



# ACTIVATED LIFE CHIROPRACTIC & WELLNESS

Dr. Justin Stilson

906 7<sup>th</sup> street South, Great Falls MT 59405

## 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

## What Makes You Happy?

### August is Admit You're Happy Month

In a world of uncertainty we must learn to appreciate the little things that make us happy like family, discovering new local places, staying home, pets or perhaps making new friends.

One thing is for sure, none of us could have planned for the current climate or global circumstance, but perhaps there is no better time to 'admit that you're happy'.



Meet Joey.  
Dr. Justin and  
Jacqueline's dog!

Uncertainty in the world can cause us to be in a constant minor state of panic, thinking 'when will this end?' or 'is this the new normal?'. While none of us can answer those questions it can force us to pause and consider what is it right here and now, that makes us happy? What small changes could I make to my living situation, to my everyday life that would make me much more comfortable in the long run?

Happiness may be taking a new shape, it may be different than how we defined it before, however, that doesn't mean it is non-existent. Join us and do all in your power to admit you're happy this August.



Meet Tucker.  
Rachel's dog!

## Now You Know

When you were born, you had 300 bones. Now you have 206, if you are an adult. The rest of the bones have not disappeared – they have merely fused together.

Sleep deprivation will kill you more quickly than food deprivation.

12% of people dream entirely in black and white. Before color television was introduced, only 15% of people dreamt in color. Older people dream in black and white more often than younger people

Activated Life Chiropractic & Wellness will be closed August 5<sup>th</sup>, 8<sup>th</sup>, 31<sup>st</sup> through September 5<sup>th</sup>.

## Now Available:

For your convenience we now have a scheduling app.

Here is how to download!

- Scan the QR code with your phone.
- Download The Scheduling App.
- Enter our clinic ID: **QQFJYZ**
- Register using the email and phone number on file with us.



Find us on the Web!

[www.alcwrstilson.com](http://www.alcwrstilson.com)

Get Social With Us!

Search for  
**Activated Life  
Chiropractic &  
Wellness on Facebook.**



Visit us and become a fan!

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

## August 1<sup>st</sup>, 2022 Changes

Activated Life Chiropractic & Wellness will be increasing prices as of 8/1/2022. If you have questions or concerns regarding the price increase please contact the office. We are here to serve you and will do all that we can to help.

**Minors, a regular 30-minute adjustment with Dr. Justin is \$58.**

**Adults, a regular 30-minute adjustment with Dr. Justin is \$88.**

**For new patients, initial exam with Dr. Justin; scheduling fee is \$45 and exam fee is \$154.**

**At this time there will be no price increases to the Care Plans.**

- We will not discount care received.
- We will be requiring payment before receiving care.

### Emergency Visits

Activated Life Chiropractic & Wellness is now offering emergency visits.

Emergency visits are visits that are outside of our normal office hours, therefore **an emergency charge of \$120 will be added** to your normal chiropractic appointment fees. These appointments are available per doctor's availability.

## Healing myth: *Healing means feeling better.*

Healing does not always mean that we will feel better. If we believe the myth that "healing means feeling better," then *feeling better* becomes our objective instead of simply feeling what our body/mind must feel to heal. We cannot heal what we cannot feel and healing often requires us to feel things we don't like feeling.

The consequences of accepting this myth are twofold: First, it forces us to suppress or alleviate any situation that alters the way we are accustomed to living our life. For example, taking a painkiller or antidepressant may offer *temporary relief* that lets us carry on, but has healing occurred? To heal our body and mind we must first become aware that something needs to be remedied. Once we become mindful of the need, life naturally brings the appropriate elements into play and provides the "medicine" necessary to heal us. For example, when your chiropractic adjustment occurs interference is removed from the body and the body is able to heal itself.

Second, the myth that "healing means feeling better" compels us to distract ourselves with food, sex, and television, or to become addicted to drugs, gambling, spectator sports, and retail therapy. By avoiding our innermost thoughts and feelings, we ignore our body and mind's physical signals becoming even less aware of what we are feeling. After we engage in our typical avoidance strategy, we still feel empty or have more pain and discomfort than we did before.

