

# LIFE CHIROPRACTIC

## HEALTHY TIMES

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## Remember The Good Ole' Days...



**Dr. Bruce, Jade  
Rene and K.C. Stevens**

The development of X-ray led doctors to see radiographs actually showing the spine and helping to determine the best way to correct misalignments called vertebral subluxations. These interfere with nerve transmission at the spinal nerve root, which can lead to sickness and disease.

At Life Chiropractic, I approach a person's health with the understanding of traditional Chiropractic; that innate intelligence is the healing force in the body, which was set into motion when God created us. The application is done both by trained hands and electronically activated adjusting instruments, which can quickly and easily "tap" stuck spinal bones so they can begin to move normally. My adjusting tables have weight-sensitive pieces built in and are set to "give" when an adjustment is performed so each adjustment is tailor-made for the patient. All of these things help me easily achieve my goal of decreasing the interference in the nervous system. Ultimately this allows the healing potential to increase and the person to get well.

Most people reminisce about the good old days. It brings back good memories of better things and better times. We like the good times because they were full of great concepts. But stop and think a bit; sometimes we forget the short-comings of our past and only see the brighter spots.

Take the early rock and roll on the radio for example, great songs and great memories; but the sound and portability was only as good as the physical radio itself, the hardware through which the music played. Today we have made such huge technological advancements that the old music we used to play sounds better through the equipment we use to listen to it with, like ipods and portable boom boxes with surround sound.

In the Chiropractic profession, we have always had a great concept: The power that made the body heals the body. Health comes from within, a normal expression of innate potential. The problem as with any young profession in the early years was development and application of a technique or procedure. Since its inception on September 18, 1895; Chiropractic has seen many advancements and tools come into its grasp.

***Life Chiropractic Offers  
Gentle, Loving Care for  
The Entire Family!***

I also use laser light from the K-Laser to help speed the healing process of injuries of soft tissue or bone and to promote rehabilitation of chronic problems like arthritis, carpal tunnel and many other problems. I have also found great results in re-establishing core muscles using Advanced Therapeutic Movements technology to help stabilize the spine and promote proper joint mechanics and pain-free range of motion.

I have always loved technology that makes the application of good, sound principles easier and more effective. Traditional Chiropractic and New Technology, that's exactly what you will get at Life Chiropractic.

***Life Chiropractic  
Staying Current with  
The Times!***

**Offering Traditional  
Chiropractic and  
New Technology...**

- **K-Laser**
- **Advanced Therapeutic Movements**
- **Spinal Decompression**
- **Nutritional Assessment**

**In Pain?  
Experiencing the Same  
Health Problems?**

***There is Hope!  
There is Help!***

**Find Out How  
Life Chiropractic May  
Offer a Solution!**

# What You Don't Know About Aspartame Can Destroy Your Health

## And What Does It Mean for You and Your Family?

Most anyone interested in natural health will understand that artificial sweeteners are not healthy for you. But nearly every one of us lead busy lives that limit us from reading all we would like to, especially about things that may not be that much of a problem anyway.

After all, millions of people drink diet sodas every day and they aren't dropping dead like flies; and the government did approve this sweetener as safe so it can't be too bad.

Wrong, Wrong, Wrong

If you believe the above you are in for a sorry surprise. There is a great movie: "Sweet Misery: The Horrors of Aspartame Revealed" in a documentary that will inform you by watching one lady's journey of her discovery about aspartame. The beautiful aspect of this movie is that in a short ninety minutes you will easily, in the relaxed comfort of your own home, finally understand why aspartame is a toxic poison and needs to be avoided at all costs.

This movie allowed me to easily and passively learn the specific reasons and details on why aspartame is best avoided by all humans who are interested in staying healthy.

If you, or someone you know and love, drinks diet soda or consumes aspartame in any form, then this video is an absolute must-see for you. Please come by our office to check it out and watch it at home.



Aspartame complaints represent 80-85% of food complaints registered with the FDA. So-called "diet" products containing the chemical sweetener aspartame can have multiple neurotoxic, metabolic, allergenic, fetal, and carcinogenic effects.

