

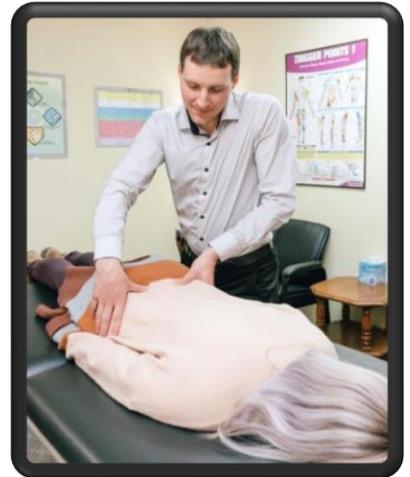


## Subluxations Don't Take Vacations

It's vacation season! As you trade routines for relaxation keep your spinal health a priority. Changes in habits including eating and drinking can affect your spine by causing an increase in subluxations.

That's why you should make sure you are booked for a session as soon as you return to your routine. This will ensure that a minimum amount of damage occurs, and you can get back to feeling fit, healthy, and happy for the rest of the summer to come.

Remember, subluxations don't take vacations, see you on the table!



Activated Life  
Chiropractic &  
Wellness will be  
closed:

June 30<sup>th</sup> through July  
4<sup>th</sup> and  
July 11<sup>th</sup> through 15<sup>th</sup>.

July 11<sup>th</sup> through July  
15<sup>th</sup> Dr. Justin and  
Jacqueline will be  
serving at a Royal  
Family KIDS Camp for  
foster children, if you  
think of us please pray  
for us as we are away  
on a missions trip.

Rachel and her four  
children are going to  
Silverwood Theme  
Park in Idaho.



### HEALING MYTH: HEALING IS NOT ALWAYS AVAILABLE

*Do you feel hopeless being told that healing is not available for your sickness? What if I tell you it's just a myth?*

The truth is healing is *always* available. However, if you believe the myth that "it is not available," then you may not find the healing that you need. Our expectations and beliefs can block and influence our ability to perceive other options to heal.

We should not limit ourselves according to the body of knowledge our doctor has, nor to the results our doctor has seen in other patients with similar conditions.

As you search for healing consider asking these very important questions:

- ◆ Has the doctor been exposed to other forms of care outside his or her body of knowledge?
- ◆ Was the treatment the type that potentially *impairs* the healing process while attempting to cure the condition, such as chemotherapy or radiation?
- ◆ Did the physician suggest an "alternative" treatment to promote healing, such as stress reduction, wholesome food, pure water, exercise, nutritional supplementation, and herbs that enhance the function of the immune system?
- ◆ Were psychological techniques used to help the patient gain a deeper level of self-understanding?
- ◆ Was the patient treated in an environment relatively free of electromagnetic radiation?
- ◆ Was the patient asked, "Why are you ill?" and allowed to express her views on the subject?
- ◆ Was any focus or attention placed upon factors in the patient's life that bring her joy or gratitude? Was the patient's sense of humor evaluated or enhanced?
- ◆ Once the prognosis was given, what methods were used to better understand the patient's body, mind, and spirit?

## Now You Know

A spine in alignment tends to stay in alignment until met by an external force.

Your brain sends electric messages at 270 m.p.h. to every muscle and organ of the body.

If you could save someone's life without risking your own would you? Refer loved ones.

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.

## Rachel's 6-months Reflection

Wow, 6 months has flown by here at the clinic!

I have witnessed so many wonderful miracles here at the clinic in this short period of time. You all have been so welcoming and continue to make our days brighter!

Everyday I am blessed to see each of you; each of you have been on your own journey. Whether its maintaining a healthy lifestyle or finding the root of a pain you are having; whether its an emotional or physical, you all have your own story to tell.

With the help of a wonderful doctor as well as an amazing office manager; It is such a joy to know each and every one of you and to be a part of this health care team. I have learned many things throughout this journey in the chiropractic field; the mind and body are connected. When your body is giving you signs it is not well; do not ignore them; listen and learn and keep moving forward in this beautiful journey we call life. Your body does keep score. An incident 20 years ago, does in fact affect your health today.

-Do you seem to feel more anxious lately?

-Have you recently been diagnosed with a new food sensitivity?

-Have you recently started experiencing low back pain with no known injury?

### **This is what we are here for!**

I truly cannot wait to continue to be a part of your health journey and also to continue learning each and everyday!

Thank you for all you do!

<3 Rachel



## Healthy Chocolate? It's possible!

If you LOVE chocolate, the good news is that you can certainly enjoy it more often than you may have thought.

*Dark chocolate, that is.*

It's rich in antioxidants and packed with nutrients, which spells good news for all the chocolate lovers out there. July 7th is the day of chocolate, so it might be time to explore some new, delicious and healthy chocolate options to curve any "choco" cravings you might have.

Here are some of the other benefits of dark chocolate for your health.

- It may help to reduce your chance of heart disease
- It can lower the risk of stroke
- It can boost your mood
- It can reduce the risk of developing diabetes
- It is good for your gut
- It is good for your skin
- Reduces the bad cholesterol
- Packed with nutrients



## Jacqueline's go to Broccoli Salad



### INGREDIENTS:

- 1 1/2 to 2 pounds broccoli
- 1 cup sliced red onion
- 1 carrot, julienned or grated
- 1/2 cup raisins
- 1/2 cup mayonnaise
- 3 tablespoons apple cider vinegar
- 1 tablespoon sugar or maple syrup
- 2 teaspoon Dijon mustard
- 1 teaspoon kosher salt

### For the topping

- 1/4 cup sunflower seeds
- 1 tablespoon soy sauce or tamari
- 1 tablespoon maple syrup or sugar
- 1 teaspoon smoked paprika

### INSTRUCTIONS:

1. Chop the broccoli into very small florets. Slice the red onion. Stir together with the raisins.
2. Whisk together the mayo, apple cider vinegar, sugar, Dijon mustard and salt. Add to the vegetables and mix to combine. Refrigerate for 1 hour to allow the flavors to meld and the broccoli to become soft.
3. Place the sunflower seeds, soy sauce, sugar, smoked paprika, and 2 pinches kosher salt in a skillet. Heat over medium low heat and sauté for about 5 to 6 minutes, stirring frequently. When they are sticky and darkened in color, remove from the heat and spread them onto parchment paper in a single layer and allow them to dry until serving, about 10 minutes.
4. When ready to serve, top the salad with the sunflower seeds.

### 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: **OOQFIYZ**
- Register using the email and phone number on file with us.



### This Summer Protect Your Vision

Sunglasses are just one way to protect your vision this summer. Chiropractic care can improve how the whole body functions - including your eyes.

#### Here's how it works

The spine houses your spinal cord, which is part of the central nervous system. This system is responsible for how the body functions as a whole.

Any disruption to your central nervous system, no matter how small, can lead to dysfunction within the body, including your eyes. In fact, the optic nerve, which controls eyesight, is directly connected to the central nervous system. In the end, our eyes need proper blood flow and oxygen. If blood flow is restricted at any stage, it may lead to blurry vision and eyesight problems.

Do all that you can to protect your eyesight this summer by wearing sunglasses and booking your next session with us!

### 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

## Activated Life Chiropractic & Wellness

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

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

*True You: Mind, Body and Spirit*

Activated Life  
Chiropractic & Wellness  
Hosts

# AVOIDING DRUGS & SURGERY

*August 18th at 3pm*

The class cost is \$25 per person.  
Food provided.  
906 7th Street South  
(406)770-3800

# 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**

