

Virginia Family Chiropractic Health Center, P.C.

Wellness News You Can Use Inspiring Health and Wellness

We are full on into spring, and I hope you are enjoying all the wonderful things Spring has to offer. Each month as we put together ideas for this newsletter we try to offer a balance of ideas to share with you around the different dimensions of physical health, mental health, and chemical health. Sometimes there is a common theme and other times, like this month, we come up with a hodgepodge of ideas that we think are worth sharing.

Since it is spring we thought we would share some ideas about gardening. Many of you like the idea of having a garden but don't know how to get started, or you have had mixed results in the past. Hopefully, with our article Organic Gardening you will get a couple of ideas on how you can grow your own garden successfully.

I was recently inspired to write our next article Are You in Tune while sitting at a stoplight. It was a beautiful spring day

and all around me people had their windows down and their radios on. It just reminded me of how much music is a part of our lives and we should consciously embrace it.

Our article Don't Drink the Kool-Aid is not what you think. If you have been paying attention to the news lately you may have heard of many incidences where scientists are finding medications showing up in our water supplies. This is scary stuff and we feel it is important that you are aware of what is going on with our water supply as a result of our dependency on medication.

Finally, I Love Mondays is a tribute to the most misunderstood day of the week. This is not an April Fools' joke, but a lesson on perspective, attraction and balance.

Have a great day and stay well!

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I Love Mondays!!!

Have you ever heard or even uttered these words before?? The exact opposite sentiment is what most people are used to speaking and/or hearing. I "hate" Mondays has become a sort of anthem for the Monday morning under-slept, tired, slave-like 5-day grind mentality of our modern society .

I love to share my "I **LOVE** Mondays" story with the people I meet and greet because it immediately helps them set a new tone and direction for the day, the week, and occasionally the rest of their lives. I have had people tell me, that one interaction has allowed them to break the habit of negative thinking and allowed them to look at each day with optimism, hope for what is possible, and a revitalized energy when they bring a new attitude to the day.

In the book "Being in Balance", author Dr. Wayne Dyer talks about the difference between thinking thoughts that are in-balance with the universal law of abundance, and

thoughts that are out-of-balance with this same law. He talks about the fact that we will attract whatever we hold true and think about with regularity and frequency. He describes out-of-balance thoughts as being thoughts that are based on a "lack" mentality and in-balance thoughts as being creative and based in "abundance".

I am going to ask that from this day forward, whether it is Monday or not, you try focusing on what is positive and glorious in your life instead of what is missing. Choose to wake

...continued on page 2



...look at each day with optimism, hope for what is possible, and a revitalized energy...

I Love Mondays!!! ...continued

each morning and practice gratitude for the gift of another day and face all the challenges with determination and gratitude to learn and grow stronger. It is suggested that we take an inventory of our blessings and constantly ask ourselves how we can share them with others and become a shining example of hope and encouragement.

So, today, “pretend it is Monday”. Decide that you will bank positive energy in your life’s vitality account and bathe in the wonder of a life extraordinary. When you share that experience with me and the people I know that are living this way, you will be more apt to wear a smile and lift the spirits of others, you will have a spring in your

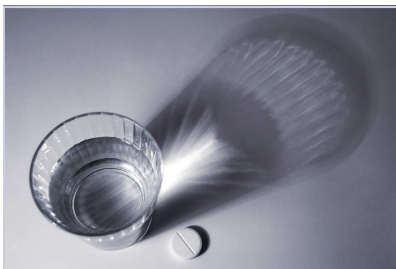
step and a contagious spirit that will create a vacuum that will pull others up, and you will end the day celebrating a terrific journey that sets the stage for an even better tomorrow.

Until next month, whether our paths cross or not, thank you for being a “Monday Lover” and helping make the world we live in magnificent!

Dr. Fermin de la Jara

Don't Drink the Kool-Aid!

Scientists and other experts are becoming increasingly aware of a growing problem in our country and around the world, and we are drinking it every day! Our water supplies are contaminated. They're not contaminated the way they used to be, with industrial waste and raw sewage, because environmental laws have taken care of a lot of those issues. However, medications are now seeping into our water supplies. They get there either because they are not fully metabolized in the body and are flushed out when people go to the bathroom, or they are leftover



...medications are now seeping into our water supplies.

medications that are thrown away.

