

ACTIVATED LIFE
CHIROPRACTIC & WELLNESS



Now You Know

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

Chiropractic is not about feeling better, it's about better feeling.

Chewing slower can help you lose weight

Your brain and spinal cord are the most important organs; and the only ones encased in solid bone!

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

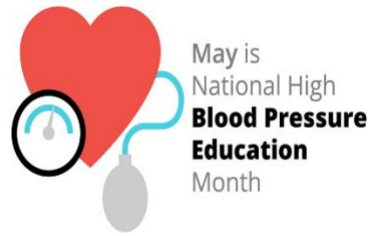


Our new location is ready for patients!

Blood Pressure and Chiropractic Care

May is High Blood Pressure Education Month.

Did you know chiropractic care can affect your blood pressure?



Regular adjustment of misalignments of the vertebra in your spine can markedly lower high blood pressure. Much research has been conducted regarding the effect these adjustments can have on high blood pressure.

An eight week experiment conducted by George Bakris, MD and his team from the University of Chicago Hypertension Center found that patients suffering from early stage high blood pressure had substantially lower blood pressure after receiving realignments each week throughout the trial. They compared this to patients with similar issues who received a placebo chiropractic adjustment. Their blood pressure levels remained unchanged.

Numerous studies have concluded similar results, demonstrating the importance of regular adjustments and spinal care for your overall health.

Early prevention is the key. This May, get your blood pressure checked and allow us to partner with you on your health journey. If you have any questions contact us to find out how we can help you, your blood pressure, and overall health.

Introducing
Celeste Meyer,
LMT!



Celeste was born in Great Falls, now lives in Fort Benton with her husband, two children, and fur babies. Celeste recently graduated from the Montana Academy of Salons where she earned honors! Celeste was trained in mobile cupping, deep tissue, and hot stones to name a few.

Before Celeste became a licensed massage therapist, she worked in a variety of health settings. Her favorite was working in Hospice where she found the power and importance of therapeutic touch.

Her passion is helping patients live the most fulfilling life possible. As a massage therapist with Activated Life her goal is to assist in slowing down the nervous system, releasing stress and tension, and relieve symptoms from injury and support overall wellness.

Enhance Your Immune System

In times like these, all of us need to protect and enhance our immune systems, keeping our bodies strong and healthy. Here are four simple, yet effective, ways to optimize your immune system right now.

Reduce Stress: Stress weakens the immune system. As the body becomes overwhelmed with stress it's vulnerable to creating a weakened immune system. Find ways to keep stress at a minimum; mindfulness, meditation and gentle movement all work wonders to help clear the mind and keep your immune system in tip-top shape.

Rest up: Sleep keeps stress levels low and allows space for any recovery that your body may need. This can be achieved by sticking to your routine and getting at least 7 hours of sleep each night. Listening to your body and resting when needed is the best way to protect it.

Fuel up with whole foods: Give your body the energy it needs by avoiding processed foods. Instead nourish your body, as much as you can, with healthy vegetables, whole grains, and lots of water.

Maintain your chiropractic care: Similar to the recommendations above, maintaining your health routine is essential to keeping your immune system at its best. By continuing your chiropractic care you're ensuring that your nervous system isn't obstructed. This allows it to function ideally, improving connections between your vital body functions and giving your body the tools to keep on fighting.

8 Chiropractic Approved Spring Cleaning Tips

After a long winter, dust and dirt collects in our homes like snowdrifts in Montana – making spring cleaning a must.

Here are 8 tips for keeping spring cleaning safe.

