

DR. HEAMAN WISHES YOU A
SAFE AND HAPPY HOLIDAY!

DECEMBER 2006

TALKING BACK

CHANGE YOUR ATTITUDE, CHANGE YOUR LIFE

FEATURING

- **Change Your Attitude, Change Your World**
- **A Tisket, a Tasket, Who Won the Gift Basket?**
- **Shhh... Don't say the "S" word.**



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CLINIC HOURS

Monday 8:45 -1 & 2:30 - 7

Tuesday closed

Wednesday 8:45 -1 & 2:30 -7

Thursday 11 -1 & 2:30 - 7

Friday 8:45 -1 & 2:30 - 5:30

Saturday 9 -12

Are you frustrated about ...not eating healthy? gaining weight? Not sticking to your exercise plan? Before you run to the grocery store or to the gym to try again, you need to stop and take a look on the inside. How healthy is your mind? Chances are that you KNOW what to eat and you KNOW how to lose weight but your negative self talk is preventing you from doing so. "I have no time, I have no energy, I cannot run as much as I used to, I am too tired, There's no point, my whole family is fat." As the saying goes, **CHANGE YOUR ATTITUDE AND YOU WILL CHANGE YOUR LIFE.** As health conscious consumers we get lost in the world of healthy eating and strenuous exercise in the search for a healthy lifestyle but often ignore an essential component to health - a **POSITIVE attitude.**

You have the ability to chose how you feel. Negative thinking is a very destructive habit which sets us up for failure. Negative emotions cause our muscles to tighten up leading to back pain, headaches, neck and shoulder pain. You can make the choice not to repeat old patterns of unhealthy eating, of skipping exercise and of negative thinking. If you do not like feeling guilty, frustrated, stressed or tired, then make up your mind that you are going to start talking more positively. You and only you can make healthy choices for you. If you have a day of non healthy food choices, rather than thinking "I have blown it, I am back to where I started." Sound familiar? Stop beating yourself up and tell yourself that today you are going to focus on getting back on track with healthy eating

and exercise.

Practice being on the lookout for negative self talk. It is important to practice positive thinking and to remind yourself that you are a worthwhile person whatever you do. Take a day to monitor how often you send yourself or even someone else a negative message. You will be surprised at how many times those negative thoughts creep in there. Eventually as you practice positive thinking, you will be able to recognize and stop negative self talk before it occurs, replacing the negative message with a positive one. Good Luck, stay positive and enjoy ALL the benefits of a healthy lifestyle.



Reminder!

Holiday Hours

Dr. Heaman's office hours for December will be changed because of vacation and holidays.

Dec 9-16th closed
 Dec 24th-26th closed
 Dec 27th 9am -1pm
 Dec 28th & 29th closed
 Dec 30th 9am -12pm
 Jan 1st closed
 Jan 2nd 8:45am - 7pm

I apologize for any inconvenience that these hours may cause.

XMAS LIST

UNCLE TOM- ?

AUNT JOAN - ?

NEED IDEAS ?

CHIROFLOW

WATER PILLOW

\$ 64.99

or

INNOTECH

INFLATABLE

BACK SUPPORTS**

SM \$39.99

LG \$109.99

** COVERED BY MANY
 WORK BENEFIT PLANS

SURVIVING HOLIDAY STRESS

The winter holidays are upon us and typically they are filled with busy schedules, parties, shopping, and good food, but there can also be tension and stress. For many people, the holidays mean changes in work, exercise and dietary habits. These can lead to frustration and anxiety. Taking care of yourself becomes especially important during stressful times like the holidays. Try these tips to keep holiday stress under control and get the most out of the festive season.

Drink enough water

Dehydration is one of the most common causes of headache, fatigue, joint pain and stiffness. Caffeine and alcoholic beverages are dehydrating, so increase your intake of fresh, plain water.

Avoid sugar

Sugar increases symptoms of irritability and anxiety in many people and also weakens the immune system. It has also been found to diminish

your infection fighting white blood cells for up to six hours after consumption. The holidays are the time for sweet treats, but try not to overdo it.

Make a list and check it twice

A hectic schedule means that being organized and planning ahead is more important than ever. If you are laying in bed at night worrying about all the things you have to do, get up and make a "to do" list. It will help to clear your mind and get you back to sleep.

Exercise

Cardiovascular exercise, weight training and yoga can reduce the level of stress hormones in your body, allowing you to cope more easily. It is also a great way to make a little time for you.

Get enough sleep

Being well rested will allow you to have the energy to cope with the day's stresses. Be sure to get at least 7 to 8 hours a night.

You'll find you have more energy and are able to get even more done in a shorter amount of time.

Delegate!

Does the house need cleaning or decorating? Let each family member be responsible for a room or a specific task.

Laughter is the best therapy

It may be a cliché, but it's a cliché that is actually true. People who laugh on a daily basis rate the stress in their life as lower and enjoy better health. So go ahead and giggle – it's good for you!



MISSED APPOINTMENT POLICY

PLEASE NOTE THAT THERE IS A \$ 30.00 FEE IF YOU MISS YOUR APPOINTMENT. I DO NOT LIKE HAVING TO CHARGE PATIENTS HOWEVER, I FEEL MY TIME IS VALUABLE AND IT IS NOT FAIR TO OTHER PATIENTS WHO COULD HAVE BENEFITED FROM HAVING YOUR APPOINTMENT TIME.

MOVING ?
DR. HEAMAN WOULD APPRECIATE IT IF YOU WOULD NOTIFY HER, IF YOUR ADDRESS CHANGES

DON'T SAY THE "S" WORD?

I know, I know, I will probably jinx our weather now that I have said it, but chances are snow will appear very soon. Here are some tips for safe snow removal.

When you consider that a shovelful of snow weighs 5 to 7 pounds, you realize how much weight you have to lift to clear your sidewalk or driveway – on average, several hundred pounds. Shoveling can be a pain in more ways than one. These tips will help you keep your back in top shape:

Don't let the snow pile up: If the weather report calls for several days of snow, frequent shoveling will allow you to move smaller

amounts of snow at once. It is far less strenuous in the long run.

Pick the right shovel: Use a lightweight pusher-type shovel. If you are using a metal shovel, spray it with Teflon first so the snow will not stick to it.

Push, don't throw: Always push the snow to the side rather than throw it. That way you avoid lifting heavy shovelfuls of snow, and avoid sudden twisting or turning movements.

Bend your Knees: As with any heavy object, you need to use your knees, and leg and arm muscles to do the pushing and lifting, while keeping

your back straight.

Take a break: If you feel tired or short of breath, stop and take a rest. Shake out your arms and legs. Stop shoveling immediately if you feel chest pain or back pain. If you have back pain that is severe or persists, give the office a call and schedule an adjustment.

Too Many People Miss The Silver Lining Because They Are Expecting Gold.

~ Maurice Setter~

AND THE WINNER IS.....?

Congratulations to Sean Goodman. Sean's name was drawn for the gift basket prize offered as a thank you from Dr. Heaman to her patients for referring

other patients to her. Every time you referred a patient to Dr. Heaman, your name was entered into the draw. Thanks and keep up the referrals!

The Next Draw Will Be For A Chiroflow Water Pillow On April 1st!