

MAY 2018 NEWSLETTER

Staff Spotlight Thoughts from Dr. Meg Women and Moms

During the month of May, we are honoring women's health and Moms so I thought I'd share a few reflections on both of those things. Women are complex, let's face it! A woman's brain is wired strongly for connection, with lots of emotional energy flowing through her all the time. A woman wants to be heard, seen, acknowledged – and can talk with her friends for hours with uncanny animation and detail, especially if she is feeling stressed.

This is an important part of being a woman – seeing that things are taken care of, and that means with people too. So when it comes to women's health, maintaining an adaptable and strong mind and body – keeping them in sync - becomes especially important.

The brain is made up about 60% fat. Women need to supply their brains with healthy fats by including them daily in their diets. Chia seeds, pumpkin seeds, walnuts, hemp seeds, wild-caught salmon, sardines, coconut, olive oil – eat all you can! These fats also help with her hormones, which fluctuate throughout her life. Too many women are what we all “estrogen-dominant,” meaning that they have too much estrogen relative to the hormone progesterone. This puts them at risk for lots of symptoms and eventually they can feel like their life is out of control. Bringing the hormones into balance is essential for women to look and feel their best. This is done with lifestyle choices and can be a source of empowerment for women once they realize that they are the masters of themselves and can affect how they feel... all on their own.



And now some words about moms...Not all of us had a storybook mom. For many people, Mother's Day is not a day of celebrating a mom for many reasons. For me personally, I feel incredibly fortunate to have the mom I

do. She was raised without her mother who died in childbirth with my mom's sister. She has no memories of being held or loved by her mother. Without that role modeling, somehow she found a way to become a great mom and grandmother.



I saw this plaque in a store window.

This resilience is one attribute I see in many mothers. They bring forth life, hold their child's hand for awhile, and never let go in their heart. Through thick and thin, they remain steadfast in their desire to see their child flourish. For most mothers, there is a connection to their child that transcends any other. A mom cares deeply for the safety of her child. My mother-in-law at 97 years old still appreciates a phone call from her son when we return from a trip, just to know we arrived home safely. When I tell my mom that I am taking a surfing lesson or climbing a mountain, I hear those eternal words, “Be careful!” Now they are followed by “I know you will.” She realizes that because I am a mother too, things will always be just a little different.

It is my hope that whatever your relationship is or was with your own mother, that you take a moment this month in honor of Mother's Day to give gratitude to all the mothers.

Car Collisions

An important part of our work here at CLC is helping our patients recover from automobile collisions. The majority of people will be involved in a car crash at some point in their lives. Most collisions are not deadly and yet they can result in significant injury to our bodies and our emotions. There is no correlation between the severity of a person's injury and the damage to their vehicle. We can see

significant damage to muscles, nerves, joints and discs with low speed impacts, and minor injuries with high speed impacts. We can also see emotional trauma ranging from a little anxiety when driving a car for a while to inability to return to daily life without constant fear and flashbacks of the collision and its effects.

Being involved in an automobile collision affects a person on so many levels. Collisions usually occur suddenly, without warning therefore it comes as a shock to our system. One minute you were driving home and the next you are jolted to a halt wondering what just happened. Disbelief, shock, fear, anger, anxiety – all these emotions are there and you can feel the physical affects from the adrenaline released into your bloodstream. Your attention and focus gets blurred then sharpens, as you realize that you were just hit.



It takes a while to sort it all out after a car collision. There is the damage to your vehicle, insurance companies, police reports, whiplash and other injuries, and the well-being of others, if they were in the car too. So how do we handle all of this that is suddenly thrust into our lives?

Here are 5 truths about car collisions:

1. It is very common for people to minimize their injuries and therefore wait to seek any type of treatment. Sometimes injuries are felt much later after the initial collision, when the adrenaline wears off and you can feel your body again, or when you realize you were putting up with pain and you hurt more than you thought at first. **This is normal.**
2. We know that someone else is at fault and caused the collision yet we ruminate about what we could have done to prevent it from happening. We replay the scene over and over in our mind, hoping that somehow we can make sense of it all. **This is normal.**
3. If someone else was in the car, we feel responsible for their injuries, often with lots of guilt. **This is normal.**
4. Your mood is thrown off and you feel exceptionally emotional, maybe irritable, depressed, or anxious. Women's menstrual cycles can be rougher too for a while. **This is normal.**
5. You think you have to handle it all on your own and you make up stories: An attorney is too expensive, I really don't need all the treatment my doctor recommended. I'll be back to normal in no time. **This is normal.**

We are here to see you through from the collision to your recovery. We realize that you can incur physical injuries

as well as emotional injuries from a car collision, and we can help you recover from both. Following ALL recommendations puts you in the best position to heal quickly and optimally.

Community Events

Yoga at the Market

Thursday, May 24th

Join our yoga teachers for yoga on the grass at the Bremerton Farmers Market at Evergreen Park. It's a great opportunity to see what yoga is all about. We will be at the market on the 4th Thursday of each month, May through September at 5:30pm. Bring your mat and come move and breathe together! Follow the Bremerton Farmers market Facebook page for other events and updates. <https://www.facebook.com/BremertonMarket/>



Post-it-Notes

*Chiropractic Lifestyle Center turns 10 years old!

Thank you for a decade of service to you and your family, friends, and co-workers. It really is an honor to partner with you in health and healing. We are grateful for your trust in us!



*Gift bags available for Mother's Day gift giving.

***Massage gift certificates** make a lovely gift for Mother's Day! \$10 off for each certificate purchased May 1-11th.

***ProgesterAll natural** progesterone cream \$5 off per tube during the month of May. Helps balance hormones for premenopausal and menopausal women.

***Office closed on Monday, May 28th for Memorial Day.**

Ponder this... The most important thing a father can do for his children is to love their mother.

—Theodore Hesburgh