

Activated Life Chiropractic & Wellness

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ACTIVATED LIFE
CHIROPRACTIC & WELLNESS

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!

Certified Matrix Repatterning Practitioners (CMRPs) are trained to locate the measurable bone and other structural changes caused by injury. In addition, they use specialized tools to precisely locate the often-hidden electronic fingerprints of injury caused by cellular expansion, which are usually overlooked by other assessment methods.

Treatment is focused on releasing these deeper layers of tension to systematically repattern the Matrix and resolve a lifetime of injuries. This is why Matrix Repatterning has been clinically recognized to provide measurable improvement in mobility and joint stability, lasting pain relief, and improved quality of life from the Inside-Out.

Please help us congratulate Dr. Justin on his completion and becoming a Certified Matrix Repatterning Practitioner



*Hello March
~
May the early spring awaken your soul and remind you to celebrate the season with the hope and joy it brings!*



Move into March!

March is the season when we get to enjoy longer days and more sun rays! We have several reasons to celebrate this month. Let's move into March with positivity and continuing our health journey together!

Reasons to Celebrate:

- National Peanut Butter Day (March 1st)
- Dr. Suess- Read Across America Day (March 2nd)
- International Woman's Day (March 8th)
- St Patricks Day (March 17th)
- National Colorectal Cancer Awareness Month
- Kidney Cancer Awareness Month
- Myeloma Awareness Month
- National Nutrition Month
- Brain Injury Awareness Month



March is National Nutrition Month. In honor of that, it's a great time to mention how nutrition is important to your overall health. Nutrition is defined as the process of nourishing the body for growth and replacement of tissues. It is a matter of "You are what you eat". Every cell in the body requires proper nutrition in the form of macro and micronutrients that can be found in the foods we eat. Cellular fuel is important for your entire organ system to function at its optimum along with your overall health.

It is no surprise that the foods that we grow consume, and digest are of lesser nutrient density than they used to be. Therefore, supplementation has been a valuable resource for adding necessary nutrients to the body. Not all supplements are made the same, however. Some are filled with fillers and are improperly sourced, others may look good on the label, but the absorption is poor in the gut, and some are what I call "expensive urine (it just passes right through you). What would we at Activated Life recommend? Good question.

Nutri-West is a local Montana and Wyoming company that makes supplements specifically for Chiropractors and Functional Medicine Doctors to utilize. They are not available to the public because Nutri-West believes that muscle testing and or labs are essential in determining what supplements you actually need. Dr. Justin can manually muscle test you for supplements and determine what supplements work well with each other. You can arrange a time during your regular appointment time to have him test supplements you are already taking to see if your body agrees with them, or if you need additional supplementation, he can test you using testers from Nutri-West.

Nutrition can be overwhelming because sources differ and are always changing what doctor says what about specific nutrients or supplements. The best advice we can give you is to make small changes at a time. That way, it's manageable for you to achieve your health goals. We are committed to "Caring for Your Whole Health"!

Let us know how we can best assist you in your healing journey.

Now You Know

★ "Chiropractic" is Greek for "Done by Hand."

★ Over 100 million adjustments occur each day globally.

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

★ A Nobel prize winner, Roger Sperry, reported that 90% of the brain's stimulation and nutrition comes from the spine.

Make It Matter March

This month let's focus on making a few changes; small changes are key. Focusing on a new exercise routine, trying a new hobby, or even changing our diet slightly can make a huge impact on our daily living. As Dr. Justin always says, the body is all connected. What we fuel our body with is the way we will feel. Let's make this month matter. Let's look deeper into our daily habits and find a small change we can make.

*Start the day with a glass of water. (Don't worry coffee can follow ☺)

*Take a short walk before or after dinner

*Plan ahead for a springtime project (new garden or home project)

*Try a new local restaurant

*Swap out milk chocolate for dark chocolate

*Don't sweat the small stuff

*Take a moment daily to remind yourself of all the goodness in your life!



"Your insurance won't pay for a chiropractor, so we fixed your spine in Photoshop."

Stuffed Dates ~ Perfect Healthy After Dinner Treat

What you need:

- Dates
- Peanut/nut Butter
- Dark chocolate
- Hemp Hearts
- Coarse sea salt

How to make it:

Slit along each date and carefully open them. Place a heaped teaspoon of peanut butter inside each date. Sprinkle each date with a good pinch of chopped chocolate, hemp hearts, and a small pinch of sea salt.



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White Bean Cabbage Potato Soup

How to make it:

1. In a large Dutch Oven or stock pot, add the olive oil and heat until shimmering. Add the leeks and cook, frequently stirring on low, until they're soft with a bit of golden color, about 10 minutes. *Watch them close, as they can burn easily.*
2. Add the cabbage to the leeks. Cook on low, occasionally stirring to cook down, about 9-10 minutes (the pot will be very full!).
3. Add garlic, 1/2 tsp salt, broth, potatoes, and thyme bundle. Bring to a simmer, then cook on low for about 20 minutes for a fork-tender potato (this will vary depending on the type of potato and size of cut, so test to taste) or 40 minutes to let the potatoes soften further (this time is flexible - cooking the potatoes longer will allow them to be creamier and melt into the soup - yum!).
4. Remove the thyme bundle, stir in the beans, and a good squeeze of lemon. Warm for about five minutes. Taste to adjust salt and pepper seasoning as needed. Garnish with parmesan and fresh thyme leaves if desired.



What you need:

- Olive oil
- 5 C Leeks, sliced thin, about two large leeks
- 8 C Cabbage, cut into bite-size pieces
- 2 C Yellow Potatoes, skins on, cut into small cubes, about one large potato
- 8 C Vegetable Broth
- 4 Cloves of Garlic, minced
- 1/2 tsp Sea Salt
- 2 C Cooked Cannellini Beans, drained and rinsed
- 4-5 Thyme Springs, tied
- Squeeze of Lemon to taste
- Parmesan Cheese for garnish
- Fresh Ground Pepper

Eat Right Challenge! - March is National Nutrition Month!

Try Something New Each Day of March

1st- No sugar or desserts

2nd- Drink 8 cups of water or more!

3rd- Try a new whole grain.

4th- Eat fruit with every meal

5th- Eat vegan for the day.

6th- Throw out any junk food.

7th- Include four food groups in your breakfast.

8th- Eat 5 fruits and veggies (combined)

9th- Omit all calorie drinks for the day.

10th- Eat vegetables with every meal

11th- Pack your lunch & snacks

12th- Try a new food

13th- Cook a vegetarian dinner

14th- Meal Plan for the following day!

15th- Eat real (unprocessed foods for the day!)

16th- Prep your meals for the next day.

17th- Eat something green at every meal!

18th- Eat something high in Vitamin C

19th- Eat a variety of colors

20th- Research starting an herb garden

21st- Write down everything you consumed

22nd- Check all of your sodium intakes today

23rd- Cook a homemade meal

24th- Double a recipe and keep leftovers

25th- Make a homemade smoothie

26th- Find local food from your area!

27th- Add a new spice to your recipe.

28th- Try making a new dessert.

29th- Eat fruit and veggie with each meal.

30th- Research the benefits of eating clean.

31st- Pat yourself on the back! You did it!