

DR. CORY'S WELLNESS NEWSLETTER

EXTRA! EXTRA! READ ALL ABOUT IT THE POWER THAT MADE THE BODY HEALS THE BODY

Volume 2 Issue 3

JANUARY 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

BRAIN BODY CONNECTION

According to the National Center for Complimentary and Integrative Health, more Americans are visiting a chiropractor than ever before. The American Chiropractic Association estimates that over 35 million Americans visit a chiropractor annually.

A chiropractor is a licensed health care professional who emphasizes the body's ability to heal itself. Patient care is approached with a similar method to conventional medicine. Chiropractors interview the patient, obtain a detailed health history, perform an examination, perform tests, and develop a working diagnosis. A management plan is created and the patient's progress is monitored throughout care.

COMMUNICATION IS THE KEY

Science supports chiropractic care for many conditions. A short list would include: headaches, migraines, fibromyalgia, neck and shoulder pain, back pain, carpal tunnel, ear infections, sinus, fatigue, etc.

Science explains that your brain is the most vital organ in the body, communicating with your spine which runs through the center of your body. This communication travels down the spine and is coordinated by your nervous system. Your spine allows each component of your body to work in harmony. Science dictates that to achieve optimal health and performance, we need to keep the spine and nervous system free of structural interferences that everyday stressors create. Creating a priority for spinal alignment can unlock your body's natural potential for health and healing.

With the primary focus on the spine, a chiropractic approach is typically holistic and encompasses the entire body by helping the body improve function and activating your body's natural healing ability. When your body functions poorly on the inside, it typically will not respond well to good nutrition, exercise, etc. Allowing the body to fully communicate from the brain, down the spine, out to the nerves, and then to the organs, will promote optimal health and function. When this occurs, that is when diet, exercise and the mind/body connection will provide optimal performance.

The 3 C's of
Monday...
Coffee
Coffee
and
Chiropractor!!



INSIDE THIS ISSUE

- 1 The Mission
- 1 Brain Body Connection
- 2 Dr. Cory's Community Outreach Program
- 3 Is it a cold, allergy, imbalance, or misalignment?
- 3 Kidz Corner, Questions and Answers
- 4 The Gut & the Brain — How are they Connected
- 5-10 Community Corner
- 11-12 Heroes Corner & Silent Heroes

DR. CORY'S COMMUNITY OUTREACH PROGRAM

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GRASS ROOTS WELLNESS INITIATIVE**

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LUNCH FOR YOUR ENTIRE OFFICE!

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HEALTH, NUTRITION & OPTIMIZATION:

ACTION STEPS TO HEALING

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



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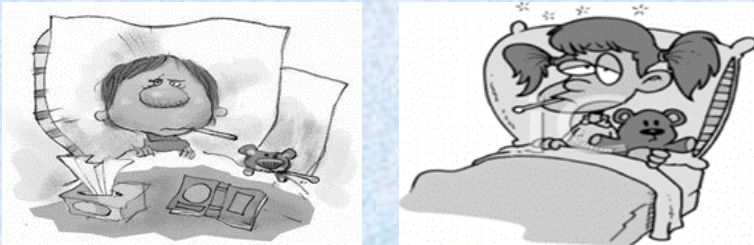
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IS IT A COLD, AN ALLERGY, AN IMBALANCE, A MISALIGNMENT?

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
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heartburn
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Tension/migraine headaches,



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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!

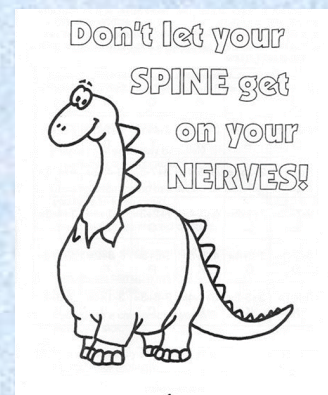
KIDZ CORNER

JAMA Pediatrics is a monthly peer-reviewed medical journal published by the American Medical Association which covers all aspects of pediatrics. In an article published in April, 2000, entitled *Chiropractic Care for Children*, it was found that considerable numbers of children and adolescents seek chiropractic care. The article explained that children frequently visited chiropractors for respiratory problems, ear, nose, and throat problems, asthma, allergies, infantile colic, enuresis, and general preventive care.