Despite mounting evidence to the contrary, many people still see aspartame as a safe diet aid -- even though it has been demonstrated that the use of this product actually causes people to consume more food.

• Aspartame is not your friend. In 1991, the National Institutes of Health listed 167 symptoms and reasons to avoid the use of aspartame, but today it remains a multi-million dollar business. Known to erode intelligence and affect short-term memory, the components of this toxic sweetener may lead to a wide variety of ailments including:

- Brain tumors
- Birth defects
- Diseases like lymphoma, diabetes, multiple sclerosis, Parkinson's, Alzheimer's, fibromyalgia, and chronic fatigue

- Emotional disorders like depression and anxiety attacks
- Epilepsy/seizures
- Migraines
- Numbness
- Hearing Loss & ringing in the ears
- Blindness, blurred vision and other eye problems
- Stomach disorders

Your body does not do well with regular sugar, let alone poisonous synthetic sugars like aspartame. With some resources indicating that aspartame may be found in over 9,000 consumable products, this man-made sweetener is becoming increasingly more difficult to avoid.

The American diet may well be one of the reasons 18 million of us suffer from migraines, with aspartame at the top of the list of possible culprits.

Eliminating aspartame from your diet would go a long way toward improving your health. If you aren't familiar with all the ailments associated with this artificial sweetener, "Sweet Misery" will indeed open your eyes that have been covered up for far too long.

Please come by our office to check out the DVD to be informed. 217-A West Central Ave—Lompoc, CA.

## Food for Thought... What do you think is the Wealthiest Place on Earth?

Some will say the oil fields, diamond mines or gold mines.

The wealthiest place on earth is not too far from your home... you might even pass it everyday.

So what is the Wealthiest Place on Earth? The Cemetery... *Because buried in the cemetery...*

- Are books that were never written
- Music never played
- Poetry never read
- Paintings never painted
- Business never ventured
- Ideas never manifested
- Visions that have died as nightmares
- Powerful plans that never became reality

People take to the cemetery the treasure of the dreams, passions, ideas, and their assignments that God gives them...

Think about it... we go about our life day in and day out... are you giving your gift to the world...  
... or do you think " one day I will?"

Choose to die empty because you have filled the world with your greatness... Die saying you have finished! You should not leave the planet until you have given everything you are supposed to give. You should not bury the gift you came to the earth to deliver... Make a decision from this moment to live your Passion... your Dreams!

Excerpt from Myles Murone

# Try Something New

## Strawberry Soup

1 quart strawberries  
1 pint plain yogurt  
1 pint sour cream  
6 fresh mint leaves (optional)  
2 tablespoons vanilla extract  
1/8 cup of sugar  
Vanilla yogurt



Combine all ingredients in blender. Chill in refrigerator before serving. When serving, add a fresh strawberry and a dollop of vanilla yogurt for garnish. Makes 8-10 servings.

Nutritional information per serving: Calories 143, protein 4.4g, carbohydrates 12.2g, total fat 8.3g, cholesterol 17.9 mg, saturated fat 5.1g, dietary fiber 1.2g, sodium 58.8 mg, sugar 8.8g

*Why Live With PAIN when  
Life Chiropractic  
Can Help You!*



**Decide Today to Live  
PAIN FREE**

**Call for an appointment  
today...**

**737-5656**

## Accidents and Trauma

Too many people who have been in an accident or suffered trauma don't receive chiropractic care. That's a big reason why over half of accident victims never completely recover from their injuries and may live on pain killers or even multiple surgeries for years to come. Sometimes they're told that they'll have to live in pain for the rest of their lives!

Anyone who has been in an accident, even if there are no obvious symptoms, should get a chiropractic check-up. The damage from spinal nerve stress may take months or even years to surface, and a simple check-up today could save an accident victim from much pain and illness later!



**After an Accident a Chiropractic Check-Up is Essential...  
Call Life Chiropractic 737-5656**



# Mona Vie

**Energy: MonaVie Emv is healthy alternative to traditional energy drinks.** It provides natural energy from 80% juice, guarana, green tea, yerba mate for a quick boost and Palatinose for longer lasting energy. MonaVie Emv is free of sugar additives. It does NOT contain artificial colors, flavors, or sweeteners, and best of all it is preservative-free.

