

DR. CORY'S WELLNESS NEWSLETTER

EXTRA! EXTRA! READ ALL ABOUT IT

THE POWER THAT MADE THE BODY HEALS THE BODY

Volume 2 Issue 4

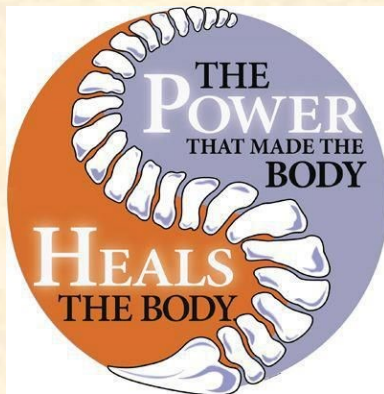
February 2020

THE MISSION

Our mission is to relieve unnecessary human suffering, disease, and early death, through the 5 essentials of maximized living.

Focusing on helping your body restore its own power and performance starts with optimal nerve supply. We believe this is achieved through core chiropractic care:

- Core Chiropractic
- Nutrition
- Mindset
- Oxygen & Exercise



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BRAIN BODY CONNECTION

What controls everything we do in our body?

The human brain is awesome.

What happens when there is interference? When there is interference with the brain connecting or communicating with the rest of our body, we can experience a wide variety of symptoms or conditions.

Since we know the brain is the "big boss," in charge of everything we do, all bodily processes have to come from the brain and go down the spine and then out to the nerves and pathways to our organs, and then back up to the brain. In order to achieve optimal health, we need to make sure the pathways are free of obstruction so that 100% of the communication can get through.

COMMUNICATION IS THE KEY

When there is an interruption in the signals being transmitted in either direction, to or from the brain, a problem can develop with any of the processes in our body.

When vertebrae are out of alignment in the spine, or subluxated, they can put pressure on the nerves which will affect the communication to and from the brain. This can decrease or eliminate proper function to the organs that are associated with the specific area that is being affected. The result can create "dis" function and can create an atmosphere of "dis" ease in the body, instead of ease and function. This interruption of information from the brain, down the spine, out to the nerves, then to our organs, can create a non-healthy situation.

This nerve interference can cause a variety of symptoms. Symptoms are the body's way of telling us there is a problem. However, typically pain and discomfort will come long after there has been an interruption in this vital communication. Typically, we feel healthy or good while the interruption begins to cause issues with our organs or the systems in our body. It is important to be proactive in maintaining proper spinal alignment, keeping the nerve interference to a minimum and your body functioning at top performance.

DR. CORY'S COMMUNITY OUTREACH PROGRAM

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HEALTH, NUTRITION & OPTIMIZATION:

ACTION STEPS TO HEALING

SECRETS TO HEALTH · BRAIN/BODY CONNECTION · CAUSE OF SYMPTOMS



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IS IT A COLD, AN ALLERGY, AN IMBALANCE, A MISALIGNMENT?

**Do you and/or your children have chronic pain, allergies, catch frequent colds etc.?
Have you explored what might be the cause?
Do you experience any of the following symptoms?**

**Allergies/asthma/frequent colds/sinus
High blood pressure, cholesterol, diabetes
Sleep issues, fatigue, pain, dizziness
Inability to concentrate, digestive,
heartburn
Menstrual problems
Tension/migraine headaches,**



Call us to explore the possible cause:

954-489-4790

QUESTIONS AND ANSWERS:

Q: How do we set up a FREE lunch and learn at our office?

A: Please contact Lisa at 954-991-1059; she will get you set up.

Q: How do we get FREE advertising/exposure for our business?

A: Please contact Lisa at 954-991-1059; she will explain how this works for your business.

Q: How do I become a new patient of Dr. Cory Hennessey, D.C.?

A: Please call our office, Marissa will help you
954-489-4790

ASK US ABOUT OUR HEROES DISCOUNT!

KIDZ CORNER

Why would you take your child to a chiropractor?

