

Activated Life Chiropractic & Wellness

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ACTIVATED LIFE
CHIROPRACTIC & WELLNESS

Being Present In The Moment- A Way to Enter the New Year!

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!

Now You Know

- ★The spine is in the back of the body but should be kept in the front of the mind.
- ★The preservation of health is easier than the cure for the disease.
- ★Your brain and spinal cord are the most important organs and the only ones encased in the solid bone!

Do you ever feel like you are just cruising through life? Where do the days go? As we get older, the years actually get shorter. Think about it, when you were 10 years old, it felt like your birthday took forever to come back around. As we get older, it seems like birthdays are a week away. We start thinking, "How can I add years to my life?" Maybe we need to change our thinking and add "life to our years."

How can we do this? One possibility is to add more experiences. Sure, that can mean trips to far-off exotic places. The excitement of awaiting something out of the ordinary or special is easily understood, but focusing so heavily on what's to come makes you miss out on what's in front of you. What about making that trip to the local grocery store more of an experience instead of just an errand? Think of how easily this could change our mindset.

What if you were more contactable? More present in the moment? What would that look like? It means being present in the moment and living today. Making each moment count. Let your guard down, open your eyes, open your heart, and be present in each and every moment. Strike a conversation, ask someone how their day is, and smile across the aisle. All these can make a positive change.

Be contactable, be yourself, add some "life" to your day, and better yet, someone else's. Say "hi" or "have a great day" to a stranger but mean it! Spread the "life". Who knows the ripple effect that might have on you and/or the other person?

We're constantly surrounded by distractions, making it difficult to focus on just one thing at a time. Other factors, such as stress, anxiety, and regret, can also make it difficult to focus on the present moment. But living in the moment, although difficult, can benefit your relationships, productivity, and, most importantly, overall wellness! Do we spend 47% of our waking hours thinking about something other than what we are doing? People today are looking for human connection. Give in to that craving. Add some life to your years. Allow the connection with others happens. Make each moment count. And remember, it may not always be about what you say; it may just be that you listened. Who knows? Let's focus on being present and mindful this year! Cheers to a joyous and prosperous 2023! We are so grateful for each of you!

Ways to be more present this year!

- Learn to listen
- Put the technology down.
- Monotasking- focus on one task at a time. Let your mind be thoughtful about how we multitask.
- Breathing exercises- mindful of your breathing, being aware of your inhale and exhale.
- Prayer/Meditation/ Mindful Movement
- Reducing distractions
- Journal- being aware of your thoughts and connecting your mind!



WHAT IS HEALING?

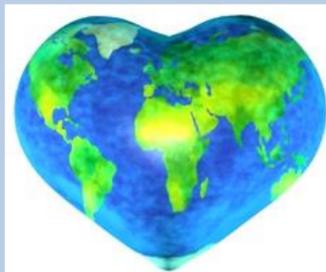
Activated Life is offering the recording for the event for \$96. For more details call 406-770-3800.



Changing Lives & Changing the World

What kinds of things do we do for the people we love? We look out for their welfare, do everything we can to improve their lives, and share incredible news when we find it! When you tell others about chiropractic, you are changing lives and changing the world. Now think about this. Have you ever had a dental cavity? Most likely. What do you use your teeth for? Biting and chewing. What do you use your spine for? EVERYTHING ELSE!!! The point? Just like you (and your friends and loved ones) have most likely had dental concerns in the past, you've likely had a spine problem in the past, will have one in the future, or are experiencing issues at this very moment whether the symptoms are present yet or not. There's no better way to start the New Year—for you or those you love—than with a healthy, well-aligned spine! Share the love!

**YOU WERE BORN
WITH THE ABILITY TO
CHANGE SOMEONE'S
LIFE, DON'T EVER
WASTE IT.**



**Call
(406)770-3800**

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**

Make Time for Yourself

The holiday hustle and bustle is over! If you're like most people, you've been putting everyone else's needs before your own. You've been busy shopping, planning parties, sending greeting cards, mailing packages, baking goodies, wrapping presents—the list goes on. As tempting as it seems to put yourself at the bottom of your to-do list... don't do it. In fact, we should all take the opposite approach. Instead of putting everyone else ahead of yourself, take some time to fill your own metaphorical cup. Start small: Take a few minutes to pray, enjoy a warm bath, read the paper, or pick up your favorite book. After all, "Doing more of what doesn't work won't make it work any better" (Charles J. Givens). By making small changes, you'll soon find that time spent on yourself is an investment worth making!

Weight Loss Keys

At Activated Life Chiropractic & Wellness, we focus on healing from the inside out. The things we put into our bodies are absolutely key to our success (or failure) when it comes to managing our health. If you're searching for ways to promote your own weight loss and wellness, you've come to the right place. Check out our top tips for achieving and maintaining your ideal weight loss goals. Test them out and enjoy your own amazing results!

-  Alkalize with alkaline water
-  Avoid white foods (bread, grains, sugar)
-  Eat gluten-free
-  Eat anti-inflammatory foods
-  Consume healthy fats (such as avocado & coconut oil) while avoiding bad fats (trans fats)
-  Consume 5-9 servings a day of organic fruits and vegetables from a range of different colors



Dr. Jodi Knable is moved in and is excited to see new patients! She has openings Monday to Wednesday, 9am to 3pm!

“Dr. Jodi, what is visceral manipulation?” *It's a manual therapy technique that uses 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.*

If you are interested in learning more or experiencing treatment in January and February, Dr. Jodi is offering a special to our Activated life Chiropractic & Wellness patients.
A 60-minute session is only \$140, or 4 visits for \$500.

Cream of Broccoli Soup



Nothing is better than a healthy bowl of soup when it's cold outside. Warm up your kitchen this week with a steaming pot of this flavorful veggie soup.

- 3 large leeks (white parts only), sliced and rinsed**
- 1 teaspoon thyme leaves**
- 4 cups broccoli florets (about 2 large heads)**
- 4-1/2 cups vegetable stock or low-sodium broth**
- Salt and freshly ground black pepper to taste**

1. Place the leeks in a large saucepan and sauté over medium heat for 10 minutes. Add water (1 to 2 tablespoons at a time) to keep the leeks from sticking to the pan. Add the thyme and cook for another minute, then add the broccoli and vegetable stock. Bring to a boil over high heat, reduce the heat to medium, and cook (covered) until the broccoli is tender, about 10 minutes.

2. Puree the soup. Return the soup to the pot, then season with salt and pepper.