

Activated Life Chiropractic & Wellness

906 7th 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:

September 15th – Spine & Wine:

Your Spine, Your Emotions

October 13th – Wellness Retreat Teaser

November 18th-20th – Wellness Retreat:

True You: Mind, Body, and Spirit



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
Call or Scan more details: **(406)770-3800**

ACTIVATED LIFE CHIROPRACTIC & WELLNESS
Caring for your whole health.



ACTIVATED LIFE CHIROPRACTIC & WELLNESS

Dr. Justin Stilson
906 7th Street South, Great Falls, MT 59405

Time for some self-improvement

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

Now You Know

POSTURE is the window to your spine & nervous system.

"The nervous system controls and coordinates all organs and structures of the human body." - Gray's Anatomy

The power that created the body from above > down, inside > out.

Studies show that only 10% of our nervous system perceives pain!

September is a month of change. While it marks the beginning of the new school year it is also known as Self-Improvement Month. So, with that in mind, how do you plan to improve this month?

Self-improvement can come in many different forms. It can be a commitment to yourself to focus a little more on your health, to spend quality time with loved ones, to take the leap to learn something new, and so on. The options are endless.

Self-improvement comes down to healthy routines and habits you create to improve your overall being. One thing that is exceptional for maintaining your health, enhancing the functionality of your body, and decreasing your risk of illness is scheduling a regular adjustment with us.

Your spinal function is integral to so many aspects of your life, some that you may not have even considered yet. When your nervous system is under pressure or not functioning to its optimum level, you must find ways to improve it. When you focus on your spinal health, you have more energy, ability, and flexibility to focus on your holistic sense of self-improvement.

Regular adjustments and spinal health maintenance can improve your quality of life beyond your physical capabilities. Spinal health is also associated with having an unclouded mind and reduced aches and pains.

Allow yourself to reach your highest capability in all aspects of your life by consulting with your chiropractor to determine how your spinal health could be impacting you right now.

Book your next adjustment with us early and feel the positive impact trickle into all other aspects of your life!



The Scheduling App is Available!

For your convenience, we now have a scheduling app.

- Here is how to download it!
- Scan the QR code with your phone.
- Download **The Scheduling App**.
- Enter our clinic ID: **OQFJYZ**
- Register using the email and phone number on file with us.



Dr. Justin's Matrix Repatterning online classes are done, now just a couple case studies and thesis paper and this will be complete!

Find us on the Web!
www.alcwdrstilson.com

Get Social With Us!

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

Visit us and become a fan!

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

Healthy Picnic Dish For Labor Day

Salads are easy and healthy dishes to add to your Labor Day celebrations or include as a side to a bigger BBQ or party.

Black bean and corn salad is a super easy dish that can be made last minute, allowing room for your personal preferences and using up some vegetables from the fridge.

Base of the dish (4 servings):

- 1 can of black beans, rinsed and drained
- 1 can of regular corn (or frozen if you prefer)
- 1 small red pepper, chopped
- 1 small red onion, chopped finely
- 1 and a half teaspoons of cumin
- 2 teaspoons of your favorite hot sauce (more or less if preferred)
- 1 lime
- A little oil and some salt and pepper

Add all ingredients to a bowl, and let sit for 15 minutes so flavors can develop and serve. Most other vegetables will work, should you have some that need to be used over Labor Day weekend.

Activated Life Chiropractic & Wellness will be closed from August 31st through September 5th and September 22nd and 23rd.

Backpack Safety For Back to School Season

Going back to school is an exciting time for both parents and kids. However, with returning to school, we have an added responsibility to ensure that their backpacks and schoolbooks don't overburden their backs. Heavy packs are a real threat to our children's spine health, so we need to be extra cautious about the load they are carrying and the steps we take to protect their spine for the long run.

The average backpack represents about 17% of the child's body weight. Studies have found that carrying that backpack on one shoulder, as so many children tend to do, can significantly alter your child's posture. It can also contribute to spinal bending and poor shoulder elevation.

We can take several steps to ensure a heavy backpack doesn't impact our child. Let's take a look.

