

Live the

ADVANCED LIFE #5

Your health & wellness newsletter

January
2015



Health On The Range

By: Dr. Michael O'Connor

Last year around this time period, I shot my first wild boar with the guidance and tutelage of Mr. Charles Cowart the second of Bunnell, Florida. It was a moment that I shall never forget and the meat from that little sow was some of the tastiest that I've ever had! Charles (Chuck) and his gorgeous wife of 33 years, Peggy, are some of the nicest folk that you'd ever want to meet and I consider them real Florida natives. Chuck comes from five generations of Florida cattle ranchers and farmers, and I've actually heard stories from various people about his incredible gun shooting abilities. There's a popular recount of Chuck throwing an aspirin up into the air, drawing his pistol and shooting it into little pieces! He even has a quarter dollar that he shot when someone tossed it up for him! All day long for decades now, Chuck gets up early in the A.M., saddles up his horse, Joe, and goes out to the rising sun and often grueling work of caring for the cattle and bulls that comprise his 3200 acre farm (whoa, horse y!).



Peggy (Marguerite) Cowart is also a hard worker, but isn't rounding up cattle with Chuck. She's busy bending over and across patients all day as she cleans teeth as a dental hygienist. Nobody really understands the negative impact that this type of work has on the spinal column with repetitive, one sided movement and leaning-twisting to get into the clients mouths. As a Chiropractor, I can acutely relate to this "micro-trauma" on the joints and spine. Peggy was also feeling uncomfortable while working, sleeping, and just living in general. "We've really changed since coming under care at Advanced Health", confessed Mrs. Cowart, "My spine will never be perfect but I'm in much better alignment and I can do my

job again without the discomfort that I had prior. Chuck and I have also followed the nutritional consultation advice. We have cleaned up our diet and made changes that have lessened the overall inflammation in our bodies. So, we know that this is not only helping us to FEEL better, but to FUNCTION better, which will help us live better quality lives."

Chuck told me recently that, "If it wasn't for the spinal adjustments and instructions on how to take better care of my body from Advanced Healthcare, I would've had to hire out or quit most of the tasks that I can continue to do now....and you can quote me on that!" He related that prior to spinal/nerve system tuning, he would often have to resort to quitting early, lying down and resting until the pain went away, or medicating (which Chuck says he despises because it only "masks the real issues"). Mr. Cowart loves to hunt, fish and take Peggy out to go dancing. Our prayer for them is that they continue to be able to care for their land, their 650 cattle, their family, and the leisure activities that make them happy and balanced individuals!



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AHHH! It's 2015 now and time for everyone's New Year Resolutions to be put to the test. Use this guideline to help you think of new achievements you can accomplish for the new year. Fill this out and post it on your fridge or bathroom mirror so you won't forget!

THIS YEAR

A bad habit I'm going to break:

A new skill I'm going to learn:

A person I hope to be like:

A good deed I'd like to do:

A place I'd like to visit:

A book or books, I'd like to read:

A new food I'd like to try:

I'm going to be better at:



I can't believe it's been a year since I didn't become a better person.



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MOMMON'S DELICIOUS BEEF BARLEY SOUP

By Nina O'Connor

Some of my fondest memories are of winter every year, after all of us kids were done with school and let out for Christmas break. We couldn't wait for our yearly drive to upstate New York to visit all of my Pop's family. Year after year our family would stay with my Great Grandma- Mommon, and her daughter, our Great Aunt Adelaide. No matter the time of our arrival, they would always have warm delicious dishes and appetizers awaiting to be gobbled up. Among the array of dishes was always my Mommon's Beef and Barley soup simmering on the stove, so I've decided to share it with all of you hoping that it will keep you warm and comfy during these chilly nights to come. This recipe is super easy and always great to have extra for leftovers the next day. Don't forget to buy local and organic whenever possible...enjoy!!

- 1lb of grass fed ground beef
- 1 tbsp coconut oil/or avocado oil
- ½ cup of barley
- 4 cups of water
- 3 cloves of garlic minced
- 4 stalks of celery cut into bite sized pieces
- 3 carrots cut into bite sized pieces
- ½ bag of frozen peas
- 1 onion diced
- 28oz carton of chopped tomatoes in juices
- 2 tsp of fresh or dried parsley
- 1 bay leaf
- 2 tbsp of Worcestershire sauce

In a large pot or dutch oven, heat the oil over medium heat and add in the beef. When the beef is almost cooked through add in the garlic, onion, celery, and carrot. Sauté vegetables and beef for a couple minutes then add in the parsley and bay leaf & sauté for 1 minute. Pour in the tomatoes with their juices, water, Worcestershire sauce, and the barley. Cover the pot and simmer for at least 20 minutes or until barley is cooked through. Throw in the peas. Add fresh cracked pepper and sea salt to taste!



Hidden Poisons

As of late, in the confines of the exam room, more and more male patients and men that I talk to privately are suffering from low testosterone levels. Even young men in their 20's and 30's; because of this observation, I'm going to do an advice section on maintaining testosterone levels and keeping Xenoestrogens out of your body. If you aren't familiar with them, parabens are an ingredient found in many self care products today. Go to your shower and take a peek, they are in almost every personal hygiene product. Parabens are a synthetic, chemical-based estrogen mimicker (xenoestrogens) that can easily be absorbed into your skin. They are used in most lotions, creams, shampoos, and other cosmetics. Why our FDA allows them to be used is beyond me, but that's another story altogether. The hormonal troubles begin once your body absorbs these harmful xenoestrogens. They can cause hormone imbalances for both men and women. In regards to us guys, problems include low testosterone levels, declining sex drive, lack of energy, build up of soft fat layers, and fat gain in the belly region and even breast region. They can cause big problems in women such as breast cancer, menstrual cycle issues, and early menopause, among other issues. They've also been linked to early puberty in girls.

