yours, I truly wish you the greatest of Christmas wishes as you all traverse the Holy Days. I wish you the incredible peace and joy (not made by Hasbro, Ronco or Mattel!) that comes when you contemplate the humble birth of our Savior, Jesus Christ.

The hope that His coming gives us after this crazy, nonsensical realm we are in now is over. Life truly is beautiful, despite all the insanity around us, but isn't it exciting beyond words when you contemplate the life we have promised to us afterward with our Heavenly Father? There is NO condemnation, no judgment, no worries at all when you take your "oh so intelligent, know-it-all", empirically dependent minds and just turn them over, like an innocent child, to FAITH.

My Christmas wish to you is that you gather close to your loved ones. Keep far from all the hoopla that's trying so fervently to dilute the joy and promise of Christ. Enjoy a huge slice of lasagna, some turkey and, oh my gosh, maybe even a glass of wine! Talk and laugh. Play games and make fun memories. If you haven't been to church in awhile, get there. It ain't about the "stuff" and wrappings. Even Martha Stewart needs to chill. It's all about the Man Upstairs and His love.

**Yours In Outrageous Health So That
You May Fulfill HIS Destiny For You!**

Doc Mike