

Activated Life Chiropractic & Wellness

906 7th Street South
Great Falls, MT 59405
(406)770-3800
Alcw.drstilson@gmail.com



**ACTIVATED LIFE
CHIROPRACTIC & WELLNESS**

Moving into the Office in 2023

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

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!

Dr. Jodi Knable PT is looking forward to working with Dr. Stilson in our beautiful office.

Dr. Jodi has lived in Great Falls most of her life. She studied biology at MSU Tech, The University of Great Falls and Portland State University for a Bachelor's degree. Then she attended Loma Linda University and graduated with her Doctorate in Physical Therapy in 2006. She is also the mother of two sassy teenage girls.



Dr. Jodi specializes in visceral and neural manipulation, which are manual therapy techniques that use a light touch to help encourage normal mobility when physiologic motion has been impaired. Basically, it is just finding tension and releasing it with patience and a soft touch. Once we find the cause of the tension and release it, many people experience significant relief.

Dr. Jodi believes she was given this gift from God and wants to use it to help others whenever she can. Her version of physical therapy is definitely not typical of traditional physical therapy, and her favorite patients are the ones who have been told there is nothing more that can be done for them. She treats all ages, from newborns to 90-plus-year-olds.

Dr. Jodi encourages patients to pursue lifestyle changes along with the work they do at their appointments. Those changes may include modifying their diet and changing their thoughts and habits. She has seen that patients recover faster when they address the physical, mental, and spiritual all at the same time. For that reason, she also encourages patients to meet with counselors, fitness instructors, massage therapists, and medical doctors, along with everyone's favorite chiropractor, Dr. Stilson.

Dr. Jodi's overall goal is to educate her patients so that they can better take care of themselves. Dr. Jodi pursues her own healing through an active faith life, chiropractic care, visiting her counselor, and receiving bodywork from several other talented practitioners. She enjoys many outdoor activities and drags her children along with her for the ride with varying amounts of reluctance on their part.

In January and February, Dr. Jodi will offer our patients a 60-minute appointment for \$140 or 4 visits for \$500.

Facts about winter

Ah, yes, the holiday season is upon us. Let's jump right into it with some facts about winter!

1. We have all heard that no two snowflakes are alike. Did you know a scientist took 400,000 experiments to prove it?
2. The record for the most snow angels at one time was set in Ontario, Canada, in 2004 when a couple of schools joined to create 15,851 snow angels.
3. The wind chill factor measures heat loss from exposed skin.
4. All snowflakes have 6 sides.
5. Antarctica set the record for the world's coldest temperature at -129(degrees Fahrenheit)
6. Average snowflakes fall at 3.1mph
7. Ice is a mineral.



WHAT IS HEALING?

Activated Life is offering the recording for the event for \$96. For more details call 406-770-3800.



Now You Know

Baby's spines begin developing just two months after conception.

Sitting hunched over at your desk can put major pressure on your spine. Sitting in this position puts around 200 pounds of pressure on your lumbar spine or your lower back. This is why so many Americans, especially those with office jobs, have low back pain.

Over 120 muscles are contained in the spine.

Keeping Your Immune System in Shape this Holiday Season!

Follow our tips to keep your body and mind on top this holiday season.

Exercise early, exercise often.

Get your morning exercise early in the day so that there are no excuses and clashing appointments standing in your way to maintaining your health this season. Get up 15 minutes earlier and prioritize it. It's the best way to keep the body and mind pumping when you need them to function at their optimum level.

Keep the balance.

For all the treats you will have, balance it with plenty of water, fruit, and veg. If you have time to find time to fit it into your diet, try some cold-pressed juices and set yourself a water goal for the day. No need to eliminate all fun, but find the balance that works for your body's benefit.

Hygiene check.

We come into contact with many common colds and flu, as well as other viruses and bacteria, while bumping into all our old friends and family members over the December period. Wash your hands regularly or carry an anti-bacterial sanitizer wherever you go. It will protect you from causing an unnecessary spread of germs to your health and body.

Safety first.

Make sure you're not exerting your back too much when decorating, carrying gifts, and going overtime in the kitchen. Stretch regularly and know your limit. Don't put your body under more stress than it already feels at this time of the year.

