

## Concepts to understand:

1. *The Nervous System controls (communicates to) every single organ and tissue in the body.*
2. *The primary control unit of the nervous system is the brain.*
3. *The single most likely area for there to be a disturbance in the body is between the head and the first bone in the spine.*
4. *Loss and/or reduction of this communication pathway equates to loss/reduction of the life force (nerve transmission) to your body.*

*Let us help you have the best life possible and keep your nervous system free from the interference that is reducing your full potential. Make this positive choice for your entire family.*

*Hope deferred makes the heart sick, but a longing fulfilled is the Tree of Life.*

*Proverbs 13:12*

### This Issue:

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Dear Patient and Friend,

When you are driving down the highway, do you ever look out the window at other cars and wonder where they are going in such a hurry? And then, do you ever wonder where YOU are going in such a hurry? Are you actually enjoying your day or just speeding through it?

Life moves pretty quickly these days. We are so *busy* living it that we forget to focus on the quality of our lives and participating in what really matters. We think, "I can't stop now, I have things to do, places to go, expectations to meet."

We participate in a 21st century thievery operation. Not only is our time being stolen, but other things we value are being stolen, and we are allowing it to happen. Perhaps it is time to question ourselves about how we spend our time each day as well as what is most important to us in life.



Maybe we accept our time limitations, but we long for a better QUALITY of life. If you are somehow dissatisfied with life, try to get down to the bottom of it. What is it that you want but do not have? Companionship? Recognition? Better health?

Most of us want a life in which we have time during the day to enjoy the special people or activities that bring a smile to our faces and

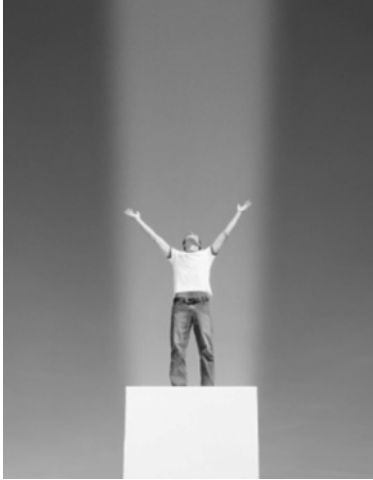
our spirits as well. We want to enjoy the PROCESS of life, not just the end result.

Since health underlies our participation in and enjoyment of life, doesn't it make sense to make our health a priority in our lives? Unfortunately, our society does not encourage us to investigate alternatives to accepted health care methods. We tend to accept what history has handed us, instead of asking questions and finding out ourselves which health care methods encourage the body's natural ability to heal itself. **No matter what your health problem may be, restoring nerve system function will help your body** use its natural recuperative powers to heal itself. The chiropractic model of health and wellness does not focus on pain and symptoms.

The chiropractic model of health and wellness focuses on YOU and is centered on the philosophy that the human body, being knit together in a wonderful way, will heal itself given the right opportunity and circumstances. The passion for the Doctor of Chiropractic is to promote the healing process by locating and removing any interference or blockage in the nerve system, which may be interfering with your ability to express your maximum health potential.

Don't let life pass you by. Take note of what really matters in life. Make your health a priority in 2008. Make the decision today to live a healthier lifestyle because you deserve great health and wellness. You deserve a life filled with love, vitality and all of your dreams come true.

# Help us, Help our Community



Dr. Cindy & I want to be more involved with our community helping more people be less sick. In many cases, those that are sick, in a chronic state of dis-ease or just have accepted that 'they have to live with it', really believe that there is no hope. Please help us tell the world there still might be a better answer. Tell them about the powers of chiropractic and how by just turning the **LIGHT ON**, life can be so much better.

The body is a self-healing, self-maintaining organism that God has created. Researchers have recently theorized that the human body should have a working life span of 120 years! Why are we wearing out so much sooner? The Answer—We are not taking care of ourselves!

Our environment is very toxic to living healthy. Chiropractic was built on three core causes to subluxation (*Remember that word from the New patient Class?*) Subluxations, breakdown of the spinal joints causing interference with nerve transmission, is caused by **Traumas, Thoughts, or Toxins**. We are walking around, stressed, breathing in air polluted by everything from exhaust to dog food, while we trip on sidewalks broken by a failed water main. So all three are present in our lives continuously and we need to make sure we are getting ourselves checked regularly so we are able to adapt to our environment to the highest ability possible.

We have to remember that the nervous system controls everything in our body all the way down to the individual cells. If there is any problem with the flow of information to or from the brain through the vast array of nerves, there will be a reduction in life. Simply put, your body could be very well choking itself of vital life energy! How would that feel? Or, would you even feel it?

