

**Activated Life Chiropractic & Wellness**

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**ACTIVATED LIFE  
CHIROPRACTIC & WELLNESS**

**Your Mind Matters!**

**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!

**The Scheduling App is Available!**

For your convenience, we now have a scheduling app.

Here is how to download it!

- Scan the QR code with your phone.
- Download **The Scheduling App**.
- Enter our clinic ID: **QQFJYZ**
- Register using the email and phone number on file with us.



Here at Activated Life Chiropractic and Wellness, Dr. Justin focuses on the "whole you." What does this mean? It's not just the physical and structural you. You are also looked at by the chemical, emotional, and mental parts of you too. It all matters! Stress can manifest in the body, which can cause aches, pains, depression, anxiety, or even chronic health issues. The body keeps scoring lifelong. Mental health is key to living a healthy lifestyle. Let's take a moment to check in on our loved ones this month and ask them how they are truly doing and how they are FEELING. In a world such as ours, we have a busy schedule, running around, going from place A to B. But this month, let's focus on feeling and opening up, taking a deep breath, praying for others, and spreading awareness of how important mental health is. Did you know that 1 in 4 Americans may experience mental health dilemmas? That is a significant amount of people here in the United States, right at our backdoor.

How to Take Care of Our Mental Health & Helping Others:

- \*Truly take care of yourself- Life has ups and downs, but there is always a brighter side!
- \*Check in on our loved ones- Be the ear to listen, a shoulder to lean on.
- \*Talk about it. Find someone you trust or feel you can open up to.
- \*Stay healthy- stay active, eat healthy, take the time to enjoy your hobbies, and get adequate sleep
- \*Think happy! - smile, laugh, and most of all, spread kindness and love!



Find us on the Web! **We post great pictures, videos, and health tips!**



Search for us on Facebook, Instagram, and YouTube:

**Activated Life Chiropractic & Wellness on Facebook.**

Visit us and become a fan!

Please post a review or comment, and share us with your friends.

**It is National Allergy & Asthma Awareness Month.**

Here are some quick facts!

- 2/3 of children and 1/2 of adults that have asthma also have allergies.
- 250 million people have food allergies.
- About 40% of children with a food allergy are allergic to more than one type of food.
- Any food can cause an allergic reaction, but eight foods are responsible for 98% of: tree nuts, soybean, peanuts, eggs, fish, crustacea, cereals, and milk!
- Allergies can develop at any age.

**Here at Activated Life Chiropractic & Wellness, we can do muscle testing to assist with figuring out food sensitivities as well as environmental causes of allergy symptoms!**

*What is your energy level?*

Your energy impacts every aspect of your life, including your mental, physical, and emotional health. It determines how you interact with people, how you view the world, and in turn, the outcomes you get. Everything is connected and that begins with your energy output.

**Energy Poor**

This is generally where your energy focuses on "less than" rather than "more than". For example, in this instance, if you were to wish for something you'd phrase it like, "I just want less [stress, illness, negativity] moving forward." With this, you're still focusing your energy on the negative, rather than turning your attention to attract the positive - it's important to shift that.

**Energy Neutral**

While energy neutral may not be as bad as energy poor, you can still work to improve it. Energy neutral is the same as being complacent, and while it's helpful to be satisfied with what you've got, you can still step it up a gear to be energy-rich. For example, as an energy-neutral person, your outlook may look like this, "I want to stay the exact same, I am fine with my health, well-being, and outlook, I see no reason for change".

**Energy Rich**

When you're energy-rich, you seek to attract more positive energy into your life so that you can continue to improve, continue to protect your health, and strive for more overall. For example, you may say things like, "I'm happy with my progress, but I'm ready to up my game to really take my health and wellbeing to the next level!" or "I've achieved my fitness goals, now I'm ready to improve my nutrition to become the healthiest I can possibly be!"

# These shoes are made for walking!

May is an ideal month to get outside! However, many of our patients may complain of back pain and other joint issues that prevent them from doing the outdoor activities they love. They come to us for relief from pain and seek advice on how to manage their overall health proactively. In our modern world, sitting is the new smoking, and many people sit for long parts of their workday. We recommend a program of low-impact walking. Walking is an exercise that doesn't come with the injury risk associated with high-impact exercise regimens, such as running and jogging. If our patient moves briskly, they can burn up to 100 calories per mile.

Patients of varying fitness levels can participate in a walking program. Walking is inexpensive, accessible, and does not require special equipment. Once patients have quality shoes that properly support the feet and custom flexible orthotics that stabilize all three arches of the foot, they're ready to go. In addition to the many health benefits, walking can be a great way to relieve stress and enjoy the great outdoors while spending time with family and loved ones.

