

**Activated Life Chiropractic & Wellness**

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**ACTIVATED LIFE**  
CHIROPRACTIC & WELLNESS

**Welcome to February!**

What a glorious time of year. The sun peaks out once in a while, the snow seems to come and go, and the first month of the year is over. We truly have so much to look forward to and be grateful for! Just because February usually only has 28 days, sometimes 29; it is full of fun! February is a time for purification; a time to prepare for spring as well as longer days are in sight!

**Health Awareness in February:**

Tinnitus Week: February 1st full week of February

Low Vision Week: 1st full week of February

National Cancer Prevention Month

**Tinnitus Week – Stop the Ringing!**

Did you know that 15 to 20 percent of people experience tinnitus or also known as ringing or noise in the ear? It's not actually a condition, but a symptom of an underlying condition! Your mother may have told you when you were younger that if your ears were ringing, it was because someone was talking about you. While that may be a silly old wise tale but ringing of the ears can be a bothersome condition. Next time you are experiencing ringing in your ears, ring for Dr. Stilson first! Tinnitus can be a symptom of injury to the upper cervical spine. Tinnitus can also come from a bacterial infection in the mouth that crosses the blood-brain barrier. The most important thing to remember about tinnitus is that it is a symptom, not a condition. This means that the problem is not your ears, but another part of your body. Many times, the tinnitus can stem from a subluxation in the back or spine. This simply means that there is a misalignment in the back!

**White Cane Week- Low Vision Awareness! – Do You See What I See?!**

Chiropractic care helps to maintain a healthy nervous system, which controls and coordinates every function of the body, including vision! The spine plays an important part in the health of the central nervous system, which when you are experiencing a subluxation it can disrupt nerve communication throughout the body. What nerve is in our eye? The optic nerve! This is directly connected to the central nervous system. Having a subluxation can affect nerve function and lead to vision problems. Chiropractic care can help regulate blood flow and restore nerve function. Fascinating how the body is all connected; isn't it?

**Cancer Prevention Tips – National Cancer Prevention Month**

Did you know that about one of every three Americans will develop some form of malignancy during his or her lifetime? Despite these grim statistics, doctors have made great progress in understanding the biology of cancer cells, and they have already been able to improve the diagnosis and treatment of cancer. Living a healthy lifestyle can help reduce your risk.

- 1.) Eat Properly- fruits and vegetables. Limit alcohol intake.
- 2.) Avoid Tobacco
- 3.) Exercise Regularly
- 4.) Avoid unnecessary exposure to radiation
- 5.) Avoid exposure to unnecessary toxins
- 6.) Increase Vitamin D

**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**

"When the maze of nerves, or nature's communication system, supplies the body with the energy it needs for wellbeing, you have health."  
– B. J. Palmer.

★ Chiropractic care is gentle and effective, making it safe for all ages.

★ Chiropractors are best known for their holistic, drug-free therapies that treat the entire body, not just the symptoms.

**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!

**I'm okay loving...**

Myself My Family Others

It is good for me to love. It is safe for me to love.

**JOIN DR. JUSTIN AND ACTIVATED LIFE CHIROPRACTIC & WELLNESS FOR A NERO EMOTIONAL TECHNIQUE IMMERSIVE EVENT**

Join us for a woman's only morning event. We will give an understanding of the technique, and then we will spend over 3 hours working through it, I'm okay loving...

**03.04.23 8:30 to 12:30 \$262**

Reserve a 60-minute appointment for a COUPLES session in the afternoon for only \$184! Only 5 sessions available!

**FALLING apart is Scary**

**OCTOBER 7TH**

Join Dr. Justin and Activated Life Chiropractic & Wellness

Healing from Micro-traumas  
Increase balance  
Exercises for better body mechanics

9am to 3pm  
\$262  
Meals provided

Activated Life Chiropractic & Wellness invites you to:

**Set the Boundary**

01 How stress manifests into the body

02 Morning Learning Afternoon Action

03 Nerv Emotional Technique

04 Fight Flight Fawn

05 Communicate transparently

Join Dr. Justin on November 4th for a day experience to learn, have self discovery, and take action for the future with boundaries. \$262

www.alcwdrstilson.com

**ACTIVATED LIFE CHIROPRACTIC & WELLNESS**

**ESTABLISHING ROOTS**

**MAY 6TH, 2023 9 TO 3 PM**

JOIN DR. JUSTIN AND ACTIVATED LIFE CHIROPRACTIC & WELLNESS

Removing toxins and things in your life that are not contributing.