Children have a spine and a nervous system just like adults. The developmental years of a child are vital to carry them through adulthood with the most health benefit. Starting children at a young age with preventative chiropractic care can set them up for a lifetime of health and wellness.

Our central nervous system consists of the brain and spinal cord. Just like for an adult, the brain communicates with the spinal cord, then to the nerves, and out to every organ, gland, tissue, muscle, and cell in the body. The nervous system is very much like a big fuse box. If there is a "blown fuse" a child can experience constipation, colic, bed wetting, sinus, ear infections, fussiness, reflux, trouble sleeping, mood and behavior issues, hyperactivity, asthma, allergies, headaches, trouble focusing in school, etc.

Chiropractic care can help remove the "blown fuse" or misalignment (subluxation).

Think about how a healthy tree grows straight and strong. If we help the tree grow correctly from the beginning, it is much easier than trying to correct it later after growing crooked for many years. Now think about your child, being proactive and allowing their spine and nervous system to grow properly from an early age, thereby helping to prevent issues and the need for major corrections later in life.

Children experience a wide variety of stressors: birth trauma, bumps, bruises, falls, chemical stress, and emotional stress. This can cause a protective fight or flight response with the muscles that support the spine, which can misalign the spine, causing the subluxation mentioned above. This needs to be corrected to promote healthy communication between the brain and the body.



IS THERE A SECRET TO DEALING WITH STRESS?

In a blog written by Dr. Dan Sullivan, we learn about the true nature and reactions of stress and how it affects us. We all recognize that stress is a permanent everyday battle in our modern day, technology based, hectic lives. We fight a seemingly impossible battle everyday to eliminate stress.

Stress kills! We know this. The key to a healthy life is to properly adapt to stress, not to be told to manage our stress better. How would you know if you were managing it better? Is there a tool to measure this?

We were born to manage a multitude of bodily functions and reactions without thinking about them: breathing, digesting, heart beating, fingers and toes moving, etc.

The brain communicates with the rest of our body through our spine, down to the nerves, and out to all of our organs, all day long. Our brain does all of this and is also able to manage our stress. We have full capacity to adapt to stress without thinking about it, just like all of our other functions. Just like the proper function of all of our other organs, the ability to handle stress depends, in a large part, on removing any obstacles that will allow the brain to properly deal with stress.

What is the science-based key to unlock our innate potential to deal with stress?

A simple scientific experiment revealed that when watching the brain live on MRI imaging, we can see that a simple chiropractic adjustment allowed the brain to properly adapt and deal with stress. The experiment involved imaging a patient's brain under normal circumstances and then introducing a stress to the body to measure how the brain responds. The MRI clearly revealed that the brain was negatively affected by the introduced stress. The patient was then removed from the MRI and given a chiropractic adjustment. The patient was then immediately put back into the MRI and the same exact stress was introduced. The brain's response was remarkable. The MRI of the brain revealed less areas of the brain being recruited to cope with the stress. This was after only one adjustment; imagine how our body would respond to regular attention to our affected or problematic symptoms or conditions.

This adjustment removed the blockage for stress management and allowed the brain to adapt and "deal" more efficiently. So, knowing that we are dealing with everyday stressors, we now know that we have a logically, anatomically-based solution to remove what is blocking or allowing our brain to reduce the effects that stress is having on our body.

Dr. Sullivan explains, "The science reveals that chiropractic adjustments bring balance, harmony and organization! Less energy and more efficiency in dealing with stress is a result of chiropractic care...It is a key component in dealing with stress! The name of the game is adapting! "

