



Family Wellness Center • Dr. Carrie Jardine • (636) 527-5970

WELLNESS NEWS

Inspiring Health and Wellness

Are you concerned about the cost of health care? Americans, business owners, moms and dads and those with health concerns wonder how they'll afford care in the future. Achieving a more optimized health level will save you time and money in the future!

Stressful lifestyles, being overweight and harboring resentment can all lead to physical health problems. Read through our pages to discover some answers to these issues!

For example, A Baylor University study revealed that over **90% of Americans will be overweight or**

obese in just a few years. An obese person spends at least \$2500 more/year on sick care costs than a person with normal weight.

The top selling drugs with negative side effects are administered for illness and diseases linked to stress. Stress related work absenteeism costs us over \$200 billion a year (National Safety Council).

This newsletter offers some ways help you stretch your time, money and energy when it comes to creating optimal health and preventing disease. You can turn your genes on or off based on diet and lifestyle choices. What will you choose?

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Letting Go – for your health

Imagine being free of the hurt, the limitations and pain you feel from the past. Imagine that you hold no grudges, forgive and forget and are free to create new relationships and experiences right now!

If you can imagine it, you can do it and even if you can't imagine it, you can still do it!

How? Well, we know today that all this is possible and **it doesn't have to take years of analysis or even digging into the past.** It simply takes what we call **heart-work.**

When you shift your attention to what you appreciate in your life, rather than what has caused pain, you will notice there is more to appreciate and the hurtful things start to lose their grip and power.

You begin to notice that those you hold in judgment, are people with hurts and pains, just like you. Compassion grows as does forgive -

ness. You'll see you have also done things that have hurt others and now that the playing field is even, you can move on without regrets, resentment, pain and limitations.

Your life becomes a clean slate, waiting for you to now create it from what is most important to you.

Coming from the heart, moment by moment, allows your head brain to create and produce all that is important to you. Free at last simply from a change of heart!



Do you still carry pain with you?

Choose today to break free!

Sense Health

Think of your **favorite place on earth** and imagine yourself there doing your favorite activity with perhaps your favorite person. Really try to imagine what that would be like and how it would stimulate your senses.

How would it feel, smell, taste, sound, and look? How about your sixth sense, your intuition or gut feeling, is that being stimulated in



any way?

Our entire life is experienced through our nervous system. And most of that experience occurs beyond our level of consciousness. We are all blessed with specialized nerves that allow us to experience the world in many wonderful ways. We encourage you to take the time to enjoy these gifts today!



When you eat do you prepare food that is healthy, nutritious, and full of flavor, or do you prepare something out of a box? **When you eat do you take the time to truly enjoy the textures, scents, and flavor of what you're eating,** or do you inhale your food to fill the void in your stomach as fast as you can?

As you go through your day, do you take the time to **really look around at the beauty of the world** with its infinite examples of shapes, texture, and color, or do you move from point A to point B with your blinders on?

Do you take time to enjoy your environment each day or do you only do that on the weekend or vacation?

Being healthy helps us enjoy our life more abundantly and you are also able to SENSE more beauty.

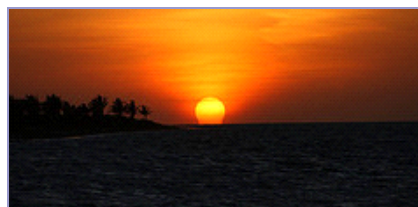
You don't need to wait for a holiday or a special day to have an amazing-day!

Tune into your senses, pay attention to the intricacies, subtleties, and beauty of the world around you, and take the time to appreciate your environment.



You may find your outlook, health, and relationships get a little bit better everyday when you simply notice. Check out your world—it's truly amazing!

*As you go through your day,
do you ever take the time to really look around at the beauty of the
world, with its infinite examples of shapes, texture, and color?*



Blow Up The TV

Have you heard of the song, “Blow up the TV” by John Denver? You don’t need to really blow it up, but consider some ideas on limiting TV watching.

How “plugged in” to the electronics are you and your family? According to Neilson research, Americans watch 4 hrs of television a day– or 1 day out of every week! This doesn't include computer, cell phones, social networking, texting or gaming time either! If you live to age 65 and watch 4 hours of TV daily, you’ll spend 9 years watching television– just think of what else you could accomplish in those 9 years!

Consider adopting a “Tech Free Sunday.” You can make up your own rules, but here’s some ideas to consider: no TV, videogames, or computer time. You’ll be amazed at how much time there is to interact with friends, neighbors and family.

