

Stein Chiropractic Center

Weekly Wisdom

November 7th - 11th, 2011

The Origin of Pain?

"Pain is a penalty, whether physical, mental, or spiritual, and comes from the bruises we receive from avoidable collision with Law. But the Law itself sustains not the least fracture. It continues on its smooth, harmonious course without deflection or interruption. Pain appears to be an armed and vindictive enemy, but it is really a friend in disguise. If we look beneath its mask and recognize and accept it, it takes us by the hand and gently leads us back from the "thorny thicket" through which we were plunging under the command of passion, ignorance, or weakness. Then we can travel the smooth path Law has made for our resistless progress."

-By Dr. Thurman Fleet
Taken from the Rays of the Dawn Conclusion

The Best Remedy

☺ A woman gets on a bus with her baby. The bus driver says: "Ugh, that's the ugliest baby I've ever seen!" The woman walks to the rear of the bus and sits down, fuming. She says to a man next to her: "The driver just insulted me!" The man says: "You go up there and give him a piece of your mind. Go on, I'll hold your monkey for you."

☺ A state trooper pulled a car over and told the man driving that he was going 50 mph in a 40 mph zone. "I was only going 40!" the driver protested. "Not according to my radar," the trooper said. "Yes, I was!" the man shouted. "No you weren't!" the trooper said. With that, the man's wife leaned toward the window and said, "Officer, I should warn you not to argue with my husband when he's been drinking."

Thanks for the jokes, Rabbi Lederman!

Laws of Life Class

Join us Tuesday's at 7pm for a free class on maintaining mental, physical, and spiritual health led by Dr. Stein. Everyone is welcome!

Weekly Quote

"He who controls others may be powerful, but he who has mastered himself is mightier still."

- Lao Tzu -

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Puzzle by websudoku.com

Congratulations to Debbie Lederman for completing the last one so well! Give this 12x12 letter Sudoku a try-



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Getting Back to Wellness

Seven Quick Fixes to Feel Better

The signals our bodies use to tell us we need to cleanse ourselves physically, mentally, and emotionally are multifaceted and often mirror symptoms we associate with illness. If we heed these signs, we not only feel better quickly but also stave off poor health before it can start. These quick fixes for common ailments can get you started.

1. Applying pressure to the acupressure point between the thumb and forefinger can release blockages causing pain, tension, and fatigue. You can relieve a headache naturally by squeezing for 20 seconds and releasing for 10 seconds, without letting go, four times.
2. To breathe freely, irrigate your nasal passages with a neti pot and warm salt water. As you clear and soothe the sinuses, congestion associated with allergies or infection will gradually disappear.
3. Apple cider vinegar is a powerful purifying and detoxifying agent. Soaking for 20 minutes in a warm bath infused with two cups of apple cider vinegar pulls toxins from the body and can clear blocked energy.
4. The foods you eat can have a profound impact on your outlook and mood. Eating a small yet satisfying meal rich in complex carbohydrates can lift your spirit and help you let go of feelings of anger, irritability, and depression.
5. Anxiety and fear dissipate quickly when countered with conscious breathing because concentrating on the breath enables you to refocus your attention inward. You can ground yourself and regain your usual calm by taking a series of deep belly breaths as you visualize your feet growing roots that stretch miles down into the earth.
6. Though tuning out can seem counterproductive, a few minutes spent lost in daydreams or listening to soothing music can help you see your circumstances from a new angle when you feel frustrated.
7. If you feel ill health coming on, brew a wellness elixir. Simmer three sliced lemons, one teaspoon freshly grated ginger, one clove freshly minced garlic, and one quarter teaspoon cayenne pepper in five cups water until the lemons are soft and pale. Strain a portion into a mug and add honey by tablespoons until you can tolerate the taste. Drinking this potent mixture of antibacterial, antiviral, and antifungal ingredients three times each day can ensure your symptoms never progress into a full-blown illness.

These are helpful suggestions from www.dailyom.com