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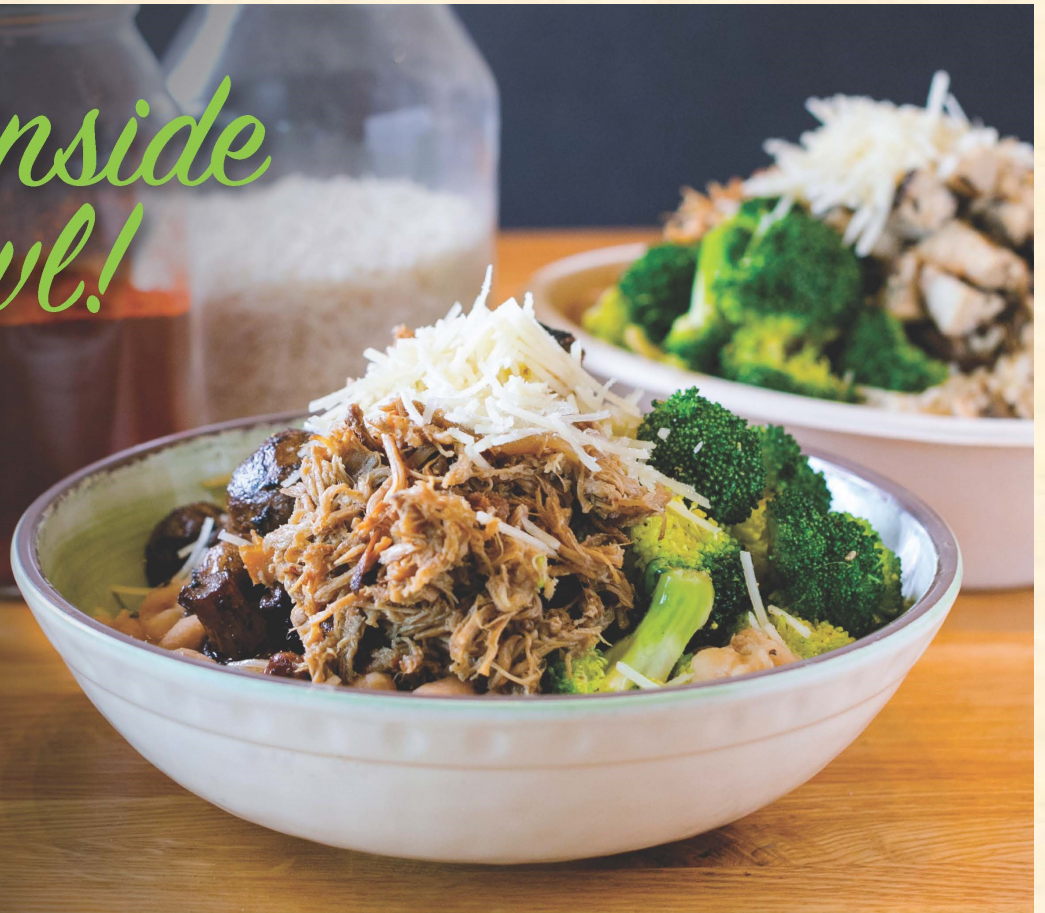
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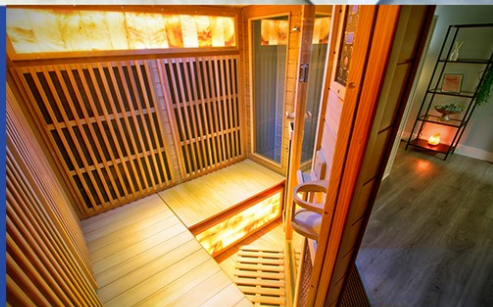
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RESTAURANT & BUSINESS REVIEW

BROCK ATHLETIC PILATES

5975 N. Federal Highway. #140, Fort Lauderdale (next to Ferarri Dealership)

Brock Athletic Pilates studio is a wonderfully inviting and unique Pilates studio that is equipped with a large Neosauna full spectrum infrared sauna with Himalayan salt walls. Owners, Sammi and Stephanie, are very passionate about helping clients achieve their goals – stomach, arms, thighs etc. Detoxing, losing inches, changing body shape and size, reducing cellulite, tightening and toning the skin are some of the goals of their clients who come to utilize their fantastic Pilates classes and Infrared body wraps.

Infrared saunas have been known to be utilized for a variety of symptoms and have many health benefits. Himalayan salt is widely known to purify the oxygen in the air and also assist with many symptoms. The combination is fantastic! In addition, this sauna is a very effective means of relaxation and mental wellness.

