

**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!

Everyone has their own healing experience and journey. Sometimes there are blockades to healing. Perhaps it's faith, spiritual warfare, or a mental block that impedes your healing. Have you ever considered the question, 'Do you even want to be well?' You might answer, 'well, of course, yet you are still unwell...

*Join us on November 19<sup>th</sup> from 9 AM to 3 PM to discover biblical healing; why haven't we seen healing yet, 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 will be closed from November 17<sup>th</sup>, November 23<sup>rd</sup> to November 28<sup>th</sup>, December 1<sup>st</sup> to December 5<sup>th</sup> (AM), and December 23<sup>rd</sup> to January 2<sup>nd</sup>.



**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

### Now You Know

Medical malpractice is responsible for 80,000 deaths per year. (reported) - Harvard Study

Adverse drug reactions add on average of 4.6 days to a patient's stay in the hospital at the cost of \$5,857.00.

"Great spirits have always experienced violent opposition from mediocre minds."  
- Albert Einstein

### Pain is not the Problem

Pain is a message that something is out of balance. As we overcome the fear of pain, we will discover its value in helping us focus more powerfully on our desire to be well. Many people are looking for solutions to their pain, and there are two ways to explain the pain.

The first, pain, provides us with a very useful service. It has alerted us to a problem and can also prevent us from further damaging an already injured area. The goal of chiropractic care is to identify and correct the source of the problem. Once that happens, the pain takes care of itself.

Secondly, pain is like how an electric stove works. When you turn up the temperature control, you increase the amount of electricity going through the element. The stove element is a resistor, which blocks the flow of electrons, and this causes the metal in the element to heat up. When the body is injured, the area becomes more resistant to the flow of electrical current. This increases tension, irritation, swelling, and inflammation resulting in pain.

### Dealing with Pain

Remember what it feels like to have an eyelash in our eye. Think of the discomfort this causes, then ask yourself how many other things in your body are uncomfortable or painful. All of it combined usually will not tip the scales of pain in terms of the thousands of body parts and trillions of cells that are functioning perfectly and feeling just fine.

However, it is the discomfort or the pain that we focus on. It often provokes a sense of worry or even fear. What is causing my pain? Do I have a serious condition? The more we focus on our pain, the more distressed, tense, and uncomfortable we tend to become. This becomes a 'vicious cycle.'

Pain may be defined by the area in which it is felt. We may even feel that it has a definite boundary. By recognizing that pain is simply energy that is impeded and caused by tension and resistance in the area, we can make a new choice.

Instead of becoming fearful and tensing up against the pain, we can choose to consciously relax our mind and body, which can allow the trapped electrical energy to flow through the area. We might be surprised by how quickly we can release the tension and reduce the sensation of pain. As we accomplish this, we are doing much more than just reducing our pain.

By coming to an understanding of the purpose of pain, we can decide to respond to it in a more appropriate and helpful manner. A positive response to our pain can actually help our body overcome the injury that caused it in the first place.

*To learn more about how we can turn pain into healing.  
Call to reserve your seat for What is Healing? On November 19<sup>th</sup>!*

### Gratitude List:

### Gratitude is the key to Healing

Make a list of 10 things that you are grateful for. Spend 10 minutes thanking God for those things in your life!

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

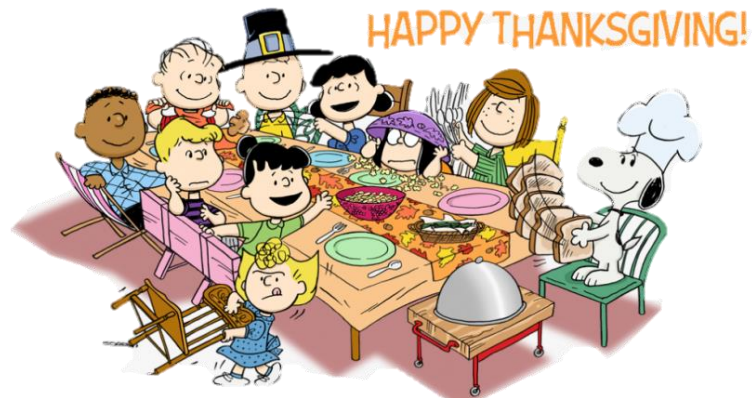
Gratitude is one of the most essential elements to finding success, calmness, and happiness. Understanding appreciation and giving thanks helps you know who you are, what matters, and what makes each day worthwhile for you in your life. In short, understanding what you're grateful for helps to put your head in positive mind space.

