



INTRODUCING OUR MONTHLY

Activated Life Chiropractic & Wellness is excited to announce our monthly newsletter! We are looking forward to the opportunity to connect with you through the year as we have lots of exciting things happening in 2022. We look forward to serving you this year.



It's Never Too Late!
A Client's Journey
"Over a 35 year period I had experienced a decline in my health. I had been to medical doctors, naturopaths, homeopaths, and many chiropractors. I had acupuncture and went through an expensive program with a functional medicine doctor.

Now You Know

Your spinal cord can function independently of your brain and can send messages directly to muscles without you knowing.

Humans and giraffes have the same amount of vertebrae in their necks.

You are taller in the morning and in space.

NEW YEAR NEW YOU: 3 tips to improve your life in 2022

Each new year brings a world of opportunity. While pressures can mount during this time, it's important to take a look at simple yet effective ways you can choose to improve your life in 2022.

Start Small-

Don't overwhelm yourself with too much change too quickly but implement little improvements to make sure you are as healthy and happy as you can be in 2022!

Eliminate Toxins-

Take a look around your home. Fewer toxins around the house lead to better health. Are there any unnecessary toxins being used in your daily life?

Could you change your cleaning products or laundry

detergents? How about your soaps and shampoos? Is there a natural alternative you could opt for instead? We can't always control what we are exposed to outside the home, but we certainly can within our own living space.



Don't Forget Diet & Exercise-

Other areas you could consider improving this year could be your diet. Consider choosing less inflammatory foods in 2022 to help improve your health and reduce ailments. Begin with reducing sugar intake and regulating your alcohol consumption.

Again, start small. Could you remove the sugar from your morning coffee? Could you opt for tea instead?

Take a look at changes you could make throughout your day. And finally, make sure you are getting enough steps in throughout your day. Take a quick stroll after dinner, a lap around the block to clear your mind and get your body moving a couple of times a day.

2022 is filled with opportunity. Let's make it one to remember, together! To 2022, may it bring us the love, laughter, happiness, and community that we deserve once more.

I had just about given up on restoring my health until I was referred to Dr. Stilson.

It has been 20 months since I first saw him and my health has definitely improved. He was able to find the root causes of my illness and treat them using the many methods he uses in his practice--- access bars, NET, footbaths and the pro-wave machine. The activator method he uses for adjustments is gentle and more effective for me.

Dr. Stilson devotes more time to you than other chiropractors I have seen and he and Jacqueline are compassionate and caring.

Dr. Justin also referred me to a doctor for treatment of temporomandibular joint dysfunction. By stabilizing my jaw and finding the root causes of my illness, my health has improved significantly. Of course, I have had ups and downs in my healing, but the trajectory is toward a return to health."

J. Wolf
First visit 05/04/2020

OFFICE HOURS

Monday:

7:00am-12:00pm

2:00pm-6:00pm

Tuesday:

8:00am - 12:00pm

1:00pm - 3:00 pm

Wednesday:

7:00am-12:00pm

2:00pm-6:00pm

Thursday:

8:00am - 12:00pm

1:00pm - 3:00 pm

Friday:

7:00am - 2:00pm

Find us on the Web!

www.alcwrstilson.com

Get Social With Us!

Search for **Activated Life**

Chiropractic and

Wellness

on Facebook.

Visit us and become a fan!



Post a Review or comment, share us with your friends.

JANUARY IS NATIONAL SOUP MONTH- Here are two winter warmers to try this January

Wholesome Paleo Chicken Soup

What you need:

- 2–3 lb chicken thighs, breast, or a whole chicken
- 4 cups organic chicken broth
- 6 cups of water
- 1/2 cup onion, chopped
- 1 tsp fresh ginger, grated
- 3–4 cups carrots, chopped
- 2–3 cups celery, chopped
- 6–8 garlic cloves, minced
- 1 tsp ground turmeric
- 1 head of cauliflower
- 1 tsp fish sauce
- 1/2 Tbsp basil
- 1/2 Tbsp parsley
- 3 Tbsp coconut aminos
- 1.5 tsp sea salt, more or less to taste
- 1/4 tsp black pepper, more or less to taste



How to make it:

- Fill a large pot with water. Add the chicken and bring to a boil. Reduce heat and simmer for about 30 minutes or until fully cooked through. Remove the chicken and set aside.
- While the chicken is cooking, you can cut up the vegetables.
- Add the broth and 6 cups of the water the chicken was cooked into a large stockpot. Add the onions, ginger, carrots, celery, garlic, and turmeric. Bring to a boil, then reduce heat to medium and cook, covered, for about 10 minutes.
- While the broth and vegetables are cooking, cut up the cauliflower and pulse several times in a food processor until it resembles grains of rice. If you don't have a food processor, you can just cut it up into small pieces.

- Shred the chicken and add the chicken and diced cauliflower to the pot, along with the remaining ingredients: fish sauce, basil, parsley, coconut aminos, sea salt, and pepper.
- Bring the soup to a boil, then lower the heat and simmer, covered, until the vegetables are tender. Adjust the salt and pepper to taste.

