

Live the

ADVANCED LIFE

#11

Your health & wellness newsletter

July 2015

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OUR PATIENTS KNOW HOW TO HAVE FUN!

It's Summertime, one reason we keep our spine in line is so we can have fun! How do you and your family/friends spend summer vacay?



Migdalis took a trip to Europe and stopped by Stonehenge for an awesome family selfie.



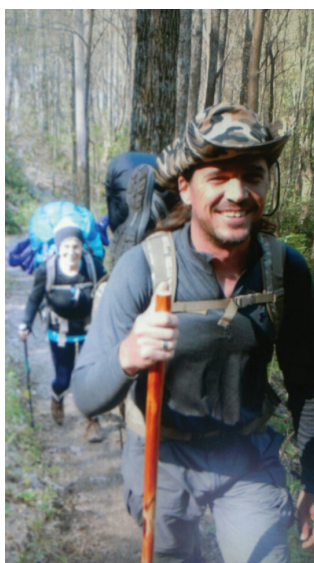
George has a blast riding around in his '72 Chevy Nova SS with the awesome green paint!



Susan and her friends dance the night away with these lovely drag queens in Orlando.



Magic Kingdom
Strasser family time!



Mark hiked & camped the Appalachian Trail in North Carolina for five days! Ahhhh...tent life.



Sharon and her sons Jason & Charlie hang out at the Southernmost Point of the USA.



Kaley went to Gressier, Haiti to help give these kids beautiful smiles during a missions trip.



Fred is about to make a daring jump from an airplane.

ADVANCEDHEALTHCARE
& PHYSICAL MEDICINE

My dad's eggplant is currently weighed down by several little eggplants that are growing bigger each day. I just love the meaty texture and taste of my mother's eggplant parmigiana. Yes, that Asian can make a mean eggplant parm... she learned personally from my Italian great grandmother. This recipe is not eggplant parm but a STUFFED EGG-PLANT! It has similar aspects, like the crunchy breadcrumbs and fragrant herbs, but has a meaty aspect to it -

STUFFED EGGPLANT

INGREDIENTS

- 1 large eggplant
- 1/4 lb Italian ground sweet sausage (either remove casing, or buy ground)
- 2 cloves of garlic minced
- 1/4 onion finely chopped
- 1 cup breadcrumbs (I used pops bread semi stale- diced into small cubes)
- 1/4 cup parmigiano-reggiano
- 3 tbsp Avocado oil
- Salt
- Pepper
- 1/2 tsp Dried parsley
- 1/2 tsp Dried basil
- 1/2 tsp fresh Italian flat leaf parsley (for garnish)



Sausage, yummy. It is a delicious, yet simple recipe. Publix carries some Greenwise Chicken Sausages that you could use instead of traditional pork, it tastes just as good.

Directions

Cut eggplant vertically so that you have two long pieces, scrape out the insides and dice up and put in a separate bowl.

Put whole eggplant boats on cookie sheet and drizzle with avocado oil - rub the oil on the inside and outside. Sprinkle with salt and bake in the oven for about 10 minutes, or until half cooked.

While the eggplant boats are pre-cooking, heat up your sautee pan and add in a tablespoon of avocado oil. Sautee diced eggplant for a minute then add in your sausage, onion, garlic, and herbs. Cook until sausage is cooked through and veggies are browned. Mix in your breadcrumbs. Taste if the mixture needs salt/pepper!

Once your eggplant boats are halfway cooked, take them out of the oven and fill them with your sausage/breadcrumb mixture. Sprinkle with parmigiana and bake in the oven for 10 minutes.

Remove from oven and sprinkle with parsley, if you wish. Pair with a fresh veggie dish for a complete meal :)



Congrats!



John Z. got a big raise last month at his place of employment. Congratulations are in order to him! If you see him around, drinks on him! 😊

Dan C. is a recruiter for the Air Force and he was recently promoted! In fact he scored higher on the exam than 99.8% of his class. That is AMAZING! (We tried to get a picture of him but he was afraid the camera would steal his soul...)



FACING YOUR FEARS IS GOOD FOR YOUR HEALTH.

July 2015

By: Dr. Michael J. O'Connor

One's home should be a sacred and wonderful place. We come back home after a challenging day (or longer) to the cozy embrace of our woven womb, the environment that we create to give us comfort, peace, and a sense of identity. My home is such a place. I got on my poor knees and laid many of the tiles that grace the floor and some bathroom walls. I remember the spine challenging hours Stephanie and I bent side by side, laying a two inch thick wood plank floor in Natasha's old bedroom and how that floor shines with pride when we walk upstairs to it. Our back patio is like stepping back into Italy because we designed it that way and worked long and hard to create that atmosphere so relaxing and beautiful to behold...for OUR EYES and heart. We have held so many awesomely, crazy great parties and dinners and brunches that I can't even begin to count them all. Family, to me means celebrations, thanksgivings, time of laughter, and homemade deliciousness and of course a bottle or two of a good red. Two of our children were born at home, on our bed...does life get any more blessed?

Selling our home - which we built as our first owned home in 1999 - is an enormous risk and daunting fear for ME. I'm a sentimental slob. Also, I'm a fairly practical guy and we are almost done paying it off. However, I have had to face this scary reality because we are soon-to-be empty nesters and the house (as magnificent as it is to me, and as perfectly woven to be our place of peace and love) is too much to maintain and live in for just Steph and I. My second half has the very good and even more practical strategy of buying a smaller, fixer upper and saving the money. She has had to "work through" nothing in her head, meanwhile I'm the basket case.