Research strongly indicates that chiropractic care is an essential part of your child's overall wellness. According to the National Board of Chiropractic Examiners, more than 17% of all chiropractic patients in the United States are under the age of 18. Nearly 8%, of this 17%, are five years or younger. Starting children at a young age with preventative chiropractic care can set them up for a lifetime of health and well-being.

The nervous system, which consists of your brain, spinal cord and nerves, controls everything in the body, including growth and development. Subluxations (misalignments) in the spine can prevent proper communication from the brain to the body, which can cause stress to the nervous system and possibly lead to a decrease in function.

Infants, children and adults can all experience subluxations in the spine. Infants and children can become subluxated from birth trauma, other minor or major traumas and developmental stress. Traumas from bumps, bruises, and falls accumulate over time and can cause pain or discomfort. In addition, the body produces more neural pathways in the first 5 years of life than at any other time; optimizing health through chiropractic care in the first few years is vital to each child's potential. The goal being to help avoid health issues in teen and adult years.



THE GUT AND THE BRAIN – HOW ARE THEY CONNECTED?

WHAT DO WE KNOW ABOUT THE RELATIONSHIP BETWEEN OUR GUT AND OUR BRAIN?

According to an article released on December, 2019, written by a MaxLiving health expert, our gut bacteria impacts nearly every organ in our body, especially our brain. Think about the nervousness we get in our stomach before a big test or presentation. Have you ever experienced “butterflies in your stomach” ? Feelings of anxiety, worry, and pain can create nausea, constipation, and diarrhea. This explains how closely connected our gut is to our emotions; there is a connection with our gut bacteria and our feelings.

The gut consists of a colony of approximately 10 trillion bacteria which play a large role in the health and disease state of our body. The proper balance of gut bacteria (good and bad bacteria) helps keep us lean, healthy, and happy, and allows our brain and gut to communicate effectively. Scientists believe that a bad gut can lead to disease and coined the phrase “gut-brain axis” to describe the vital connection with our brain and gut. An imbalance of too much bad bacteria can lead to diabetes, obesity, food cravings, allergies, cancer, Alzheimer’s etc. It is important to keep the good gut bugs thriving and working properly with good nutrients, exercise, and good sleep patterns. A poor diet, stress, lack of sleep, among other interferences, can reduce the quality of good bacteria, allowing the bad bacteria to take over, thereby reducing your body’s healthy performance. This atmosphere can create inflammation in your brain and impact your mood and behavior.

On the other hand, a healthy gut can boost your mood and impact your behavior, and positively affect your immune system.

Stress is another factor that can negatively impact your gut and the balance of good flora (bacteria) and can lead to some digestive disorders. There are 500 million neurons connecting your gut and brain; stress can interfere with these vital signals.

One of the major contributing factors to poor health is inflammation. Inflammation can cause a variety of symptoms, conditions, and disease. Inflammation can also throw off the proper balance of good bacteria, possibly allowing too much bad bacteria to overgrow, causing the brain/gut connection to be severely affected. Constant stress on the body can cause this inflammation to contribute to brain disorders like depression and Alzheimer’s disease. This overgrowth of bad bacteria creates inflammatory toxins and may create a situation in which your gut barrier can also get leaky (Leaky Gut Syndrome), which means things that should not get through your gut wall, do get through the wall, things like bacteria and inflammatory toxins. There are a wide variety of brain disorders that can occur in this situation: severe depression, dementia, and schizophrenia, etc.