Walking improves cardiorespiratory conditioning, and walking in a group or with a buddy can help build relationships. Exercise reduces stress, and there's evidence that walking can prevent dementia! Plus, walking has been associated with a reduced risk of breast, colon cancer, heart disease, and diabetes. Best of all, exercise can help you live longer!

## Walking can help:

- Relieve stress
- Improve mood
- Improve self-image
- Lower blood pressure
- Slow age-related osteoporosis
- Improve blood cholesterol levels
- Tone up the leg and thigh muscles
- Counter anxiety and depression
- Relieve arthritis and diabetes
- Aid weight loss & weight maintenance

## Did you know the average person walks about 7,500 steps a day?

With 26 bones and 33 joints, our feet are the foundation for the rest of our body. If the feet are not mechanically sound, it can affect the knees, hips, and even the lower back.

*Here at Activated Life Chiropractic and Wellness, we can help!*

*Our Special Custom Orthotics called Foot Levelers are made custom for you!*

*In May, we are having a special buy any two orthotics or flip flops for \$299 or one pair for \$169! Please let us know if you have any questions.*

**WHY FOOT LEVELERS CUSTOM ORTHOTICS?**

- Clinically proven to reduce low back pain by 34.5%
- Made just for you and your unique needs
- Make footwear more comfortable
- 100% guaranteed
- Built to last

Ask about ordering custom orthotics!

**Custom Orthotic Flip-Flops**

The best way to support your body during flip-flop season!

Now in more colors!

**Call  
(406)770-3800**

## May 7th World Laughter Day

As Charlie Chaplin once stated, "A day without laughter is a day wasted." We want you to spend your life with laughter, smiles, and pure joy! Did you know that laughter decreases stress? By laughing, the brain releases endorphins which make one feel happy. So do not let anyone dampen your day; laugh as much as you want!

## Dr. Justin – Thoughts on Allergies

Spring has finally sprung! This also means that allergy season is upon us. Seasonal allergies are often annoying and cause the histamine response in the body resulting in a constantly running nose, itchy eyes, and sinus pressure. What can you do about this? There are some nutritional options that can be helpful. The first option would be to consume Omega 3 fatty acids. Consuming too much Omega 6's from vegetable oils, among other foods like corn and soy leads to allergy responses. In a study by Strannegard, consuming Omega 3 fatty acids from fish oil directly inhibits the inflammatory and allergy response from Omega 6's. I recommend taking Complete HI-Potency Omega 3 liquid from Nutri-West (you can get from our office). This is the appropriate 2:1 ratio of EPA to DHA and best taken with Co-factors like Vitamin C, Riboflavin, Vitamin B-6, Folate, Vitamin B-12, Magnesium, Glutathione, Picosanol, Co-Enzyme-Q-10, and Alpha Lipoic Acid (Can also order from Nutri-West in our office). Vitamin D3 can help with allergies by helping T-cell function. I recommend Complete Imuno D3 from Nutri-West so that you can absorb it quickly and get the necessary probiotics and quercetin with it. The last thing would be to take the Allergy Spray from NET to help with the homeopathic remedy to decrease your sensitivity to the allergens. Regardless of what allergens you will encounter this spring, by supporting the body with these few things, Omega 3's, Vitamin D3, and the above co-factors, your body can handle allergies that come your way. Remember, we can also muscle test allergens to see what a specific allergen is so that you can avoid it as best you can. Cheers to your good health!

## Sweet Potato, Egg & Green Chile Breakfast Quesadillas

Savory breakfast quesadillas stuffed with sweet potatoes, fluffy scrambled eggs, green chile, and melted cheddar cheese. The sweet and spicy quesadilla combination will become your new favorite breakfast and surprise everyone with a unique flavor. Serve them with Greek yogurt, guacamole, and salsa for dipping!

### Ingredients

- 1 tablespoon olive oil, divided
- 2 large eggs
- 2 (8-inch) tortillas of choice
- ½ cup shredded cheddar cheese, divided
- ½ cup mashed roasted sweet potato (or butternut squash)
- ¼ cup mild or medium diced roasted green chile



### Instructions

1. Add 2 eggs to a bowl with a few teaspoons of water (this helps keep them fluffy and moist) and whisk until well combined. Add ½ tablespoon olive oil to a large skillet and place over medium-low heat. Add eggs and scramble, cooking until just done. Remove eggs from pan and transfer to a plate.
2. Next, add ½ tablespoon of oil and place the same skillet over medium heat. Add 1 tortilla, then sprinkle ¼ cup shredded cheese, followed by mashed sweet potato, green chile, scrambled eggs, remaining ¼ cup cheese, and your second tortilla. Cook for 2 minutes or until golden on one side, then flip quesadilla and cook on the remaining side until nice and golden. Transfer to a cutting board and use a pizza cutter to cut into triangles. Serve with avocado, yogurt, and salsa if desired.

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