

The Ability to Make Change



Health and Wellness

The attitude you have in life is like your body odor. If your attitude stinks then you stink. So how is your attitude? Is it strong enough to take on the most difficult task of your whole life? But what is the most difficult task of your whole life? That task is change. By definition change is to make the form, nature, content, future course, etc., of (something) different from what it is or from what it would be if left alone: to become different; a transformation or modification. Have you already written yourself off and said that you can never change and nothing will ever change in the world no matter how hard I try? Well you are wrong. In many cases you have more resolve than you think and the people that love and help you through life have more confidence in your ability to make change than you yourself. The problem is most of us don't give it our best shot or just don't know how to. Either we give up or are not armed with the knowledge to push further to make that very important life change.

In those cases it is important to have the help of a coach or mentor to help achieve your goals and make positive changes in your life. Someone to push you until you have nothing left, encourage you, understand you and give you the knowledge you need to succeed. When you have that type of support you will realize that change really isn't that hard and your goals are easily attainable. You will be astonished at how hard you can work to change and how much others will notice what you have accomplished. Many of us feel as if life is hard and we are unable to press through life and its many challenges, but we must push ourselves to change in a positive way, to not only improve ourselves but the world we live in. Life is not easy and change definitely is not easy. But giving your best effort with the help of a caring and knowledgeable person can make all the difference. Many times we don't realize our true potential as others do. We don't give ourselves credit for our successes and only look at our failures. I believe that everyone can change if they give it their best effort, and in the face of adversity you will need your best effort, not your almost best effort.

Every year I listen to Jim Valvano give his speech at the ESPY awards. Every year I cry, and every year it helps me refocus on why I am here and what my purpose in life is, and why I got into chiropractic practice. Our practice is here for you, to be that mentor and coach, to help you realize your ability to change your health and improve your quality of life. Let us help you change and become the person you have always wanted to be from a health perspective. We live for this kind of work and are happy to be there for you to encourage, push, understand and give you the knowledge to succeed at making an important change in your health for the better. Just remember in the words of Jimmy V, "I urge all of you to enjoy your life, the precious moments you have; to spend each day with some laughter, some thought, to get your emotions going, to be enthusiastic every day, to keep your dreams alive in spite of problems, to work hard to have your dreams become a reality, and **Don't give up, don't ever give up.**"

Dr. Theodore A. Baldini, DC

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Special points of interest:

- *Dinner Presentation March 10, 2011 at the Craftsman Inn "Optimal Wellness and how to Achieve it"* Call for reservations by March 3rd. Space is limited.
- *Liverpool Office Expansion scheduled for April of 2011.*
- *Interactive NUTRA-PHYSICAL online.*

Chiropractic Care and Pregnancy

Aches and pains are very common for a pregnant mother to experience as their body goes through a great transformation. During the natural progression of pregnancy, there is a forward shift in the body's center of gravity that is accompanied by weight gain. This forward shift stresses and may cause problems of the low back, pelvis, knees, ankles, and arches of the feet. Because of pregnancy, there are many restrictions to treatment options to help with these aches and pains as some medications, pain injections, and physical therapy modalities are contraindicated.



Be pain free during pregnancy

Due to the physical stress of pregnancy on a woman's body and the natural approach of chiropractic care, many studies have been done to find the benefits of chiropractic care during pregnancy. Many women look to chiropractors during pregnancy to help them feel better. Chiropractic care offers a safe and effective treatment option during pregnancy while using specialized stretching, muscle release, and spinal adjustive techniques that can provide fast pain relief with no danger to the

mother or baby. Chiropractic adjustments have not only been found to ease aches and pains of pregnancy, but also help to significantly decrease labor time and assist new mothers back to pre-partum health. In one study, women receiving Chiropractic care through their first pregnancy had 24% shorter labor times than the group not receiving care. Chiropractic care during pregnancy has many benefits as it can help relieve many discomforts and promote optimal positioning of the spine and pelvis keeping your body in its best condition for birth.

Dr. David Isabella, DC

Winter Driving Woes

We are now in the middle of the coldest and snowiest part of our season with hopefully only a few weeks left. One thing to keep in mind is that along with this weather comes dangerous driving conditions. All that we can do is drive as safely as possible when we have to be out in these conditions. In the unfortunate event anyone is involved in a motor vehicle accident there are a few things about whiplash injuries that you should know. A whiplash injury occurs when there is damage to the soft tissue and bony structure of the neck and upper back due to a hyperextension and hyper-flexion of the head and neck resulting from the force of the impact. Whiplash injuries are most common in rear impact accidents but can occur from other types of impacts. These injuries can occur during impacts as low as 10 mph, so even "minor" accidents can result in injury. In the unfortunate case anyone is involved in a motor vehicle accident it is important to seek treatment within the first few days after the accident because early treatment shows more reliable and rapid improvement, where as excessive rest and

immobilization shows a greater chance of symptoms becoming chronic. Chiropractic treatment of whiplash injuries is a non-invasive combination of manipulation of the spine, soft tissue release/massage therapy and other modalities that can reduce pain, restore motion and help prevent symptoms from becoming chronic. Early treatment becomes even more important due to the fact that it can sometimes take days to weeks until you notice and symptoms from the accident. Hopefully we can avoid these situations but remember that in the event of an accident it is better to be evaluated sooner than later.