On the bright side, a healthy gut can lead to happiness, homeostasis, and good health. Your gut makes neurotransmitters like serotonin and gamma-aminobutyric acid (GABA). Serotonin helps us feel happy and Gaba helps control fear and anxiety. These chemicals help your gut and brain communicate and control feelings and emotions. The amino acids that our gut metabolizes also impact the brain. Our body converts tryptophan into serotonin (feel good neurotransmitter) and melatonin (sleep well neurotransmitter).

A healthy gut can lead to good health. Regular visits with your chiropractor will keep the “lines of communication” open from your brain, down to your spine, and out to your organs, providing the proper environment for you to take care of your gut, as well as the rest of your body.

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A GRASS ROOTS WELLNESS INITIATIVE!**

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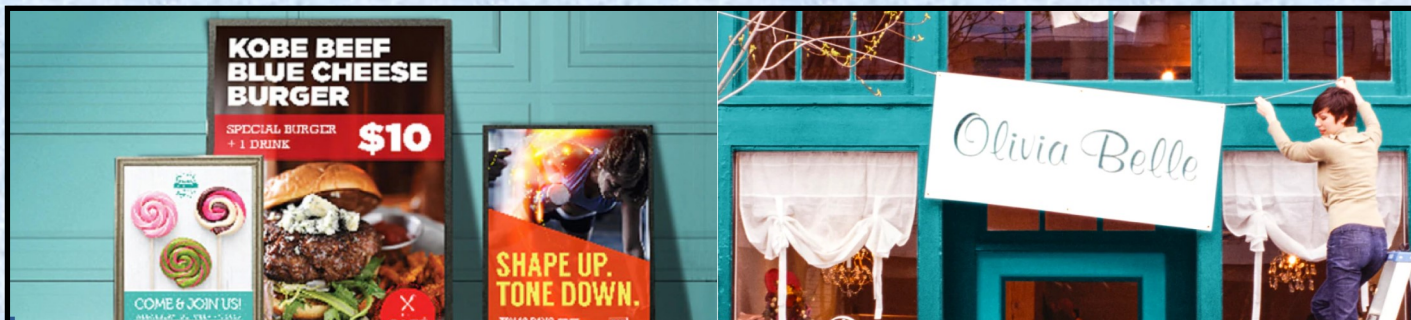
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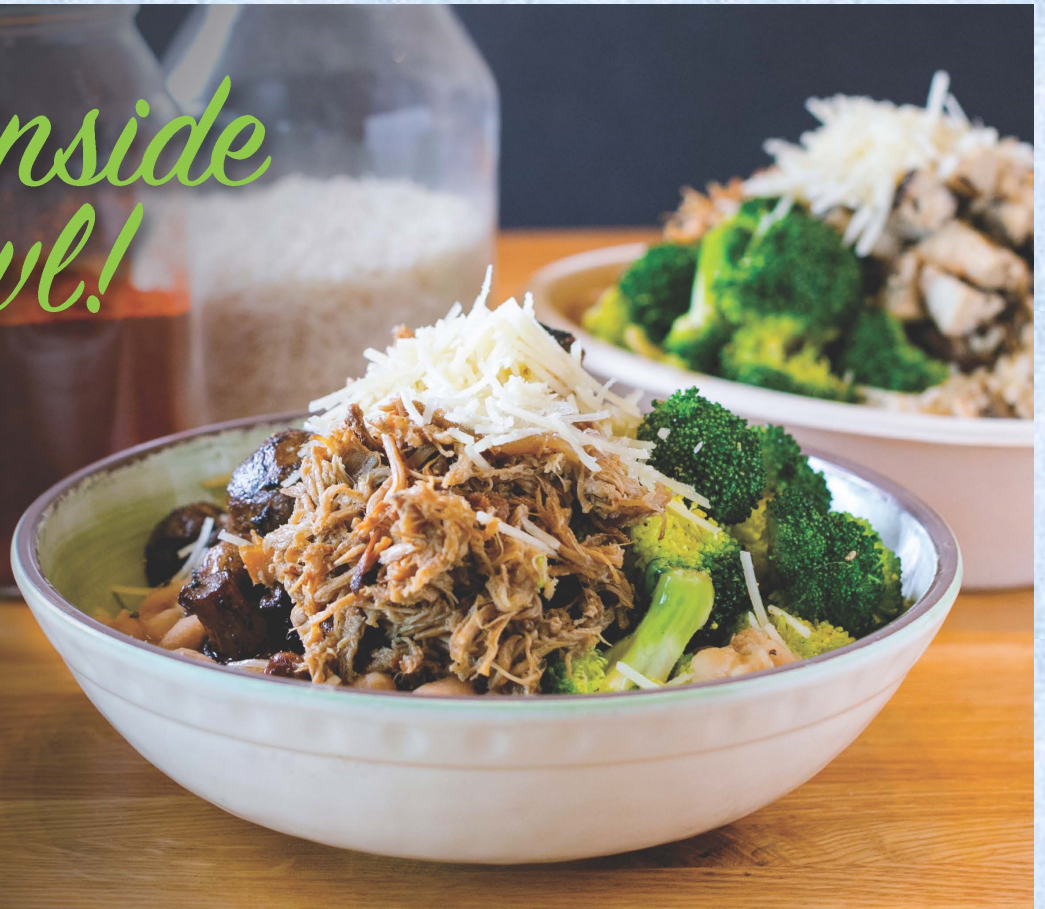
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RESTAURANT & BUSINESS REVIEW