Adjustment time!

Most importantly, make time to get an adjustment during the busy period. Book in early to know you have it to look forward to at the clinic. It's a great stress reliever and boosts your immune system when needed. We have some time allotted to last-minute appointments, get in early to avoid disappointment.

Activated Life Chiropractic & Wellness will be closed from December 1st to December 5th (AM). Also, the week between Christmas and the New Year December 23rd to January 2nd.



Feel-Good Movie Time

We could all do with a little happiness boost this year and something extra to get us in the holiday mood. If you're feeling a little stuck for options, check out our feel-good movie list to get your inspiration flowing and the happy days showing.

- Elf
- Miracle on 34th Street
- The Santa Clause
- Love Actually
- The Holiday
- The Star of Bethlehem
- The Grinch



Easy 10 minute Holiday Recipe

Cranberry Cream Cheese Spread

Ingredients

- 1 package (8 ounces) reduced-fat cream cheese
- 1/2 cup dried cranberries, chopped
- 1/2 cup chopped dried apricots
- 1 teaspoon grated orange zest
- Assorted crackers

Directions

In a large bowl, beat the cream cheese, cranberries, apricots, and orange zest until blended. Chill until serving. Serve with crackers.

Call
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Reduce Inflammation - Reduce Gluten, minimize Dairy

Changes to our diets over the holiday period can cause health issues to creep up on us, ones that we generally keep under control throughout the year.

Gluten can be the greatest enemy to those with celiac disease or gluten intolerance. When the body detects gluten in cases like these, the immune system jumps into action, and inflammation occurs, affecting the body's organs and soft tissue negatively. Flair-ups like these should be avoided at all times, no matter what time of the year it is. Similarly, dairy can be the greatest foe to some of our bodies. If you are lactose intolerant, you may already be aware of it, the symptoms, and the reasons you should reduce or eliminate it from your diet. Dairy can also be linked to increased symptoms of arthritis and cause other health complications.

Over the holidays, it can be hard to keep track of all the ingredients we are sharing with family and friends. It's about finding the balance, remembering to prioritize yourself and your health, and keeping some of the habits you try so hard to maintain year-round during the time of indulgence.

Care Plan Changes January 1st, 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**

4 Holiday Brain Tips

Your brain governs literally everything you do. Well, at least we hope so! Some of us tend to get a little stressed out with the hustle and bustle of the holiday season. Here are a few tips on how to maintain your "noodle" throughout the rest of the year!

1. **Sleep.** Sleep deprivation has been associated with all kinds of events. It is estimated that, on average, most of us will benefit the most from having 7-8 hours of sleep per day. The important thing is that our brains are allowed to have a least some time experiencing what is referred to as REM sleep, or Rapid Eye Movement sleep. This is the deepest phase of sleep and the phase that scientists believe gives us a feeling of "restlessness."
2. **Activity.** Our brains NEED to learn. We've all heard the phrase "Use it or lose it." When we know something new, our brain literally makes new connections between neurons called synapses. Playing brain games like chess, Sudoku, or Words With Friends can increase your brain skills. The simple act of reading is also becoming more of a lost art. If you are mentally "foggy" in your 40's, 50's, or even into your 80's...it's a sign that your brain could be in trouble.
3. **Food.** This is not rocket science. Unfortunately, one of the hardest things to avoid is the "Standard American Diet." Its high-calorie, nutrient-deficient, bad fat, high salt, and refined carbohydrate features are the perfect recipe for messing up our brains and bodies. It has truly become a global crisis. Minimize your consumption of white poisons: Salt, Sugar, White bread & white rice. Choose organic fruits and vegetables whenever you have the option. Grass-fed beef is preferred over meal-fed(corn/grain) beef.
4. **Positivity.** If we look for the bad, we certainly will find it. If we look for the good, the same is true. One way I've found to remain positive is to show gratitude and give thanks on a daily basis for the blessings in my life. Also, realize that, with every challenge or problem in life there is always a brighter side.

Here's to your brain health during this holiday season! Now stay away from those sweets! ☺