Early Intervention is the best medicine

Dr. David Stevens, DC

How often should I come in for massage?

Not everyone seeks out massage for the same reasons. Some people need to relax, some can't sleep or have suffered an injury. There are even individuals that need treatment for chronic disease or illness. So why do **you** need or want a massage? The answer will ultimately be the framework for your massage schedule goal.

Massage affects different systems of the body in different ways and even the method of massage can alter the effect on the body. This means your therapist can cater to your needs, but not all techniques are useful for all conditions. This is the main reason you need to know why you are there. Basically, once you know the

why (what ails you), the therapist can determine the **how** (treatment) and typically this will include a projected time frame.

Everyone responds to treatment differently, and it may take time to develop a successful strategy to meet your needs. So expect the first



few sessions to allow for the therapist to get familiar with your current health status, and

for you to monitor how you feel before, during and after the session. Make a mental note of how long you experienced relief, post massage. Report any changes you notice directly to the therapist at your next visit and be honest, it's the only way to find a perfect blend of frequency and therapy.

Once you begin to sustain the benefits of massage, you can see how long you can go before your next appointment. Coming in regularly will be beneficial, so don't wait until you feel aches and pains, or stress to call and schedule that next massage!

Marc Brown, LMT

The Strength of a Friend

You have just seen your doctor for a regular check up or because you have other health concerns. The news is not good. You have been diagnosed with a life threatening condition. However, the attitude you take throughout your treatment will greatly affect how you will get through the hard times and overcome the disease.

My very close friend, Kim, was diagnosed with an invasive form of breast cancer after a tumor was found during a routine mammogram. The night she found out she had dinner plans with me and another girlfriend. She didn't cancel. Instead, she had dinner with us and broke the news. It was a blur to me, but right away I could see the strength inside her. It was remarkable to me. Kim had some very bad days, but she got right back up and dealt with what was ahead of her. Kim stayed active with her friends, family and volunteering at

the CNYSPCA. Kim shared her experiences from day one until her last chemo treatment. Instead of retreating to the "safety" of her home when her hair fell out, she bought a cute Santa hat with a tiara on it. Her courage is what I can only wish for. Instead of feeling bad for herself, she planned a belated Christmas Party with yummy food and unexpected Christmas gifts and a tree. Kim has pulled through and I am positive her upbeat attitude had as much to do with it as her medical treatment if not more. Kim is now back to volunteering as the head dog walker at the CNYSPCA and is fighting to continue to beat her cancer.

Mary Kate Migdal

Your mind is an integral part of healing your body

HEALTHY HEART

Heart disease is the leading cause of death for both men and women. Many risk factors for heart disease (high cholesterol, high blood pressure, diabetes, obesity and overall poor diet) can be prevented or reduced through proper nutrition and supplementation. Using common prescription medications to reduce cholesterol and blood pressure for instance can cause unrealized nutrient deficiencies. These deficiencies can actually make your heart condition worse. In some cases medication is

necessary. Other times natural remedies can provide equal results to medications, without the nutrient deficiencies.

Scheduling a nutritional consultation to determine if there are ways to reduce your risks associated with heart disease may be an important step in preventing chronic and often deadly consequences of heart disease.



Explore natural ways to a healthy heart

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Can My Doctor of Chiropractic Help?

Most often, people go to chiropractors the first time for relief from back pain. But chiropractors treat a broad range of complaints, from back and neck pain to headaches, arthritis and more. Moreover, people don't need to have a specific complaint to benefit from a visit. Chiropractors also focus on preventive and wellness care.



Chiropractic care is effective for people of all ages, from infants to the elderly. So what are chiropractors and what do they do? Chiropractors specialize in the treatment of the nervous and musculo-skeletal systems. Classic chiropractic treatment involves manipulation of the bones

and joints, primarily but not limited to the spine. They may also use muscle release and physio-therapy adjuncts such as ultrasound, muscle stimulation, traction and other techniques to loosen tight muscles. In addition, chiropractors often suggest exercises or educational materials on proper ergonomics to help a patient safely return to normal activities as soon as possible.

Chiropractors may also receive additional training in areas such as nutrition, orthopedics, acupuncture, neurology, radiology, pediatrics, as well as others. The chiropractic profession works closely with its patients and provides not only treatment but suggestions on life style changes to promote health and wellness.

Chiropractic Spinal Adjustments can help to improve your overall health and wellness.