In fact, scientific studies have pointed out that daily gratitude is associated with benefitting your mental health and your physical health, too. When you take time to show gratitude, you have:

- Greater happiness
- More optimism and positive emotions
- New and lasting relationships
- Better Health
- More progress toward personal goals
- Fewer aches and pains
- More alertness and determination
- Increased generosity and empathy
- Better sleep
- Improved self-esteem

To start showing more gratitude, you may need to take some significant steps in the right direction. For example, you will need to challenge your inner critical voice and show it all the good things that happen in your life rather than focusing on the negative. You will need to dedicate some time to showing gratitude so that it can begin to be a natural part of your daily routine. Lastly, you will need to accept the things that "don't go your way." This will help you to move on quicker and find something you're grateful for instead.

We all face the challenge of understanding and taking note of what we have rather than what we don't. In the end, the human condition is programmed to "the grass is always greener," yet with a bit of focus and attention on the little things in life, your mental and physical health may start to reap the daily benefits gratitude can have on your whole being and healing journey.



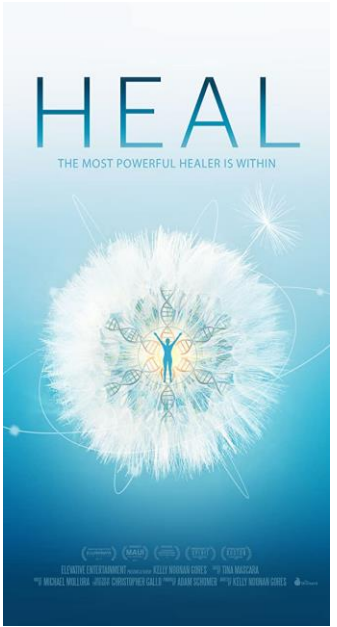
**Care Plan Changes January 1<sup>st</sup>, 2023.**  
 Care plans purchased in 2023 will no longer include the Initial Exam fee.  
 30-minute appointments are **\$88.00**  
 48 visits plan: **\$3,120.00**  
 Per visit cost of **\$65.00**  
 24 visits plan: **\$1,656.00**  
 Per visit cost of **\$69.00**  
 12 visits plan: **\$876.00**  
 Per visit cost of **\$73.00**  
 5 visit plan: **\$394.00**  
 Per visit cost of **\$78.80**

**Call (406)770-3800**

### Heal: Documentary

Here is a recommendation for a wonderful documentary film that takes us on a scientific and spiritual journey where we discover that by changing one's perceptions, the human body can heal itself from any dis-ease.

The documentary takes us on a scientific and spiritual journey where we discover that our thoughts, beliefs, and emotions have a huge impact on our health and ability to heal. The latest science reveals that we are not victims of unchangeable genes, nor should we buy into a scary prognosis. The fact is that we have more control over our health and life than we have been taught to believe. This film will empower you with a new understanding of the miraculous nature of the human body and the extraordinary healer within us all. *HEAL* not only taps into the brilliant minds of leading scientists and spiritual teachers but follows three people on actual high-stakes healing journeys. Healing can be extremely complex and deeply personal, but it can also happen spontaneously in a moment. Through these inspiring and emotional stories, we find out what works, what doesn't, and why.



*To go deeper in learning about healing join us on November 19<sup>th</sup> for What is Healing?*

Dr. Justin completed his Activator Methods annual certification training to maintain his Advance Proficiency rating. Dr. Justin is one or two doctors in Montana to have this certification.

Rachel and her kids had a chilly and fun Halloween. Rylan is a Army Agent (He turns 10 in November.), Elise is a cowgirl, Macey is a fruit bat, and Beckett is a ghost.

### A Simple Mental Exercise to Help Reduce Pain: Dissolving the Pain

1. Find a comfortable position, sitting or lying down.
2. Focus your attention on the area of pain. Define the current boundary of the painful area.
3. Visualize the boundary beginning to soften around the edges. Feel the muscles and tissues in the area of the pain begin to relax and soften. Imagine the boundary of the pain begins to melt or dissolve. As you do this, focus on your breathing, making it comfortably full and relaxed.
4. Next, imagine the area of pain begins to shrink away from the former outline. Do this in several steps, allowing the painful area to become smaller and smaller, each time feeling the new boundary softening as in the step above.

With a little practice, you should be able to diminish the intensity of your pain and therefore reduce your overall level of stress and tension. This can help break the cycle of pain-stress pain that can often become so debilitating. Don't worry if you're not successful right away. You may find the pain will begin to reduce enough for you to begin applying this exercise more effectively. Throughout the day, whenever you feel a twinge, or if the pain or discomfort begins to arise, use it as your cue to relax and soften the area around it in order to disperse the tension and allow the sensation to dissolve. This will help you develop a much more constructive habit with respect to any pain that might arise in the future.