So far the jury is still out on what the effects of the situation will be. I don't know about you but I don't want to wait and see. I can tell you that the answer is not better water filters to get this stuff out of the drinking water. These do nothing to get medications out of the environment where they can contaminate animal and plant life that we depend on for a healthy environment.

The only real solution is to reduce the load of medications that are seeping their way into the water supply. There are some action steps taking place and there may soon be laws requiring pharmaceutical companies to set up programs where people can properly dispose of their unused medications.

However, this would only take care of part of the problem. What about the medications that are used but don't get metabolized and end up in peoples' waste. We have to drastically reduce the amount of medications people are taking every day. This is going to take

a drastic shift in consciousness.

For years we have been brainwashed to believe that we need medicine to be healthy. This is completely wrong. Granted, some people need some medications to live, but if they were truly healthy they wouldn't need the medication. Most of the medications that we consume as a nation are just making us sicker. If you want to be healthy you need to Eat Right, Move Right, and Think Right.

The numbers speak for themselves. We consume more medication than any other nation, while the World Health Organization ranks the health of the American public 72nd in the world. The idea that we are fed every day on radio, TV and print ads that we can achieve better health through better chemistry is a lie.

In other words, Don't Drink the Kool-Aid!

Dr. de la Jara

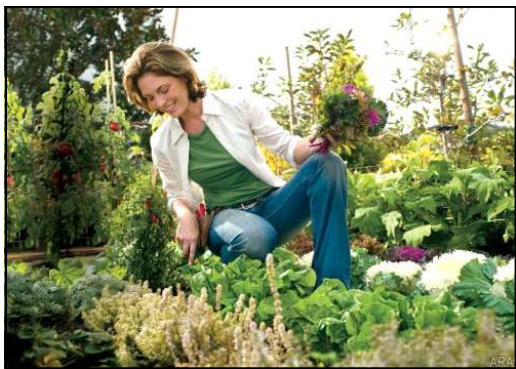
Organic Gardening

You've heard it – to be well you need to eat well, get fresh air, exercise, and meditate. Sometimes the rules for getting and staying well can be daunting, especially in our world of multitasking and strained schedules – but starting your own organic garden is a simple way to cover many bases at once.

The most obvious benefit of growing your own food is the knowledge that the food you are putting into your body is nutritious, with no harmful pesticides or fertilizers. But the benefits don't end there. Time spent outside breathing fresh air and moving your body, digging, planting and pulling weeds, all counts as exercise. And the awareness of the simple changes from sprout to bud; from flower to fruit, can turn into a mind-clearing experience that can settle your spirit.

Starting your own organic garden doesn't have to be a huge, complicated project. If you are short on space, confidence, or time, start small. Window or patio herb pots are a great idea. Herbs are hardy and will grow well for even the most inexperienced gardener. They don't require much space and many are naturally pest resistant. Having your own herb garden is also a money saver – for the cost of six herb bundles at your grocery store, you can get the seeds and starter pots for herbs that will spice up your table for months.

Tomatoes and salad greens are also good choices if you're tight on space. Two tomato plants can produce up to 20



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pounds of tomatoes, and salad greens will replenish themselves if you cut them cleanly just above the soil.

If you'd rather go big, and have the space for a full garden plot, you can achieve even better health rewards. Green beans, squash, potatoes and spinach all grow well and are among the vegetables most likely to either absorb or be treated with high doses of pesticides. Zucchini squash, in particular, will thrive under most circumstances – you'll have so many, you'll be giving them away! And potatoes will provide a little more of your necessary exercise, as they need to be regularly hoed up to ensure the bulbs are thoroughly covered as they grow.

As with most things, the more you know, the better your outcome is likely to be. Many adult education programs are offering classes in organic gardening, and the staff at your local greenhouse can surely help. Virginia Master Gardener Association www.vmqa.net is also a great resource for both newcomers and experienced growers, with pages of information on everything from soil treatment to pest control.