Vegetarian Paleo Golden Turmeric Vegetable Soup

What you need:

- 1 medium sweet potato peeled, chopped
- 2 large carrots chopped
- 1/4 head cauliflower chopped
- 1/2 large white onion chopped
- 2 large garlic cloves
- 1 cup raw cashews
- 2 tablespoons olive oil
- 1 tablespoon fresh ginger grated
- 1 tablespoon turmeric powder
- 1 tablespoon red curry paste
- 2 teaspoons sea salt
- black pepper to taste
- dash of nutmeg
- lemon juice from 1/2 large lemon
- 4 cups water or vegetable broth



How to make it:

- In a large soup pot add olive oil, cashews, and vegetables. Cover with a lid and sauté until soft (stirring on occasion). Then add spices and water.
- Blend everything in a large blender until smooth and serve.

THYROID AWARENESS MONTH- How Chiropractic Care Can Support Your Thyroid Health

The thyroid is an important part of the body. It regulates the metabolism, controls body temperature, and ensures proper growth of the body. Naturally, if the thyroid isn't functioning as it should, it could be cause for many health concerns. *Hyperthyroidism*, which is the overproduction of necessary hormones, and *hypothyroidism*, the underproduction of necessary hormones, will lead to larger health issues.

Oftentimes, thyroid issues go undetected. Once diagnosed, medication is commonly prescribed to help optimize your thyroid production. However, medication is only used to cover up the symptoms, not to cure. Often this comes with a lot of side effects that you will also need to deal with. Sometimes, too much medication can cause *thyroiditis* (inflammation). With all things considered, there are numerous ways you can maintain your own thyroid health through your diet. Food alone won't cure an ailment, but a combination of the right nutrients can help restore thyroid function and minimize your symptoms.

To improve your overall health eat fruits, vegetables, nuts, and whole-grain foods. Try and get your protein from lean sources, such as fish or beans. Healthy oils, such as olive oil, and dietary fiber will also contribute to your overall health. Eating a variety of fruit, vegetables and whole grains will aid in adding necessary fiber.

Finally, seeking chiropractic care can also help to support your thyroid function. The thyroid is controlled by the central nervous system, composed of the brain and spinal cord. When the spine is out of alignment, the vertebrae press on the spinal cord leading to interrupted nerve communication. This leads to a miscommunication in messages from the brain, where the brain cannot send proper messages to other parts of the body.

When you visit us to adjust your spine, we are removing any misalignments and restoring optimum nerve communication so that the thyroid can function as it should. If you have any questions or concerns about your thyroid, speak to us at your next appointment.

**Call
(406)770-3800**

**SEND a copy of
this newsletter
to your friends &
family in the
area!**

*Please feel free to call
the office and leave
the name and address
and we would be more
than happy to make
sure they get a copy of
our newsletter each
month!*

*Remember to
REFER your friends,
family and co-workers
for an appointment!
Their health is their
most important*

MATTERS OF THE HEART- February is American Heart Month

Valentine's Day isn't the only day in February to talk about matters of the heart. In fact, the whole month is American Heart Month, which offers a great reminder to check in on your cardiovascular health and wellbeing.

When you think of getting a spinal adjustment with us, caring for your heart health may not be the first thing on your mind. However, adjustments are not only beneficial to your overall health, they are also a great way to care for your heart and support your cardiovascular system.

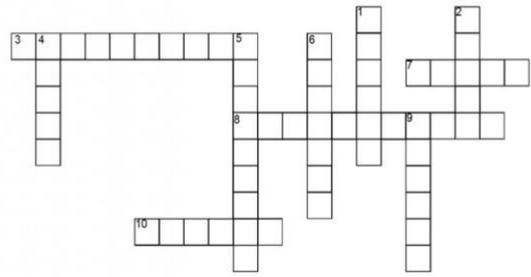
Did You Know?

Chiropractic care can help in many ways, including chest pain, reducing your heart rate, lowering your blood pressure, and preventing future heart attacks. Booking a session can also help with stress and anxiety which will take extra pressure off your heart and protect your health.

Contact Us Today

There is no time like the present to care for your heart health, so contact us now to see how we can support you this February.

Healthy Heart Puzzle



Directions: solve this crossword puzzle and learn to keep your heart healthy for life!

Across

3. Eat lots of fruits and _____ to get many of the nutrients you need for good health.
7. Staying at a healthy weight, avoiding excess sodium, and getting enough regular exercise can help keep your _____ pressure right where it needs to be.
8. _____ fat is good for your heart, as long as you don't eat too much of it. It's in things like olive oil and fish.
10. Blood carries _____ to the heart.

Down

1. When fat, cholesterol, and other things build up in your bloodstream, they can form _____, which sticks to your artery walls and makes it harder for blood to move around.
2. When in doubt, choose _____ grains, which are great sources of heart-healthy fiber.
4. When you eat, choose foods that are full of nutrients, not _____ calories.
5. _____ fat is not good for your heart. You can find this kind of fat in full-fat dairy and fatty meats.
6. According to the American Heart Association, "Using ANY _____ product damages nearly EVERY organ in your body and can cause heart disease and cancer." Even "smokeless" versions cause damage.
9. Staying _____ every day with fun exercises will help keep your heart in tip-top shape.