In the short term, distracting ourselves may feel better than making corrective changes in our life. Healing will require us to involve all parts of our being including body, mind and spirit. For a short time, we may feel uncomfortable, but when we achieve healing we are better able to express our spirit and feel truly empowered and alive over time.

## Thank You!

At the end of June we were honored to host a chiropractic student named Kita for a day. Kita has a couple years until graduation and attends Sherman Chiropractic College. She was born and raised on a ranch in Winnett, MT. Her favorite part of the day was seeing and interacting with patients like YOU!



Thank you to all that let her join in on your appointment. We hope to continue working with the next generation of chiropractors to expand our reach and impact to the profession.

**Call**  
**(406)770-3800**

## Trail Mix Time!

August 31st is National Trail Mix Day, so make a mix, grab your water, and hit one of Montana's beautiful trails. Trail mix is filled with good fats, carbohydrates, fibers and proteins - it really is the best choice for a day out or even a snack on a day you need a little added energy.

Another benefit is that it's easy to personalize and we have a few suggestions to get your creativity flowing.

Ingredient ideas:

- **Raw Nuts** – pecans, almonds, walnuts, pistachios, cashews, or peanuts.
- **Raw Seeds** – pumpkin seeds or sunflower seeds.
- **Dried Fruit** – apricots, mangoes, raisins, cranberries, dates, banana chips, apple chips, or freeze-dried berries.
- **Other Mix-Ins** – dark chocolate chips, coconut flakes, popcorn, ginger, roasted chickpeas, or spices.



Great combination ideas:

**Tropical Trail Mix:** cashews, almonds, coconut chips, chopped dried mangoes, bananas

**Ginger Nut Trail Mix:** dried apricots, pistachios, hazelnuts, cashews, pumpkin seeds, crystallized ginger

What will you put in yours? Store in an airtight container and tell us how your hiking trip went at your next appointment!

## Simplify Your Life; Simplify Your Health

Finding the right balance in the midst of life's chaos will keep your health on track and your life in check. Small changes can make a huge difference in your day-to-day well being. The following are some areas to add simplicity to your life:

### Simplify your diet

Making a weekly meal plan will simplify food decisions while ensuring that you're getting the right nutritional balance in the meals that you are making. It also gives you the opportunity to bring some variety into your weekly meals by trying something new or adding something extra.

### Simplify your exercise

Exercise doesn't need to be complicated. At the end of the day, we simply need to find a way to keep our body moving and our mind strong. Simplify your exercise through hiking or walking around the block. Get outside, breathe deep, and move your body in the simplest way possible.

### Simplify your space

Decluttering your space will declutter your mind. Reduce clutter in your home. Begin by removing items that are not essential or don't bring you joy. Donate those items to charity and feel your mind relax when it has fewer things to worry about.

Give it a go and see what changes! You never know how *simple* it might be to bring balance to your life. Join us on simplifying our overall wellness with five simple goals!

Every day in August we are committed;  
 To moving our bodies, by walking one mile.  
 To hydration, by drinking half of our body weight in fluid ounces.  
 To nutrition, by adding a fruit and vegetable into a meal a day.  
 To learning, by reading or journaling for 10 minutes each day.  
 To getting our nervous systems checked, by chiropractic care.

## Activated Life Chiropractic & Wellness

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(406)770-3800  
Alcw.drstilson@gmail.com

### Thanks for the referrals!

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 has the following upcoming events:

**August 18<sup>th</sup>** – Avoiding Drugs & Surgery

**September 15<sup>th</sup>** – Spine & Wine:

Your Spine, Your Emotions

**November 18<sup>th</sup>-20<sup>th</sup>** – Wellness Retreat:

*True You: Mind, Body and Spirit*

# True You: Mind, Body & Spirit

Hosted by Activated Life Chiropractic and Wellness

**November 18<sup>th</sup>-20<sup>th</sup>, 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**  
Call or Scan more details:  
**(406)770-3800**