In the book THE JOY DIET (10 Daily Practices For A Happier Life), author, Martha Beck has a chapter on risk. I'm enjoying this book a lot. It's helping me to "let go" a lot easier, and I find the book to be, not only written in a fun, easily assimilating manner, but highly effective. She writes, "Experience has taught me that the way to a joyful life is always fraught with fear, that to find it you must follow your hearts desires right through the inevitable terrors that arise to hold you back. If you don't do this, your life will be shaped by fear, rather than love, and I guarantee, the shape will be narrow and tiny compared with your best destiny."

Of course, when we feel like we should do something that would make our life better, or fulfill a deep desire - no matter it's frivolousness or practicality - we need to do an assessment of the involved risk. After all, there is a good chance that facing our fears and doing them anyways could lead to a smashingly disappointing move or a painful

death! When considering a course of action that scares you, we should ask ourselves....

1. Is this risk or action something that will lead me closer to my life's goals or desires?

Do I feel a "longing" to accomplish this challenge or hearts desire?

2. If you can vividly imagine taking the big move and doing this scary thing, does it create an inner feeling of clarity and excitement, despite the apprehensions? There should be little to no confusion or any sense of dread.

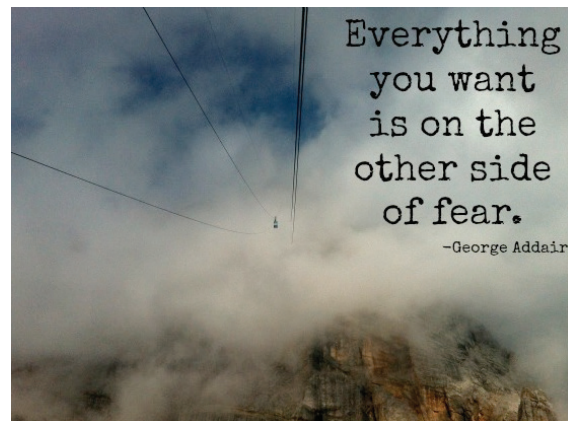
3. Do you feel only fear or is there an underlying sense of dread or toxicity? A good risk should feel like taking a dive off that 3 meter board into the deep sparkling blue of the water. The same leap may feel like you're diving into a polluted, scummy swamp or oil slick...yucky.

4. Ask yourself, "At the end of my life, will I regret taking this risk, or if I refuse to do it, will I always wonder what life would be like if I succeeded." Ask yourself what life will be like if you fail as well. Can you live with that?

You know, I asked myself these questions and even though my sentimentality and comfort zones that our current home provided, I found it exhilarating and "correct" to say, "it's time to sell and move on". These few simple questions really helped me to come to grips with the direction I needed to take for Stephanie and my life. A little sad. A little scary. The thought of lots of hard work as I renovate and nest-up this new residence made me cringe just a bit, but the thoughts of the rewards overcame these difficult emotions.

One of the things about fear and change in our lives is that these two emotions need to be embraced and felt. When we try to get our minds off these challenges we never succeed do we? They just lie under the surface marinating and becoming more intimidating, like the hand painted Hungarian Easter egg that my grandmother brought back from her European trip and I proceeded to crush with my clumsy 9 year old hands and tried to hide it under my Fruit of the Looms. It felt frightening but freeing...

...continued on back page.



to go up to her and show her the pitiful remains.

You, see, fear will do double the damage if you are afraid to feel it and actually embrace it. That unwillingness to face your fear or make that change or do that thing that needs to be done only intensifies and magnifies the latent fear itself!

Our patient, Victor Hunter, who was in the Army in 1962 and was stationed in Taiwan had a very intimidating situation arise during a hurricane that was sending down sheets of bullet-like rain and steroidal winds on that exotic



Handsome Victor

island. He found that one of their 250-foot radio towers had lost its antenna and it was hanging by wires, rendering it useless in a critical period of communication. He had to decide, as a commanding officer, if he should climb that steel ladder in the midst of the tempest

or order one of his men to do the daunting task. "I was scared, to say the least!", recounts Mr. Hunter, "but I knew that if I did this task myself two great things would be accomplished. We would be back in communication and my men would see that I was willing to do the hard thing myself.... and that's the making of a true leader. He

or she has to confront and take the initiative.... even if it scares the living daylights out of you!" He did it. He made it. It was crazy dangerous, but it NEEDED TO HAPPEN. What are YOU avoiding or pretending isn't important enough? C'mon, we all have those things in our life at any given moment, really. What are you missing out on?

In this chapter on risk, author Martha Beck tells the ancient Asian tale of one of the great heroes of Tibetan Buddhism, a man called Milarepa, who once encountered a host of demons bent on driving him mad with fear. Some of them he chased away. Others he tamed with his huge compassion. But, the biggest, baddest, meanest demon of all would not leave until Milarepa, acting either on profound intuition or a drug overdose, walked straight up to the beast and lay down in its fang filled mouth. As it swallowed him, the monster disappeared and Milarepa found himself on the ground and in the bliss of enlightenment. The point is that there is a very powerful, healing and trans-formative magic in allowing oneself to be swallowed by that which he or she fears.

Perhaps losing weight and getting fit scares you or makes you feel incapable or lethargic? Maybe the idea of needing to move out of a toxic, ugly relationship leaves you perplexed as what would come next, or how you'd ever begin a new life? We all face big troubles and heart palpitating decisions or actions in life. The more you lie in the mouth of the beast, the more often you assess the situation at hand and make moves toward change, the easier it gets and the better you become at effectively handling turmoil and navigating winds of change.

Essential Oil

SPOTLIGHT

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