1. Declutter before cleaning – Before you start cleaning, clear any clutter that you could trip over.
2. Go mild – Limit the use of harsh cleaning & disinfectant products such as bleach and ammonia, and never mix the two – doing so can create toxic fumes.
3. Glove up – It's a good idea to wear rubber gloves when using some household cleaners. The gloves can help prevent reactions (e.g., rashes, skin redness) from exposure.
4. Get a mop - When you're cleaning floors, avoid working on your hands and knees, which could cause sprains and strains. Use a mop instead, including when you're cleaning a bathtub.
5. Avoid wet floors – Wet floors are a danger zone for slips and falls. Allow freshly cleaned floors to dry before walking on them.
6. Stay safe on step stools – Using a step stool? Be careful! Always place it on a level surface before using, and choose one with a handle or railing so you can maintain three points of contact (two feet and one hand) for optimal safety. One hand can be free for cleaning tasks.
7. Lift with caution – When lifting or moving furniture and other heavy objects, ask for help. Bend with your knees – not your back – and use your leg muscles to avoid a back injury.
8. Stay hydrated – Spring cleaning is great exercise, so drink plenty of water and take rest breaks.



National Salad and Gifts from the Garden Month

As summer months begin the fresh produce found in our gardens and local grocers are perfect for an immune system boost. Salads are an underrated meal choice, but we think a little creativity will spark some enthusiasm and have you making salad one of your main meals every day. There are so many ingredients that can be integrated to make it taste amazing while you get the benefits of eating immunity-boosting foods.

Leading by example, we've been keeping our salad game strong this month trying to include as many super foods as possible. Here's one of the favorite recipes we've found so far.

Power Immunity Salad

What you need for the salad:

- 1 large bunch kale
- 15 oz. can garbanzo beans
- 1/2 cup thinly sliced red onion
- 1 cup sliced strawberries
- 1 cup blueberries
- 1/4 cup sunflower seeds
- 1/4 cup hemp hearts



What you need for the dressing:

- 1/3 cup water
- 3 Tbsp. balsamic vinegar
- 1 clove finely minced garlic (or shallot)
- 1 Tbsp. chia seeds
- 1/4 tsp. salt

How to make it:

- First, make the dressing: in a bowl, whisk together all ingredients. The dressing will thicken while you make the rest.
- Tear the kale into bite-size pieces. Place in a large bowl and lightly massage. Pour your dressing over top, and lightly toss to coat.
- Rinse and drain beans. Add to kale.
- Thinly slice the onion and strawberries. Add to the salad with blueberries.
- Sprinkle sunflower seeds and hemp hearts on top.

Top Tip: If you have excess dressing, place it in a jar in your fridge, it will hold for 4-5 days, plenty of time to make another round of this salad!

Thank you, Mothers!



May 10th marks Mother's Day. We wanted to take this opportunity to thank all mothers for their hard work, dedication, and determination to raise a happy and healthy next generation.

May 20th - Pick Strawberries Day!

Have you added strawberries to your diet? Consuming strawberries, which are rich in fiber, vitamin C and potassium, can have huge benefits to your health.

Strawberries counteract some major ailments, boost the immune system, and provide essential vitamins to the body in a delicious little package.

Activated Life Chiropractic & Wellness

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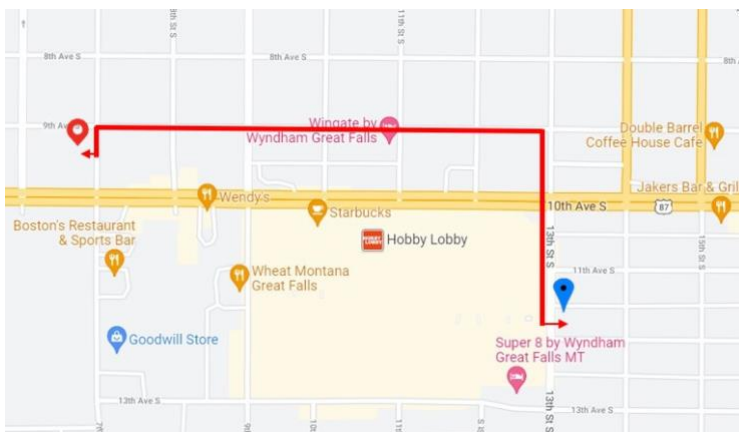
Thank you!

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



**ACTIVATED LIFE
CHIROPRACTIC & WELLNESS**

We have moved!
Visit us at our new office at
906 7th Street South!



True You: Mind, Body & Spirit

Hosted by Activated Life Chiropractic and Wellness

November 18th-20th, 2022



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