We get to help so many people like yourself. However, we cannot be the only ones out there telling people of this service. If you feel you are seeing positive results, one of your friends or family might be in your same circumstance before you started care. Do you think it would be in their best interest to see if we could possibly help?

Take advantage of our *NEW* Referral Cards. Next time you are in the office, grab a few to pass out. We want to be the premier healthcare center for the Quad Cities, and it is with the generous sharing of information by our patients that it will truly become the center it needs to be.

Please join us in welcoming all of our new patients. Thank you for choosing Tree of Life Chiropractic for your chiropractic needs!

Alan D  
Kathy D  
Bill G  
Marilyn G  
Jon K  
Kent L  
Marvin L  
Pat M  
Frances P  
Roy P  
Tabitha B  
Donna R  
Allison S  
Doug S  
Keith S  
Nate S  
Diane V  
Susan V  
Brenda W

*Many thanks to all of our practice members that have referred their friends and family into our practice. It is the commitment from you to promote health that will benefit the world one person at a time.*

*Thank you,  
Drs. Heath & Cindy*

## **Mission:**

To be a premier community-based upper cervical healthcare facility giving the love and compassion our members need while serving as an example influencing and assisting the profession as God has directed us to do.

*We sincerely thank you for being part of our practice.*

# Children Need Chiropractic Too!

## Common Questions Asked By Parents About Chiropractic

### “Which Common Children’s Disorders Have Been Linked to Spinal Subluxations?”

The most common reason children are taken to a Doctor of Chiropractic is for correction of spinal misalignments (subluxations) directly linked to some of the most common childhood disorders: earaches, headaches, colic, asthma, bladder control loss, stomach troubles, and growing pains. If a child is suffering from any of these issues, a visit to the chiropractor may be the answer.



### “Can My Family’s Medical Doctor or Child’s Pediatrician Find Spinal Subluxations?”

Parents sometimes wonder if the family doctor or pediatrician can find spinal subluxations or determine the necessity for chiropractic care. With the right chiropractic training, it is possible they could. However, just as parents would not take a child to the dentist to put a cast on a broken arm, or to a medical doctor for a toothache, mothers and fathers should seek the appropriate professional for determining the health of their child’s spine- a Doctor of Chiropractic.

Americans are the most “overmedicated and over operated on” people in the world. Hospitals are overflowing, mental institutions are flooded, the disease rate is increasing much faster than the population, and the cost of health care is rising even faster than the disease rate. Pills, shots and potions, along with unnecessary surgery, have made the U.S. the sickest, most drugged nation in the world. Chiropractic care, on the other hand, has only one side effect - good health! Chiropractic care takes nothing away from the body, nor does it add anything to it.

**Chiropractors simply locate and correct interferences to normal nerve control so the “power” that made the body can heal the body. Chiropractic plays an important role in taking responsibility for our health!**

**Now Open Saturdays!!!**

## New Hours

In light of seeing more families coming from out of town, we are changing our hours to be able to serve more people. This means having hours now on Saturdays.



### Office Hours

Monday 9:00am—5:30pm  
Tuesday 9:00am—5:30pm  
Thursday 9:00am—5:30pm  
Saturday 9:00am—1:00pm

## Discover Wellness Presents

Tree of life is now offering educational workshops in our community. We are working with many organizations around the QCA and are getting a wonderful response. There are an assortment of health and wellness lectures that we offer. If there would be any specific topic that we could assist you and your organization, just ask. We would love any and every opportunity to get out and help more people realize there is hope and they do possess higher potential than they might realize.

All these presentations are given as community service through our office. It assists us with helping more people be less sick. Please pass the word. Call the office to see when the next seminar is going to be or how you can get your club or workplace involved in learning how to be healthier in 2008.

# Ladies Night of Indulgence

Friday, February 22nd

Dr. Cindy and Morgan would like to invite all our female practice members and their girlfriends to an evening of relaxation, pampering and light refreshments and spirits just for the girls. It is a great way to meet new people and to expose more people to our wonderful spot for health and healing.

To be involved, all you need to do is call the office and let us know that you will be attending and how many guests will be accompanying you.

This event will be similar to last year where we will be having chair massages, hand treatments and assorted of Hor dourves as well as additional information to improve your health and well-being. Plan on it now and bring your girl friends for a wonderful evening out. Consider it your health spa for the evening. The event will start at 6:30pm on Friday, February 22nd.

There will also be other special things going on, but you will have to come to find out. Call 309.**786.8733** to reserve your seats today!

*One more thing, we hope to have Iowa's Sexiest Man ,that was featured in Cosmo's Sexiest Men, 2007, helping Dr. Cindy out for the evening as well!*



 **Tree of Life**  
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