One might say that it seems silly or paranoid to be so concerned about a little paraben in one's shampoo, but as you will see in forthcoming issues, combined with other sources of Xenoestrogens that seep into our environment, food and daily use products, it becomes a grandiose issue and can build up over your lifespan.

Home-Concocted Coconut Shampoo

Ingredients

- 1/4 cup of coconut milk - found in Asian/ethnic foods section of market
- 1/3 cup of Liquid Castile Soap (like Dr. Bonner's) Any good health food store or order online.
- 1 teaspoon of olive oil, almond oil, avocado oil (best!)
- 5-10 drops of a high quality essential oil like DoTerra lavender, citrus, or peppermint are fantastic clean smells!

Steps

PUT ALL INGREDIENTS INTO A BPA-Free PLASTIC OR GLASS BOTTLE AND SHAKE REALLY WELL - Ta Da! Not difficult and you'll be absolutely amazed at how high quality the shampoo performs. It will keep up to a month before you will need to make a new, fresh batch.

To conclude, start reading the labels of not only your foods, but also your shampoos, skin creams, deodorants, and soaps! Keep your eyes peeled for these estrogen-mimicking poisons:

- BUTYLPARABEN
- METHYLPARABEN
- BENZOPHENONE
- ALKYLPHENOLS
- ETHOXYLADES

I will expand upon this list as we delve deeper into this issue, but in the meantime, I suggest carefully checking what your putting onto your largest, most absorbing organ, your skin. Check out the organic section of your grocery or market, even check online. There ARE products that don't contain these chemicals. In case you want to really start saving money and getting into a cleaner, healthier lifestyle, here's a recipe to make your own shampoo! It works great for me and it won't shrink your boys! :)

You too, can have a flowing mane like mine! Just follow this simple recipe and enjoy all the compliments.

Doc. Mike



For those of you who aren't acquainted with Dr. Mike, he's actually follicularly challenged. He does not look like this in real life.



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An exercise ball is an inexpensive way to do the stretching & exercise that is needed to invigorate your body and help stabilize your adjustment. Here at Advanced Healthcare & Physical Medicine, our clients are familiar with the exercise ball. They know that the ball exercises strengthen your core, which are the abdominal muscles, back muscles and the muscles around the pelvis. This helps them keep their adjustments longer. We have a great little exercise sheet filled with helpful ball exercises, just ask us for a print out and come to our Advanced Spinal Care Class if you haven't been yet. Ask the front desk for details!



We will be at the Flagler Home-show on **January 23-25** at Flagler Palm Coast Highschool. **We are at booth #102!**

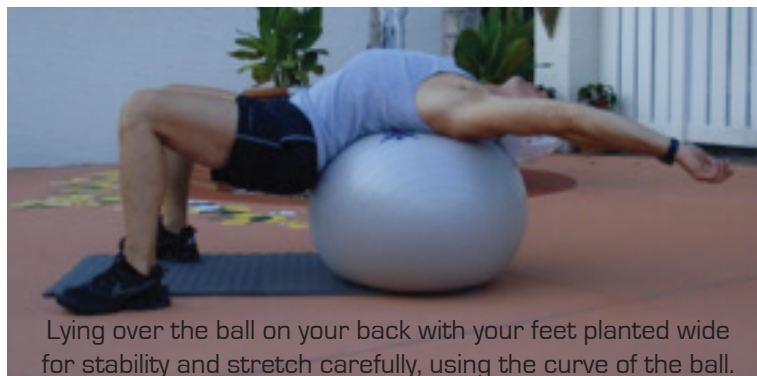
Hour of Power

**Monday, February 16
@ 6:30 p.m.**

- Everything you wanted to know about essential oils and healing!

\$10 to reserve a spot for you and a friend

We are having a Blood Drive on Monday, Feb. 16: 2 p.m. - 6 p.m.



Lying over the ball on your back with your feet planted wide for stability and stretch carefully, using the curve of the ball.

PARENTS ON INSTAGRAM



James Crosby @_JRCrosby

3d

My dad - "this is a real exercise you know" #yeah #okaydad



Jay Crosby's son caught him doing his exercises at home! You go Jay!

Only 17 Seconds To Happiness?

By: Susan Davidson

This year, let's choose happiness! Doesn't that sound like a fantastic New Year's resolution? Happy people live longer, healthier, more fulfilling lives. Some people seem to be eternally happy, but most of us need to work at it.

First and most importantly, you need to always be aware of your current emotional state. Are you kind of down? Thinking about negative things? If you allow yourself to endure life in this manner, you can almost guarantee yourself a lousy day filled with discomfort and complications. So, now is the time to force yourself into a happy state of mind.

Did you know it only takes 17 seconds to change a thought pattern? We can all spare 17 seconds! Take some deep breaths and set your stopwatch. Think of as many things as you can that bring you joy. Can't think of anything joyful at the moment? Then start with something general; step outside and appreciate the beauty that surrounds you! In just 17 seconds, you'll be on your way to a happier day. You might have to practice this many times each day, but don't give up! Research shows that if you practice something consistently for 21 days, your brain will re-wire itself and searching for happy thoughts will become effortless.