Small or large, an organic garden will maximize your efforts toward wellness. The exercise, the sense of accomplishment and the delicious, nutritious food will be well worth every minute of your effort.

So get outside – it's beautiful out there!

Dr. Fermin A. de la Jara

ARE YOU IN TUNE?

Have you ever seen an infant start bouncing up and down to the beat of a song? Children don't have to be taught to dance. It is an innate response. There is something primal about it that makes us want to move our bodies when we hear certain beats and rhythms.

Music can affect us in other ways as well. It can bring about powerful emotions and stir up old memories. We use music to communicate, celebrate, mourn and set the mood, among other things. Music has long been a part of the human experience and always will be. From our earliest ancestors banging on hollow logs to modern day orchestras with all the different instruments and electronics available, music is part of the human experience.

Music can also be used as a wonderful tool for health. It's more common than not to see someone working out with

headphones listening to music to help them get into their workouts. Yoga, meditation, aerobics, and dancing are all great ways to exercise the mind, body, and spirit, incorporating music in different ways.

Music may even make you smarter. The ability to make music has been correlated with the development of language, higher cognitive function, reasoning, math, and social function.

As we can see, the opportunities to incorporate music into our lives are endless. Think about this, it has been proven that we are energetic beings. We are constantly absorbing, changing, and giving off energy. Sound waves are another form of energy, and it is one that resonates very deeply with humans. I mean this literally as well as figuratively.



...music is part of the human experience!

So the point is, crank up the tunes, it's good for your mind, body, and soul. While everyone has different tastes, most everyone enjoys some type of music that they can use to enhance their well being. I can't think of anyone who doesn't like music.

Let me leave you with one of my favorite quotes with a slight modification:

*"Work like you don't need money,
Love like you've never been hurt,
Crank up the tunes and dance like
no one's watching."*

Dr. Fermin de la Jara



Recipe of the Month: Seared Wild Salmon with Mango Salsa



Prep & Ready Time: 90 minutes

Yields: 6 servings

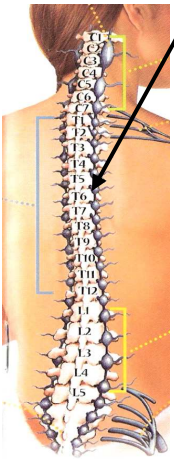
Ingredients:

- ~1 ripe mango, pitted, peeled, diced
- ~1/2 cup chopped red bell pepper, seeded
- ~1/2 cup chopped red onion
- ~3 tablespoons freshly squeezed lime juice
- ~2 tablespoons chopped fresh mint
- ~1 tablespoon finely chopped jalapeno pepper
- ~1/2 teaspoon salt
- ~1/4 cup freshly squeezed lemon juice
- ~1/2 teaspoon paprika
- ~2 wild salmon fillets
- ~1 tablespoon olive oil
- ~1 1/2 cups mashed avocado

Directions:

- ~Preparing the salsa: In a small bowl, toss together the chopped mango, chopped bell pepper, chopped onion, lime juice, chopped mint, chopped chili pepper and 1/4 teaspoon salt; cover and chill at least 1 hour to blend flavors.
- ~Preparing the salmon: In a large shallow baking dish, combine the lemon juice, paprika and 1/4 teaspoon salt; place the salmon in the dish and flip to coat both sides; marinate, covered, for up to 1 hour in refrigerator.
- ~Remove the fillets from the marinade; discard the marinade; heat the oil in a large skillet over medium-high heat; sear the fillets for 15 minutes, turning once, or until opaque.
- ~On each of 6 plates, place 1/3 fillet of salmon topped with 1/2 cup salsa and 1/4 cup avocado.
- ~Enjoy!

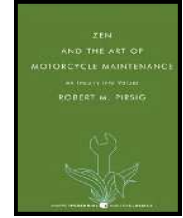
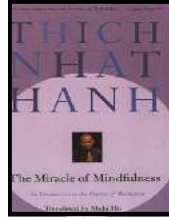
*Note– Keep hands away from eyes when handling fresh jalapeno peppers and wash well when done.



