

IN TOUCH

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Hello!

This issue of *In Touch* is being sent to you courtesy of

The Oaks Chiropractic Center
 Dr. David Bush
 Dr. Dawn Bush

It is our way of saying that you are important to us and we truly value your business. Please feel free to pass this newsletter on to friends and neighbors. Enjoy!

Funny Bone



Aliens, turtles, and bones, oh my! Real estate agents' strange finds

You never know what people will leave behind in their houses. From the *Los Angeles Times* come this list of odd, and scary, items discovered by real estate agents when showing properties:

- A model of the monster from the "Alien" movies (left in a dark basement).
- An open coffin with a dummy vampire inside.
- A life-size model of a skeleton, hanging in a black closet.
- A 20-pound iguana hanging on a tree branch in the front hall.
- A bedroom full of turtles.

How to Create Your Own Healthcare Reform

We have seen almost everything when it comes to how people seek (or don't seek) health in their own lives. There are people on both sides of this scale from those who do extreme training/sports in an effort to become "Ironmen" to those who do nothing and wonder why they always feel "less than good." After more than 34 combined years in healthcare, changing our own habits is truly among the most useful advice we can all follow. This is in the category of "tough love". So here is TRUTH to embrace about reforming the health in America and our own bodies.

TRUTH #1: If you won't change what you are doing, expect to keep getting what you are getting. If you are overweight, smoke, won't eat your veggies, won't exercise and are a frequent flyer through fast-food drive thru's (and teaching your kids to do the same) be prepared to be sick, have joint pain and high medical costs. You know it. Did you know there is ALWAYS *something* you can do to help yourself? None of us are perfect, and we can all work towards being better, a little every day. Start small and keep the change!

TRUTH #2: When your body finally breaks down into some sort of pain or symptom, odds are it has been heading that way for months and often years. Pain is not the beginning of a problem, it is the alarm signaling a breakdown! Similarly, if you had a pinhole-sized leak in your oil pan, it is still a problem that should be fixed even though it may take a while to actually destroy your engine!

TRUTH #3: Pharmaceutical companies have been selling us the promise and the hope of the "magic bullet" – the pill that miraculously and without danger cures all our ills and stops all our pain. They are short changing the amazing healing your body is often capable of AND slowly replacing great-grandma's common sense with empty propaganda. Are pharmaceuticals sometimes necessary? Absolutely! **CRISIS IN YOUR HEALTH HAPPENS WHEN TRUTH #1 IS IGNORED, TRUTH #2 IS IGNORED AND YOU DEPEND ON TRUTH #3 TO SAVE YOU!**

Most of you know, or at least suspected, all of these things. We have heard dozens of different excuses of why crazy behaviors continue. Think about this... First, studies have shown that it is never too late. Even the elderly can have great improvements in their health and quality of life when they improve their lifestyle behaviors. Second, a 1% improvement made each day, every day results in huge results over the long term. We have thousands of happier, healthier patients who never thought they could get rid of headaches, back pain and many other problems.

WE CAN HELP. How you want to live your life? Let us know what you're looking for in your health and we can help you get there. Call today at 281-852-8724 to make your appointment.

Nutrition for Your Eyes - The American Optometric Association says that eating fruits and vegetables containing carotenoids can help protect your eyes from damage caused by Age-Related Macular Degeneration, the leading cause of blindness among seniors. These helpful foods include dark leafy vegetables (such as spinach and collard greens), broccoli, squash, corn, grapes, oranges, kiwis, and blueberries. Some 10 million Americans show signs of AMD.

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A "GOOD NEWS" NEWSLETTER FULL OF FUN AND INTERESTING FACTS FOR OUR CUSTOMERS FEBRUARY 2010

Help Wanted ☺...

A neighborhood pet shop needed some office help, so the owner posted a sign in the window: "HELP WANTED: Must be able to sort mail and use the computer. Must be bilingual."

In the afternoon, a dog trotted into the store, wagging his tail, and barked at the sign repeatedly. The owner finally realized he wanted the job. Perplexed, he said, "Sorry, boy. You have to be able to sort mail."

The dog hopped up on the counter where the day's mail was stacked, and used his nose to sort the packages and envelopes into separate piles—junk mail, invoices, checks, and the like.

The owner didn't know what to do, so he took the dog in back to the office and showed him the computer. The dog hopped on the chair, logged on, and began surfing the Web for pet sites.

Stunned, the owner sat down and tried to think. The dog waited patiently. Then the owner said, "But you have to be bilingual."

The dog opened his mouth and replied, "Moooooo."

From the desk of

Dr. David & Dr. Dawn

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Talking To Your Kids: It's Not Just Child's Play

Talking to children can sometimes feel like communicating with aliens. Yet it's not all that difficult to speak and understand their language.

Here's some good advice for conversing with kids at any age:

- Make eye contact. This conveys interest and respect. With smaller children, sit at their level so they don't have to constantly look up to you.
- Use "I" statements. The best way to communicate your feelings—positive or negative—to children is to tell them clearly what you feel. "When you do this, I feel that." Avoid accusing or blaming.
- Listen attentively. Make time to hear your children. Stop what you're doing so you can focus on them exclusively. Draw them out with phrases that show your interest: "Tell me more . . . why do you think that happened? . . . How did that make you feel?"
- Repeat what they say. Make sure you understand, and show that you're taking them seriously, by repeating back what they tell you: "You mean that you did . . .?"