**Gut health**

**Reduce - Repair - Repopulate**

\$262 MEALS PROVIDED

ENJOY ALL OF OUR WELLNESS EVENTS FOR 2023  
Reg Price \$262 each or  
ALL 4 events for \$797



The human heart is our most vital organ. Did you know our heart beats around 100,000 times and pumps around 1.5 gallons of blood per minute?! The heart and blood vessels are connected to the central nervous system by millions of tiny nerves. This connection from the brain and spinal cord to the major organs of the body is called the autonomic nervous system. Often called “fight or flight” and “rest and digest”, the autonomic control heart and blood vessel function. These nerves control heart rate and blood pressure, both essential factors for heart health. Since chiropractic care positively impacts these nerves, its benefits to the heart are tremendous. How fascinating is that?! Receiving chiropractic care can help lower blood pressure, decrease inflammation, improve lung function, and so many other benefits! Simple lifestyle changes can also help reduce the risk of heart disease such as:

- Daily Exercise
- Control Cholesterol
- Limit daily stress
- Laugh at least once a day 😊
- Get Enough sleep.



The bible tells us to love your neighbor like yourself. Interestingly enough, Dr. Justin has had the awareness that it is hard to love others if you don't love yourself first. Now, some would say 'it's selfish and prideful for you to love yourself!' However, ask yourself 'can I truly care for someone if I am not congruent with myself'?

Do you have neuro emotional complexes around loving you? Can you look in the mirror right now and see the person staring back at you as someone you want to be? Perhaps you see all the fleshly things wrong with you. Maybe you have allowed the devil to tell you are not worthy or good enough. Yet, God tells you that you are “fearfully and wonderfully made” (Psalm 139:14). Dr. Justin has had the Lord speak to him after harshly judging himself and heard the Lord say “How dare you condemn My creation of you! Do you think I made an error in making you?!”

You might relate to putting yourself down and judging you in comparison to another person. If you resonate with any of these concepts of self-doubt, self-hatred, and the like, then you would be the perfect person to attend our I'm Ok Loving... Event on March 4<sup>th</sup>! It's time to become congruent with who God says you are!

Praise God for you!

**I'm okay loving...**

Myself

My Family

Others

It is good for me to love.

It is safe for me to love.

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**Low Carb, Gluten-Free, Paleo Chilli - Vegetarian & Meat Options**

February 24 is National Chilli Day. Celebrate some great taste with this delicious chili recipe.

**What you need:**

- 2 tablespoons olive oil
- 1 medium-sized onion, diced
- 2 medium bell peppers, any colors, diced
- 4 cloves of garlic, chopped
- 2 large carrots, diced
- 2 stalks of celery, diced
- 1 1/2 pounds ground beef (or meat alternative)
- 1 1/2 teaspoons salt
- 1/2 teaspoon black pepper
- 1/3 cup tomato paste
- 1 teaspoon cumin
- 1 1/2 tablespoons chili powder
- 1 1/2 teaspoons dried oregano
- 3 cups broth – 2 cups for a thicker chili
- 1 14.5 oz can diced tomatoes
- 1 bay leaf
- Juice of one lime
- Salt and pepper to taste

**How to make it:**

- Heat a large soup pot over medium-high heat with olive oil. Add your diced onions, celery, carrots, peppers, and garlic and sauté for about 10-12 minutes, occasionally stirring, until veggies are tender and onions are translucent.
- Add ground beef, or meat alternative, 1 1/2 teaspoons salt, and 1/2 teaspoon ground pepper. Stirring occasionally, until meat is browned. If there is a lot of fat in the pot, drain some off.
- Next, add the tomato paste, chili powder, cumin, and oregano. Stir it in until spices are fully immersed in the ingredients.
- Pour in the diced tomatoes, broth, and add the bay leaf. For a thicker chili start with 2 cups of broth instead of 3. Bring up to boil and reduce to a simmer.
- Cook for 30-45 minutes, stirring occasionally, and until veggies are quite soft and soup has reduced slightly. The longer you let it simmer the more the flavors will stand out!
- Season to taste with salt, pepper, and the juice of one lime.
- Serve topped with cilantro, diced red onion, avocado, jalapeño, and extra lime wedges if desired. Enjoy National Chilli Day!



**Alternative Date Ideas for Valentine's Day**

Not sure how you want to celebrate Valentine's Day with your partner? Here are some of our recommendations to get your ideas flowing. Some of them are quick fixes. Some take a little more planning. No matter what kind of couple you are, there is sure to be an option available to you.

- Have breakfast for a dinner date
- Have a dance party at home
- Go for a hike together
- Buy a new board game and learn how to play it
- Take a pottery class
- Try out rock climbing together - or any other activity
- Take a 'trip' - cook a meal from a country you'd both love to visit
- Invest in your marriage and go to a marriage conference – We love XO Marriage and Family Life!
- Make a vision board together
- Redecorate a room
- Paint each other
- Get a coffee in a coffee shop
- Make a fondue
- Take a scenic drive
- Cook a recipe from scratch
- Check out a local brewery
- People watch on a busy street
- Start a new show together

**Happy Valentine's Day! Be sure you tell those around you that you love them this February 14th.**