Your body was designed to move, run, jump and play! Movement is often times called the missing nutrient, because it influences how your body process the nutrients you eat!

I encourage you to set limits on the electronics for you and your family. You may get some grumbles but the payoff is well worth the effort!



*In the middle of a family football game my oldest daughter even said,
“This is fun, we should do it more often.”...*



Abundant Living

Let’s explore ways to measure a world-class life!

- 1. Living Healthy:** Although Americans spend more money on "health care" than other nations, we have high rates of degenerative diseases! Invest your time, energy and money into TRUE HEALTH lifestyles– what & when you eat and drink, how you move & sleep and what you think.
- 2. High-Trust Relationships.** You will become who you hang around. Are you surrounded with geniuses, happy people, and those that encourage you to be your best? Money can’t buy good friends and mentors.
- 3. Creatively express yourself.** Commit each day to being your absolute best today– no matter if you run a company, are a janitor or care for your children at home. True genius is taking what life gives us- and making happiness! Innovate over stagnate!
- 4. Impact others.** Anyone can lead– you don’t need a title, only purpose, passion and positivity! Your daily choices impact those around you by example and by effect. Connect with others, send personal notes, say thank-you, and restore human touch & hugs!
- 5. Integrity Living.** Do you walk your talk? Set your daily activities around your deepest values to be excellent, and not "just survive?" The soccer player, David Beckham said the secret to his success is PRACTICE! Mahatma Gandhi said, "In a gentle way, you can shake the world."

Stop Emotional Eating for Good

Have you ever felt lonely or bored then eaten something without being hungry? Have you felt frustrated, overwhelmed, anxious, then skipped meals and eaten unhealthy snacks instead?

Have you been unhappy in a relationship and eaten until you were sick?

When you focus on your emotional diet, your health will improve. For those who are overweight or obese (now 70%+ Americans), it is vital to your health!

Experts say 75% of overeating is caused by emotional eating.

If you use food to cope with your feelings and attitudes, you can learn to shift those stressful feelings to positive ones in seconds to minutes, altering your response to your life's circumstances.

Let's begin with the basics: it begins with your understanding of stress. **It is not the events in your life that cause you stress.** (You might want to read that statement again.) **It is your response that creates the stressful outcomes.**

**E + R = O or
Event + Response = Outcome.**

Makes sense, doesn't it? One person loves roller coasters and sits up front with their arms stretched tall while taking the curves. Another person sits in the last row with their head between their knees, while yet another stays back on the ground, shaking thinking about being on a roller coaster. Same event, **all different responses.**

You can shift your emotions within seconds to minutes which means you can stop emotional eating by learning to control your emotions. There is a lot of science behind it and now we know how.

We actually have tools, the HeartMath® tools, like Neutral, Quick Coherence and Heart Lock-In that will allow you to de-stress in the moment and shift from a negative feeling to a positive one in seconds to minutes. From a positive feeling will come a positive thought and action. The process is amazing as you learn to harness your heart power, aka heart intelligence. Will power may fail us,

A change of heart truly changes everything .



but heart power helps us stay on course.

It doesn't take long to down a can of soda, eat a bag of chips or say something you regret when you're coming from a negative feeling. Learning to shift your feelings on demand to a positive emotion leaves you with a whole new ability to stick to your goals, obtain a healthy weight, create optimal health and performance in life.

Laurie Levin is a Licensed HeartMath Stress Reduction Specialist, Certified Health Coach and Educator in Nutrition and Health Coach with Take Shape For Life. (636) 233-3330 or laurie@laurielevinhealth.com everydayhealthier.tsfl.com/



Recipe of the Month: Sweet and Sour Shrimp



Prep & Ready Time: 20 minutes

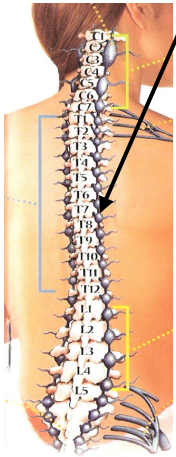
Yields: 2 servings

Ingredients:

- ~8 ounces frozen stir fry bell peppers
- ~1/3 cup apricot jam
- ~2 teaspoons red wine vinegar
- ~6 ounces (1 cup) cooked peeled and deveined shrimp
- ~1/4 cup unsalted dry roasted peanuts, chopped

Directions:

- ~Heat peppers in small amount of water tossing until hot with some crunch remaining.
- ~Add the jam and the vinegar.
- ~Cook for about one minute or until bubbling.
- ~Add the shrimp and cook for about 2 minutes.
- ~Divide evenly between two plates and sprinkle with peanuts.
- ~Serve & Enjoy!