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Unleash LIFE

**JUICING - SHOULD WE OR SHOULDN'T WE?
COLD PRESSED OR HEAT PROCESSED?
GLASS OR PLASTIC?**

After meeting Tayana and Kelly, owners of **Unleash LIFE**, it was apparent that they share a true heart to help people with their organic, cold pressed, glass bottle, juice delivery service. It was easy to see how **Unleash LIFE** has had so much success throughout Broward, Dade, and Palm Beach Counties.

After experiencing some debilitating injuries and health concerns, Tayana began her research and started on her road to recovery with cold pressed organic juicing. Tayana's research uncovered that the cold pressed juice process creates juice that is 3-5 times higher in nutrient and enzyme levels compared to juice made with a traditional or centrifugal juicer (heat processing), which can destroy or damage the live nutrients. Tayana found that cold pressed juicing is more conducive to the purest and fastest absorption of the nutrients for the body.

Her recovery was remarkable; Tayana experienced higher energy, mental clarity, improved sleep, increased motivation, decreased inflammation and pain. Co-owner, Kelly, experienced significant relief from her symptoms as well, which led to the creation of **Unleash LIFE**.

Their mission is to share the juice with thousands. The reason for glass bottles is to make sure that once the nutrient rich juice is bottled, the chemicals from plastics do not seep into this wonderful elixir.

With incredible testimonials, Tayana and Kelly plan to continue to help as many people as they can with their nutrient rich juice delivery service! <https://unleashlifejuice.com/>

Rose Face and Body Contour

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Rose's Face and Body spa is a completely unique spa catering to each client's needs. Rose has extensive training in Asia, Europe and North America with over 30 years of experience with skin care and body treatments, serving clients in New York City, Rhode Island, and Florida. Each client receives a personalized evaluation and this writer has first-hand experience with many of her face and body treatments. A short list of services are radio frequency, hifu, hydrofacial, microdermabrasion, acne facial, cavitation, micro needle, collagen induction treatment, chemical peels, hyperpigmentation treatment, lymphatic drainage, buttock lifting, cryolipolysis, and more.....

<http://rosefaceandbody.vcardinfo.com>

HEROES CORNER

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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 Marcos Gonzalez, a lieutenant with the Margate/Coconut Creek Fire Rescue team, and Mike Whitt, a firefighter with the same team. Currently serving our community with a strong sense of service and humility, this team is making a difference for many citizens in our community.