T6—A subluxation or interference at this spinal level can affect the stomach, esophagus, peritoneum, duodenum.

Check Out These Great Books. Go to Your Local Book Store and Ask Them To Order You A Copy or visit www.amazon.com.

- **The Miracle of Mindfulness**, by *Thich Nhat Hanh*~ One of the best available introductions to the wisdom and beauty of meditation practice.
- **The Backyard Homestead**, by *Carleen Madigan*~ Put your backyard to work! Enjoy fresher, organic, better-tasting food all the time.
- **Zen and the Art of Motorcycle Maintenance**, by *Douglas Adams*~ Full of insights into our most perplexing contemporary dilemmas.



Health and Wellness Quiz:

Each month we will be doing a Health and Wellness Quiz. You can e-mail or snail mail your answers to:

carol@vfchc.com

or

Wellness Quiz
12546 Dillingham Sq.
Woodbridge, VA 22192

We will enter your name in a monthly drawing to win a 1/2 hour massage with our Licensed Massage Therapist, **Anne Marie Clotworthy**, at Virginia Family Chiropractic Health Center, P.C.! . if you are a winner. We will not contact you for any other reason unless asked by you to do so. Winner's first name, last initial, and place of employment will be listed in a future issue.

1. Why does Dr. de la Jara love to share his "I Love Monday" story with the people he meets and greets?
2. In the book "Being in Balance", author Dr. Wayne Dyer talks about what?
3. What did we use to be concerned about seeping into our water supply and what is the concern now?
4. Name the most obvious benefit of growing your own food and name two additional benefits.
5. Small or large, an organic garden will do what?
6. What is Dr. de la Jara's variation of his favorite quote?
7. What organs and/or body parts could be affected by a subluxation at the Sixth (T6) Thoracic Vertebrae?

Anne Marie graduated from Applied Kinesthetic Studies in 2008, and joined VFCHC over a year ago. She is trained in Neuromuscular Therapy, Sports Massage, and Reiki.

Prior to becoming a **Nationally Certified Massage Therapist**, Anne Marie worked in the field of mental health case management and did her Graduate Studies in Social Work.

She looks forward to working with you soon! Please include your name and phone number so we can contact you if you win. Your information will only be used to contact you

Inside the May Issue:

- Compete Your Way to Health
- Do You Need a Tune Up?
- Reading is Fundamental
- No Diet Day
- Recipe of the Month
- Recommended Reading
- Health & Wellness Quiz

Virginia Family Chiropractic Health Center, P.C. News & Updates

*We are pleased to announce our new Licensed Massage Therapist
Gyongyver Montes, "G"
Is a graduated from Applied Kinesthetic Studies (AKS Massage School)
She is nationally certified (NCBTMB), with focus on Sports Massage,
Myofascial Release, and Post Traumatic Stress Disorder*

For more information, contact Carol at 703-730-1600 or carol@vfchc.com

DON'T FORGET TO SEND YOUR ANSWERS IN TO THE QUIZ FOR A CHANCE TO WIN A FREE HALF HOUR MASSAGE !!!

OUR MASSAGE THERAPY RATES EFFECTIVE APRIL 1ST 2010

60 min for only \$75, 90 min for \$100. We offer package of 3 or 5 you can take advantage of saving on our professional massage.

About Virginia Family Chiropractic Health Center, P.C.

Virginia Family Chiropractic Health Center, P.C.



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At Virginia Family Chiropractic Health Center, we offer a full range of wellness spinal screenings, health consultation, and care planning from acute care through wellness development and maintenance. We supply our patients with continuous education and opportunities to build stronger, healthy bodies and minds. If you haven't had your spine and nervous system checked recently, it could be the best investment you ever make in your future. For more information, please contact us by phone, email or by stopping by our office.



Lake Ridge, VA
Chris Villagomez
Assistant General Manager
Bart Van Dessel
Assistant General Manager
Phone: 703-680-7000

Our Mission Statement:

To provide excellent Chiropractic care, education and nurture vitalistic support that will facilitate growth in the individual's prosperity of health and elevated state of wellness for our patients and the community.