In an article written by Gabriella Rusk in February of 2019 about the Madison Fire Department, it was discovered that this fire department installed an infrared sauna into station 14 to help firefighters sweat out dangerous carcinogens which can lead to cancer.

After meeting Sammi, experiencing how she spends time with her clients, and participating in the body wrap, this writer's impression is that she has a sincere dedication to helping their clients get results and feel great about themselves.

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GOURMET GARDEN CAFÉ AND JUICES

6139 N. Federal Highway, Fort Lauderdale, FL

Gourmet Garden Café & Juices is one of Fort Lauderdale's treasures and is revered as a premier healthy restaurant offering a wide selection of vegan, gluten-free, vegetarian and organic options. GG has a full menu with steak, salmon, burgers, acai bowls, wraps, salads, juices, smoothies, etc.

GG's mission and purpose is to provide the community with fresh sustainable healthy options from local farms while assisting customers on their journey of health and accomplishing their goals for healthy eating.

GG believes that food is medicine that fuels the body and that wholesome food is the basis for vitality and good health. As a health-conscious company, GG is passionate about delivering the purest, fresh, and natural ingredients to their customers. GG shared a message with us – "healthy food can be nutritious and delicious."

This writer eats at GG at least twice a week and also meets many business associates there for meetings and pleasant networking. As a restaurant and café, a healthy version of the networking and business "hang out," we love the incredibly energy fueled choices, which makes for a very productive day.

HEROES CORNER

PARTNER WITH US ON THIS JOURNEY OF COMMUNITY OUTREACH OUR LOCAL HEROES!

POLICE, FIRE RESCUE, FIRST RESPONDERS, TEACHERS & OUR MILITARY - ACTIVE & OUR VETS.

THE MEN & WOMEN TO WHOM WE OWE OUR FREEDOM AND SAFETY

WHAT CAN THEY SHARE WITH US TO HELP KEEP US SAFE?

Our Heroes Corner focuses on men & women who have given so much to our country and the knowledge and experiences that they can share with us, along with their daily sacrifices.

We spoke with Jordan Christensen, a former Corporal with the United States Marine Corps.

We asked Jordan some questions about his experience:

Q: Can you tell us why you became a Marine?

A: Jordan is originally from British Columbia, Canada and forfeited his Canadian citizenship when he graduated boot camp to become a United States Marine. This gave him a tremendous sense of purpose and pride in serving his new country. Jordan explained that he joined the service for a better employment opportunity out of high school.

Q: What do you feel made the most impact on you, and that you made?

A: Jordan shared that the biggest impact that was made on him was when his mentors told him that it did not matter what his rank was as long as he knew what he was doing and what he was talking about, and that he used that knowledge to help other people.

Jordan feels the impact that he made on others was using the knowledge from his training, work ethic, and mixture of knowing what he was doing and constantly learning new things, to positively impact others. He feels that his legacy was teaching them to carry on with the same dedication to getting the job done, after he was gone.

Q: Can you describe an event or experience that sticks out for you?

A: Jordan describes his phase crew department which was heavy maintenance operations; he served as the second highest in command as the senior quality assurance rep responsible for the daily flow of operations. Jordan says his team proved to the unit that 11 individuals could do a job that normally took over 2 weeks, in austere field conditions, in less than 36 hours. He feels that this spoke volumes to everyone involved to show that goals can be accomplished as long as the team is willing to work hard for it.

Q: Can you describe the comradery and emotions that were involved with your service?

A: In the beginning it was a lot of hateful comradery with everyone having a tough time adjusting from civilian life. This eventually brought them all together, as everyone progressed throughout their respective careers. Staying with all the same people in his unit, it became more cohesive and emotional getting to know his friends and their families and their daily struggles. When they deployed overseas, it was all a very tight group which he has not experienced again since exited the Marine Corps.

Q: How has your experience in the military affected your family?

A: Jordan felt that being away from his family for so long put a hard disconnect with his family and his fiancé, now wife. The people that he was so close to in his unit became his family out there which put a strain on his family back home.

Q: What tips can you give us from your experience?