**ORIGINAL: Supports your body's antioxidant and nutritional needs.** MonaVie features a delicious blend of the Brazilian acai berry—one of nature's top super foods—and 18 other body-beneficial fruits. This Balance-Variety-Moderation approach to nutrition delivers powerful antioxidants and phytonutrients to help fight free radicals and maintain your body's overall health.

**ACTIVE: Enhances your body's joint health.** MonaVie Active features the additional benefits of plant-derived glucosamine, which has been scientifically shown to promote healthy joint function by targeting mobility and flexibility. Designed to support joint performance and recovery, this vital formula delivers the resources your body needs to get moving.

**PULSE: Helps maintain existing healthy cholesterol levels.** MonaVie Pulse delivers added heart health benefits derived from plant sterols\* (which studies suggest play a key factor in lowering cholesterol), resveratrol, and omega 3 fatty acids. Scientifically formulated with your heart in mind, this delicious formula offers key nutritional support to those watching their cholesterol.

**KOSHER: Designed to deliver antioxidants and key nutrients to your body,** MonaVie Kosher is a delicious and wholesome blend of acai and 18 other healthy fruits—including pomegranate, blueberry, acerola, and bilberry. With this Balance-Variety-Moderation approach, you'll feel great knowing you're taking charge of your health.



# LIFE CHIROPRACTIC MAKING A DIFFERENCE...



Before going to Life Chiropractic I had low back pain which made it difficult getting up from sitting. I had a lot of pain from hiking up steep hills.

I took over the counter pills like Ibuprofen and Tylenol to help with the pain. Since coming to Life Chiropractic I don't take any of those pills.

I have experienced great results with Life Chiropractic. I have had chiropractic care on and off over the last 40 years but what I have experienced with Life Chiropractic with the advanced techniques has been great.

I feel pain free... I can more easily perform my daily activities!

*Thanks Life Chiropractic... Daniel Garcia*

*I  
Feel  
Pain  
Free!*

## Suffering From...

- Asthma
- Leg/Hip Pain
- Arm Pain
- Shoulder Pain
- Whiplash Injury
- Allergies
- Headaches
- Migraines
- Fatigue
- Dizziness
- Arthritis
- Neck/Back Pain
- Sinus Trouble
- Ear Infections
- Joint Pain
- Difficulty Sleeping
- Hay Fever
- Bladder Control
- Menstrual Pain
- Constipation
- Digestive Problem

*Many people miss out on a quality of life because they choose to live with nagging health problems. You don't have to miss out...*

***Life Chiropractic could be your answer!***

## NEW PATIENT HEALTH PASS

**From Babies to Seniors  
We Can Help You Stay Healthy...**

**\$27**

- ✓ Health History & Consultation with the Doctor
- ✓ Spinal Examination
- ✓ X-Rays (up to 2 views, if necessary)
- ✓ Report of Findings

Value up to \$325

**Call Now for Immediate Appointment  
805-737-5656**



## 50% OFF ALL OUR SERVICES FOR:

- Active Military & Family
- Sheriff Department Staff and Family
- Fire Department Staff and Family
- Police Department Staff and Family

Insurance Accepted... Auto Accident, Medicare and Many Other Insurance Plans  
Affordable Cash Plans

*Whatever your needs are, we are here to help!*

**If YOU'RE LOOKING FOR...**  
Quality Health Care That's Affordable  
Gentle, Drug-Free Pain Relief • Natural Healing  
Friendly, Caring and Concerned Atmosphere  
***We are Here to Serve You!***

### Patient Hours

Mon.	Tues.	Wed..	Thurs.	Fri.	Sat.
9:30- 12:00	8:00 - 1:00	9:30- 12:00	Closed	9:30- 12:00	8:30 - 9:30 am
3:00 - 6:00		3:00 - 6:00		3:00 - 6:00	

**Visit our website at [www.lifechirolom poc.com](http://www.lifechirolom poc.com)**

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Lompoc, CA 93436

*Life Chiropractic is located near Urgent Care*