T8—A subluxation or interference at this spinal level can affect the spleen, stomach, liver, pancreas, gallbladder, adrenal cortex, small intestine, pyloric valve.

Having a nervous system screening using SEMG and thermography will help determine if these nerves are healthy. For additional information go to:

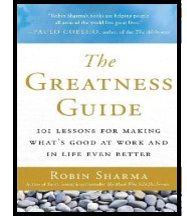
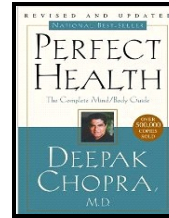
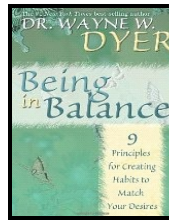
www.JardineWellness.com

-or-

(636) 527-5970

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

- **Being in Balance**, by Dr. Wayne Dyer~ 9 Principles for creating habits to match your desires.
- **Perfect Health**, by Deepak Chopra~ The complete mind/body guide.
- **The Greatness Guide**, by Robin Sharma~ 101 Lessons for making what's good at work and in life even better.



Health and Wellness Quiz

Each month we do a Health and Wellness Quiz. Email or mail your answers to:

[DrCarrie @JardineWellness.com](mailto:DrCarrie@JardineWellness.com)

(Type Wellness Quiz in subject line)

or

Wellness Quiz

355 Ozark Trails Dr., Suite 9

Ellisville, MO 63011

Your privacy is insured. Please include your name and phone number so we can contact you if your name is drawn. Your information will only be used to contact you if you are a winner, and will not be used for any other purpose.

1. Forgiving the people that hurt you may not even be a thought because you are still holding them in a place of judgment, but what could you try to do instead?
2. What is one of the things Dr. Carrie suggests you notice to improve your health?
3. According to Neilson research Americans watch more than ___ hrs of TV a day, which equals what in one week's time?
4. What is Dr. Carrie's Sunday rule?
5. Is will power or heart power your best way to reach your weight and health goals?
6. Is it Event + Weather = Outcome or Event + Response = Outcome?
7. What organs and/or body parts could be affected by a subluxation at the Eighth (T8) Thoracic Vertebrae?

May Answers:

1. Dr. Carrie has found that the most successful and influential people in all walks of life are the biggest readers.
2. "When you change the way you look at things, the things you look at change" ~ Dr. Wayne Dyer
3. There are many simple steps for getting well while having fun including, but not limited to, finding something active that you enjoy doing and doing it more often, listening to music, reading books, spending time with people who affirm what is good, and eating more foods that do not come in a bag, a box or a can.
4. It is foolish to expect that we can neglect our bodies and still maintain optimum function.
5. May 5th is National 'No Diet Day'. Every day should be no diet day because diets do not work!
6. To attain optimal weight and wellness we have to rely on two things, personal accountability and whole foods.
7. A subluxation or interference at the Seventh (T7) Thoracic Vertebrae can affect the pancreas, duodenum, stomach, liver, spleen, gallbladder, peritoneum.

Inside the July Issue:

- Have You Had Your Dog Milk Today?
- Eat a Rainbow
- Living Things Move
- Howdy Neighbor
- Recipe of the Month
- Recommended Reading
- Health & Wellness Quiz



Family Wellness Center News & Updates

Let us help you!

We want to inspire “True Health & Wellness” for our patients and our community! We offer education and empowerment through our

Community Outreach Program.

This includes Health Workshops, Newsletter and Health Screenings available to all businesses, schools, groups and organizations, **FREE to you!**

Call Laurie at (636) 233-3330/636-527-5970
or CommunityRelationsFWC@yahoo.com

About Family Wellness Center

Family Wellness Center

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We offer a full range of wellness services including Functional Nerve Chiropractic health screenings, Kinesiology exams and treatments, Natural Hormone Balancing, A D D / A D H D R e p r o g r a m m i n g w i t h o u t medication, X-Rays and Allergy Alleviation with Acu-laser. We offer free Health Workshops Have a health problem you suffer with or want to optimize your current health?

Call to set up a phone consult with
Dr. Carrie A. Jardine at (636) 527-5970.



“My goal is to help you be healthy and get well in the fastest amount of time possible.”

Our Mission Statement is to help people live happy, healthy and active lifestyles. We empower, educate and support our community to choose natural health care solutions and lead a wellness lifestyle. What we do works because our body is the smartest doctor we have and we help you get in touch with it more and more. We help you create an abundant and joyful life!