A: Jordan feels that we should all take time to disconnect from technology and our busy lives to spend time with the ones that we love and to notice the small things. And, as a former Marine, Jordan feels that when he is in a public place that he always has to face the door, watch his surroundings and possible triggers, learn all exit routes, with the goal to keep everyone safe and protect whomever he is with.

Q: What do you feel that people should know about your military experience that you feel could make an impact?

A: Jordan noticed a post on Facebook about the RED Program – Remember Everyone Deployed. The people who are deployed during the holidays as he was, do not get to spend holidays, birthdays, social events with their loved ones. Jordan has still never spent his birthday with his wife. Jordan is incredibly grateful and humble about his military experience and says he would never change it and he would do it again and again. His service is very close to his heart and it means so much to him that less than .5% of the American population serves in the military and the smallest branch is the Marines, a very elite group of Americans.

While interviewing Jordan, what stood out most was his humble dedication to our freedom. He fought for our freedom and is very proud to have served.

THANK YOU TO ALL OUR HEROES FOR THEIR SACRIFICE AND SERVICE!

HEROES CORNER

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OUR LOCAL HEROES

SILENT HEROES

HANDSON BROWARD

Continuing with a third article in our series showcasing a non-profit organization run by an influential and strong female leader in our community, we interviewed Kristina DaSilva, Chief Operating Officer of HandsOn Broward. Ms. DaSilva has been with HandsOn for over 12 years. HandsOn began in 1974 and considered the central source for volunteerism. The organization has evolved over the last 45 years significantly as a direct service in the community and continues to help and partner with smaller non-profits by providing resources and technology to help them find volunteers and opportunities to serve the community. As a silent hero of our community, this writer was blown away by the contribution and impact this organization has on our community and our country and the passion clearly evident from Ms. DaSilva during our interview.

A direct quote from Ms. DaSilva clearly reveals the passion for her organization; “At HandsOn Broward, we empower people to make a difference for the causes they care about. What sets us apart from many nonprofits is that we don’t focus on a single social issue. We have daily opportunities for people to do something positive, whether it’s planting sea oats to help strengthen our dunes system, painting a community mural or teaching a child to read. It is through these daily acts of kindness that we create meaningful change in our community. “

HandsOn Broward has 4 pillars of engagement. **HandsOn Connect** provides technology to outreach to volunteers, manage volunteer data, and listing volunteer opportunities. **HandsOn Direct** is a direct service, conducting large event days throughout the year for people around the country to tap in and serve for a day of service. Bringing hundreds of thousands of people around the country together to honor, celebrate, and remember for a single day of service in the community, mobilizing people to make a difference. Examples: MLK Day, National Family Volunteer Day, Global Youth Service Day, 911 Service day. **HandsOn at Work** is a business activation pillar. A service event is created to meet the impact priorities for companies who want to give back and make a difference with socially responsible events. Hundreds of employees for a single day service, transforming a school, park, youth center, etc.... The transformation and impact is very powerful for the recipients and the volunteers. **HandsOn Learning** Pillar focusses specifically on empowering young people and inspiring them to serve the community providing their “youth voice.” Engaging young people, instilling a volunteer mentality at a young age will grow with them for the rest of their lives; learning about community issues and putting the understanding into action is impactful at a young age. There are programs for all ages 5 + to get involved.

“HandsOn Broward inspires, equips and mobilizes people to effect positive change in Broward Country. By leveraging the power of people and socially responsible businesses, we transform local communities through meaningful hands-on projects that make a difference....revitalize schools, parks, playgrounds, nonprofits and neighborhoods...build sustainable gardens, teach financial literacy, respond to disaster, and work to protect the environment. “

Whether you are a business looking for a socially responsible way to give back to the community, or an individual looking to support and donate to this worthy nonprofit to help execute events, a parent looking to engage your children in the spirit of volunteerism and giving back, or someone looking for volunteer opportunities, this organization is a wonderful choice. If you would like to learn more, please go to: <https://www.handsonbroward.org/> or contact HandsOn Broward at 954-2331300, contactus@handsonbroward.org



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