

SEPTEMBER 2018 NEWSLETTER

Staff Spotlight New Admin/CA Team Member

A big WELCOME to Michelle who recently joined the CLC team. She brings with her a passion for health and well-being and many years of administrative medical office experience. Being a part of the team fits right in with her love for people and their pathway to health and healing. Michelle also volunteers with the YMCA exercise programs. She and her husband enjoy all the wonders of the Northwest and sharing life with their family. Introduce yourself to Michelle!



Patient Appreciation Day You're Invited!

We are super excited to extend a heart felt invitation to you for our **Patient Appreciation Day (PAD)!** Please join us to celebrate YOU and your commitment to health and well-being. There are so many choices these days with where and how you attend to your health. The fact that you choose to come to Chiropractic Lifestyle Center is something we don't take lightly. We all care about you as a whole person, beyond your symptoms or pain. And... **CLC turned 10 years old this year!** Many of you have been a part of the practice since the days at Franklin Park and in "the little office" where Dr. Bernstein is now. Some of you I have known for my entire career of 27 years! You grew up from kids to parents, from 40 yr olds to AARP and Medicare, and from knowing very little about your body to understanding just how miraculous it is! Wow, that's a lot to CELEBRATE! Please join us –

FRIDAY, SEPTEMBER 21st 4:00-7:00pm

- Delicious food and beverages – gluten-free and vegan options
- Live music: Ron Simans duo with sister Lorna
- Chair massages
- Meet the practitioners
- Corn hole
- Fun for the kids: play and activities – CLC Co-op
- Demos: Pilates w/Sheli Potmesil; Reiki with Sue Franklin, PsyD
- Thermography info w/Lenna Shepard, CTT
- Raffle prizes every ½ hour
- Photo zone – pictures with your CLC staff!

Bring the whole family! And your friends, neighbors, co-workers. Anyone who wants to have a fun-filled afternoon. Look for the balloons and the bubbles! We'll gather outside on this day of the Autumnal Equinox



Community Events Yoga at the Market Thursday, Sept. 27th

Join our yoga teachers for our last offering of the year - yoga on the grass at the Bremerton Farmers Market at Evergreen Park at 5:45pm. It's a great opportunity to see what yoga is all about. FREE and a great time for kids too. Bring your mat and come move and breathe together!

New Class Series – Pilates Barre Saturdays Sept. 8, 15, 22 and 29th 8:30-9:30am

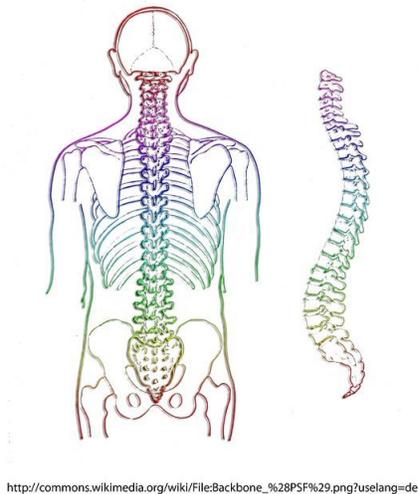
Wake up and start your weekend with this dynamic barre-style pilates class. No experience needed. Register with the front desk staff or through our website. Cost: \$60 for the 4 class series.

In The News

Origins and History of Chiropractic Care ACA 2018

The word 'Chiropractic' comes from the Greek words cheir (meaning 'hand') and praktos (meaning 'done'), i.e. Done by Hand. The name was chosen by the developer of chiropractic, Daniel David Palmer.

A prolific reader of all things scientific, DD Palmer realized that although various forms of manipulation had been used for hundreds if not thousands of years, no one had developed a philosophical or scientific rationale to explain their effects. Palmer's major contribution to the health field was therefore the codification of the philosophy, art and science of chiropractic which was based on his extensive study of anatomy and physiology. Palmer performed the initial chiropractic adjustment in September 1895. Palmer examined a janitor who had become deaf 17 years prior after he felt something "give" in his back. Palmer examined the area and gave a crude "adjustment" to what was felt to be a misplaced vertebra in the upper back. The janitor then observed that his hearing improved.



http://commons.wikimedia.org/wiki/File:Backbone_%28PSF%29.png?uselang=de

From that first adjustment, DD Palmer continued to develop chiropractic and in 1897 established the Palmer School of Cure, now known as the Palmer College of Chiropractic, in Davenport, Iowa, where it remains today. Following the first adjustment, many people became interested in Palmer's new science and healing art. Among his early students were Palmer's son, Bartlett Joshua (BJ), as well as members of the older healing arts of medicine and osteopathy. The first state law licensing chiropractors was passed in 1913, and by 1931, 39 states had given chiropractors legal recognition.

Today, there are more than 70,000 active chiropractic licenses in the United States. All 50 states, the District of Columbia, Puerto Rico, and the U.S. Virgin Islands officially recognize chiropractic as a health care profession. Many other countries also recognize and regulate chiropractic, including Canada, Mexico, Great Britain, Australia, Japan and Switzerland.

Post-it-Notes

***Chiropractic has a birthday – 123 years old!**

*We are featuring **Youth and Adolcescence** during the Month of September. Check out the display and the handouts in the reception area.

***We have added more massage appointments!** You can now schedule with Morgan on Tuesday afternoons and with Maja every other Tuesday AM!



***The Movement Studio** now has yoga classes on Sundays and Mondays only with Sarah Nolan. Register at the front desk or online from our website.

***Get into fall with the aroma of essential oils.** Diffuse them in your home for a warm cozy feeling – clove, cassia, ginger, doTERRA On-Guard, juniper, cedarwood, cypress.

Ways to Celebrate the Fall Autumnal Equinox

What a great time of year to seek balance in your life! The word equinox is derived from Latin, meaning "equal night." On each equinox, the sun shines directly on the equator and the length of day and night are said to be equal. Here are a few ways you can welcome in this next season of cooler temperatures, fall color, and a gradual move indoors.

1. Make a gratitude list. The autumnal equinox is a time of harvest. Make a list of everything you are thankful for as a way of reaping your inner harvest.
2. Restore balance in the home. Do a fall deep cleaning. Get rid of anything that you no longer need to make space for the new season.
3. Make nature crafts and create fall art.
4. Begin something new. Let go of the old and begin anew
5. Visit a local farm or orchard.
6. Eat a fall harvest meal.
7. Add fall decor to your home.
8. Meditate and/or practice yoga.



Ponder this... The trees are about to show us how lovely it is to let the dead things go.