

Activated Life Chiropractic & Wellness

906 7th Street South
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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!

Have you ever been in a place in your life where you questioned God about healing? If you feel a “charge” when asked this question, perhaps you need an intimate look into what healing is.

Join us November 19th from 9 AM to 3 PM to discover biblical healing, why haven't we seen healing yet, and Dr. Justin will walk you through how to plant seeds for healing in your body, mind, and spirit.

ACTIVATED LIFE
CHIROPRACTIC & WELLNESS
HOSTS

WHAT IS HEALING?

JOIN US
November 19th
9am to 3pm

What is healing? Why do you need it?
Why don't we see healing miracles?
What blockades are keeping you from healing?
How can you plant your harvest of healing?

The class cost is \$262 per person.
Food provided.
906 7th Street South (406)770-3800



ACTIVATED LIFE CHIROPRACTIC & WELLNESS

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

Chiropractic & ADHD

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

- ★ By weight, bone is 5x stronger than steel.
- ★ Your nervous system relays critical information to your brain.
- ★ You are about 1 cm taller in the morning than in the evening.
- ★ The right side of your brain controls the left side of your body (and vice versa).

October is ADHD awareness month. While chiropractic care isn't an independent solution for treating ADHD, it has had a powerful impact on people diagnosed with the condition, relieving some symptoms and making others more manageable.

In combination with other treatments, chiropractic care has become a treatment that many people with ADHD rely on as part of their care plan.

When you work with us, we find subluxations in the spine and help address them through adjustments. These adjustments can help with more efficient and effective nerve flow. Spinal misalignments have related to behavioural issues and additional brain activity that results in the body being out of balance. By restoring the spine, we can work to realign the balance between the brain and the rest of the body.

Beyond that, chiropractic care offers a broad approach to health and wellbeing, which is helpful for ADHD symptoms. For example, we often help with lifestyle changes, dietary advice, and exercise plans that support your overall wellness. These changes can help with the management of many common ADHD symptoms.

While chiropractic care won't cure ADHD, studies have shown that people, especially children with ADHD, tend to show a significantly lower level of symptoms than children who go without chiropractic care as part of their care and treatment.

If you're interested in discovering more about ADHD and how we can care for you or your child at our practice, please feel free to book an appointment, and we can talk you through our care options.

Now Available: The Scheduling App

- 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.

It's going to be a great Halloween. I can feel it in my bones.



Gluten-Free, Paleo Pumpkin Muffins

What you need:

- 2 cups almond flour
- ¼ teaspoon salt
- ½ teaspoon baking soda
- ¼ cup coconut oil
- ¼ cup pure maple syrup
- 2 large eggs
- ½ cup pumpkin puree
- 1 teaspoon vanilla extract
- 1 teaspoon pumpkin spice
- ½ cup cocoa nibs or gluten-free, dairy-free chocolate chips if you can find them



How to make it:

1. Preheat the oven to 350°F and line a cupcake pans with 12 paper liners.
2. In a large mixing bowl, mix the almond flour, salt, and baking soda.
3. Whisk in the coconut oil, maple syrup, eggs, pumpkin, pumpkin spice and vanilla extract and mix until combined.
4. Stir in the cocoa nibs or chocolate chips.
5. Spoon the batter evenly into your paper liners.
6. Bake for 22-24 minutes or until the center is set. Check with a fork to ensure they're cooked through.
7. Remove from the oven and let cool for 5-10 minutes before serving.
8. Store in an airtight container at room temperature if any are left over!

FIGHT OR FLIGHT RESPONSE

October is filled with scares, thrills, and frights. When humans, or other animals, are faced with any sudden dangers or threats from predators our heart rates increase, our breathing speeds up and glucose is pumped around the body for fuel to prepare the body for the 'fight or flight or freeze' response.

This response is often associated with the release of the adrenaline hormone; however, new research from Columbia University researchers is proving differently. The skeleton is our body's wondrous structure for many reasons, especially in this instance. We can't muster up any response to danger without our skeleton. The brain instructs the skeleton to flood the body with the bone-derived hormone *osteocalcin*, which we now know is what kicks in the fight or flight reaction.

While bones have often been viewed as merely a structural feature within human and animal bodies, it seems that they have a far more intrinsic responsibility in how our body functions, as well as complex interactions with our organs. The *osteocalcin* hormone also helps metabolic function, increasing the ability of cells to take in glucose, improving memory, and helping animals run faster with greater endurance.

"If you think of bone as something that evolved to protect the organism from danger—the skull protects the brain from trauma, the skeleton allows vertebrates to escape predators, and even the bones in the ear alert us to approaching danger—the hormonal functions of osteocalcin begin to make sense," mentioned the senior investigator Gérard Karsenty, MD, Ph.D. who has been working and testing the theory for the last 10 years.

All this evidence would also explain why animals without adrenal glands and adrenal-insufficient patients—with no means of producing adrenaline or other adrenal hormones—can develop an acute stress response.

This is just another reason to take extra care of your skeleton, including your spine, as it is so much more important than we even know.



September's wellness event was: *Your Spine, Your Emotions*. Learning about the connection between your mental health and physical health.

To get updates of what we are up to all month long follow us on Facebook and Instagram at @Activated_Life_Chiro

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

Call
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Tasty, playful treats for kids (and adults) this Halloween!

There are so many sugar-filled, unhealthy treats circulating for Halloween. However, there are a lot of neat and fun ways you can integrate healthy foods into your Halloween traditions. Try making apple monster teeth; they are a quick, simple, and fun recipe for you and the kids.

What you need:

- 4 medium-sized granny smith apples, cut into 8 sections each
- 1 cup natural creamy organic peanut butter
- 1 cup yogurt-covered goji berries
- 1 Tbsp. lemon juice

Directions:

Section each apple and then sprinkle with lemon juice to prevent browning. Spread about 1 tsp. of peanut butter on each slice. Stick 4-6 yogurt-covered berries on an angle in the peanut butter, then place a second peanut butter-covered apple slice on top. (You may need to secure it with a toothpick or extra peanut butter.) Cool for 1 hour in the refrigerator before serving.

Happy Halloween!



Pumpkins, not just for decorating!



We all love to pick pumpkins and decorate them in October, but pumpkins are great for eating too and have plenty of impressive health benefits for you and all the family. Pumpkins are low in calories but high in vitamins, especially vitamin A. Additionally, pumpkins are high in antioxidants, helping to protect the body by destroying any harmful bacteria. They even have benefits that may protect your eyesight. They are one of the best sources of *lutein* and *zeaxanthin*, two compounds linked to lower risks of age-related macular degeneration (AMD) and cataracts. At the same time, vitamins A, C, and E also help to protect your eyes from natural deterioration as we grow older. Eating foods loaded with vitamins and nutrients is a wonderful natural way to keep your skin glowing and your body healthy.

So next time you visit the pumpkin patch, pick up two pumpkins instead.
One for decorating and one for eating!

National Domestic Violence Awareness Month

Domestic violence is prevalent in every community and since the pandemic there has been a surge in cases. This October is a time to acknowledge domestic violence survivors and be a voice for its victims. The devastating consequences of domestic violence can cross generations and last a lifetime. Too many Americans are living in fear and dealing with troublesome and terrifying home situations. Nobody should suffer in silence or feel a threat when they enter their front door.



Here in Great Falls, there are several organizations including the YWCA, The Dandelion Foundation, and Voices for hope, to name a few that support those who are affected by domestic violence.