Make sure the weight of the bag doesn't exceed 10% of their body weight
Use bags with two straps and encourage them to use both straps
Regular examinations and adjustments with your chiropractor can help prevent long-term damage and improve posture.
Get a backpack with good support that divides the weight throughout the back.

If you are concerned about your child's posture or backpack weight, book an appointment with us to help relieve any issues they may encounter.

Getting Enough Sleep?

We're all guilty of doing it... Scraping by on an occasional 4-hour-a-night sleep routine. Although we know it's not enough, life feels so BUSY that it can feel impossible to give your body the rest it deserves. If you're struggling to get the recommended 7-9 hours of sleep your body craves, consider the following tips.

- ✓ Keep a consistent wake-up time. By doing so, you're setting your sleep/wake cycle.
- ✓ Exercise! You'll be more likely to fall asleep faster and stay asleep longer.
- ✓ Resist the temptation to eat big meals within 1-2 hours of bedtime; For some people, these late meals are a contributing factor to their insomnia.
- ✓ Create some wind-down time before bed. Use this time to do things that will relax you: Shut off your electronics, read a good book, take a warm bath, etc.

Once you're getting more sleep, you can rest assured that you're improving your physical and mental health. Individuals with adequate sleep are less prone to being overweight, are more likely to have better memory skills, and generally have a stable mood.

Call
(406)770-3800

The Discovery of Chiropractic



D.D. PALMER
DISCOVERER OF CHIROPRACTIC

"There is a vast difference between treating effects and adjusting the cause."
- D.D. Palmer

September is an important month in our field of Chiropractic Care. On September 18th, 1895, Daniel David Palmer, a Canadian-born Man who emigrated to the USA, aided his first patient through a spinal adjustment that cured him of hearing problems he had been suffering for years. His discovery was in no way random or accidental; Palmer was always fascinated by ailments that effected some people yet escaped others.

A janitor in his office building, his first patient, had turned so deaf that he could no longer hear. After much convincing, the janitor allowed Palmer to adjust his spine.

Within moments his hearing seemed to go back to what it once was, and he could hear the sounds of the world once more that he had been missing for so many years.

From the incredible work of Palmer, we, as chiropractors, have been able to continue his vision and aid and assist millions of people in regaining health through chiropractic care.

Whether you're new to the clinic or a chiropractic advocate - we encourage you to keep chiropractic appointments as part of your and your family's routine this September and reap the rewards of a well-adjusted spine.

Please visit us at the Activated Life Chiropractic & Wellness if you have any specific questions or concerns. Book an appointment today and see how we can help you tomorrow.

Ice VS. Heat: What to use and When

Life is full of bumps and bruises. If you've found yourself injured, there seems to be a lot of differing information online about whether you should be using heat or ice to help manage pain and reduce inflammation.

As your partner in health, we want to set the record straight.

Here are a few tips for choosing heat and ice when it comes to specific injuries.

Headaches: For a throbbing headache, consider using a cool compress at the base of your skull and around your neck instead of reaching for a pain reliever like ibuprofen. If you're dealing with a tension headache, choose a warm compress around your neck to help relax tight muscles. Suffer from frequent headaches? Book a visit with us to explore the underlying causes of recurring problems.

New Injuries (less than six weeks old): Ice is usually the winner when it comes to new injuries. That's because ice may help constrict blood vessels, which lowers pain and inflammation. Heat, on the other hand, may increase inflammation in new injuries.

Chronic Injuries (older than six weeks): Choose a heating pad for lingering injuries as the warmth may help promote circulation and relax tight muscles, relieving stiff joints and offering relief.

Strains or Sprains: Using both heat and ice can be beneficial. Immediately after a strain or sprain, choose ice to help reduce swelling and inflammation. Then, when inflammation has gone down, use heat to help relieve muscle stiffness. They can also be used for 15 mins, each rotating between ice and heat.

Need More Help?

We're always here for you. If you're dealing with a new or chronic injury, consider visiting our practice to find out if natural, gentle chiropractic adjustments could help improve your healing capacity. We'd love to welcome you into the clinic!