Solutions: 1. plaque, 2. whole, 3. vegetables, 4. empty, 5. saturated, 6. empty, 7. blood, 8. unsaturated, 9. active, 10. oxygen

When is the Right Time for an Adjustment?

Making time for your chiropractic care can be tough. It's hard to balance another appointment with your busy life. If you want to make the most of your chiropractic care, it can't hurt to be a little strategic about when you book your appointment.

Here are five optimum times to get adjusted:

1. *Before you go to the gym:* A chiropractic adjustment can loosen up your muscles and align your neuro-musculoskeletal system. If everything is properly in place you can avoid injury. An adjustment will also help relieve pain which can make your workout a little easier.
2. *When you feel a headache starting:* We all know the familiar pings at the start of a headache or migraine. If you can manage to get in for an adjustment you may be able to relieve some of the neck and back tension that is causing your headache.
3. *After sitting all day:* Booking an appointment on your commute home and all of the stress of sitting at your desk will melt away. An adjustment can address back and neck tension caused by poor posture and inactivity.
4. *When you feel stressed:* Stress causes your body to tense up which can cause muscle fatigue and throw your spine out of alignment. A chiropractic adjustment can loosen up your neuro-musculoskeletal system and release the tension.



There's no wrong time for a chiropractic adjustment. If you want to get the most out of your care it cannot hurt to book an appointment at the right time. Talk to Dr. Justin about how to maximize the benefits of your visit. We will help you figure out a care plan designed for your body and specific needs. If you stick to chiropractic care routine, the long-term benefits will amaze your

Stay Healthy

Most of all, we want you all to remain healthy and connected this February.

If we can help to support you and your health in any way this month reach out and let us know. We would be more than happy to help you in any way possible.

Stay healthy, stay safe, and keep connected.

We are all in this together.

**Activated Life Chiropractic and Wellness
has the following upcoming events:**

January 21st – Create: *More Money, Time & Joy*

February 24th & 25th – Private Sessions: *Couples Neuro
Emotional Technique*

March 10th – Spine & Wine: *Nervous System 101*

April 7th – Chiropractic: *Pregnancy & Kids*

May 2nd – Facebook Live Event

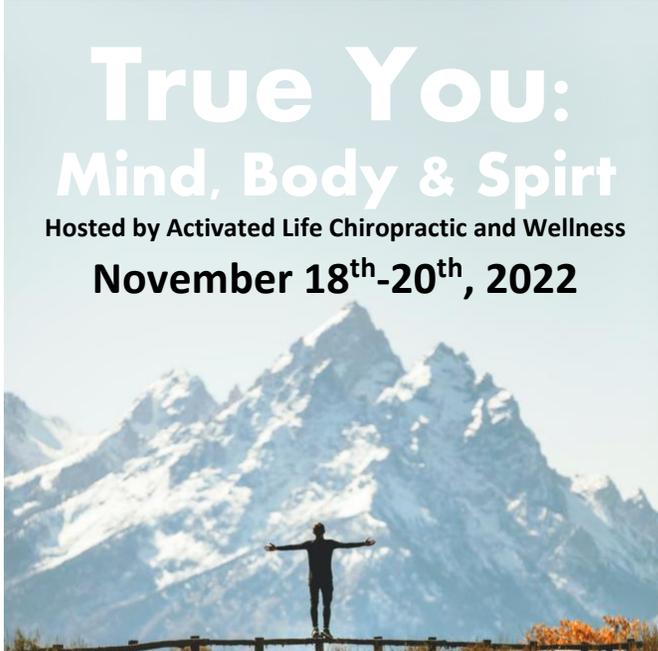
August 18th – Wellness Night *Announced soon*

September 15th – Wellness Night *Announced soon*

October 13th – Wellness Night *Announced soon*

November 18th-20th – Wellness Retreat:
True You: Mind, Body and Spirit

**If you would like to sign up for an event or
have any questions, please call, and speak
with Jacqueline at (406)770-3800.**

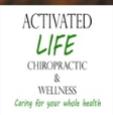


**True You:
Mind, Body & Spirit**
Hosted by Activated Life Chiropractic and Wellness
November 18th-20th, 2022

Rediscover the True You that God has called you to be. Enjoy the peace of the mountains while you soak in God's creation.

Room + Freshly Prepared Meals + Yoga + Mountain Top Meditation & Prayer + Healing + Detox + Relaxation + Classes + Rest + Fellowship

**\$1128 Individuals
\$1596 Couples**
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(406)770-3800



Activated Life Chiropractic and Wellness

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Great Falls, MT 59405

(406)770-3800

Alcw.drstilson@gmail.com

**Thanks for the
referrals!**

The ultimate complement is when our patients tell their friends and families about Activated Life Chiropractic and Wellness. Thank you for helping us help others!