We asked them some questions about this amazing team of firefighters:

Q: Can you tell us why you became a firefighter and how long have you been a firefighter?

A: Marcos is from Miami and has been proudly serving the community as a firefighter for 17 years and is currently serving as a Lieutenant for the Margate/Coconut Creek Fire Rescue Station. Marcos became a firefighter due to a positive childhood experience of meeting firefighters and how kind they were to him; he fell in love with the culture and sense of unity that he witnessed.

Q: What do you feel makes the most impact?

A: Marcos shared that the biggest impact he and his crew make is the effect that his crew has on the community, letting citizens know that they have a support system when they are in need. Marcos believes strongly in his civil service and that Margate/Coconut Creek Fire Rescue does a great job letting people know they will respond to their needs. This team cares for a very large elderly population and shared how they make them feel like they are a part of their fire rescue family.

Q: What drives you to continue to serve the community?

A: We spoke with Mike Whitt, a young rookie firefighter who describes the humbling feeling of doing things for the community outside of their normal job duties, like the "Santa Detail", which is a program that the firefighters dress up as Santa Claus for the local children. Mike expressed that what drives him is "leaving this world a better place than how you found it." Marcos explained, "I believe in civil service and if every human being did something positive in this world, we would have such a grander place to live...this job is a calling, a very unique job; it takes a very unique person to do this job. I feel this is a gift that God gave us and we can't take it for granted".

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

A: Both men described the firehouse as one big family. They have a lot of respect for each other and they take care of each other. Mike says, "There is always someone to talk to with a bad call or a good call. Always a shoulder to lean on and talk to."

Q: Can you give us some safety tips?

A: Marcos explains, "We put our lives on the line for the community; we want the citizens to do their best to keep themselves safe, meaning wearing seatbelts, making sure their house is as safe as possible for fires, changing out the batteries annually in the smoke alarm, don't fry turkey's in the house, be cautious with portable space heaters, checking the expiration dates on fire extinguishers, ... if they are safe, it reduces our risk to ourselves. When everyone is running out of the building, we are going in to save them, we want them to be as safe as possible."

While interviewing these firefighters, what stood out most was their dedication to their civil service and giving back to the community. This team has a true heart to HELP and give back to the community. We found them to be caring, empathetic, and completely devoted to their community.

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

HEROES CORNER

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OUR LOCAL HEROES

SILENT HEROES

CAMELOT COMMUNITY CARE

Continuing our series with a second article showcasing a non-profit organization run by an influential and strong female leader in our community, we interviewed Michele DiSorbo, Executive Director of Camelot Community Care. Ms. DiSorbo has been with Camelot for 22 years. Camelot originated in the early 1970's in Illinois with Doc and Shirley Spicer. The couple lived on a ranch, taking in wayward boys in need of guidance, and help. In time, the state granted them a contract to become a group home. The Spicers transformed their love for helping children into one of the very first organizations to specialize in therapeutic foster care; they would recruit, license, and train families to be foster families, training them to work specifically with kids with behavioral and mental health needs, helping children transition out of group homes or homelessness. Over time, Camelot's wonderful reputation allowed the company to grow and they were asked to bring their business to Tennessee and Florida. In 1999, the Spicers sold their "for-profit" company and it was made into a non-profit, based in Florida and Ohio.

Michele began her journey with Camelot as a licensed mental health counselor, doing in-home counseling and starting as a clinical director over one of the in-home counseling programs. After several promotions within the company, she now runs one of the most important and impactful, non-profit companies in South Florida. She has been nominated for 211 of Broward's Lifetime Achievement Award (Michele was nominated by one of Camelot's Community Advocacy Board members). Michele believes that the biggest impact of Camelot's foster care services is the long-range effect on these abused, neglected or abandoned children. The global goal of foster care is always reunification. However, this is not always possible, so the foster families are a vital component to help these children with the trauma that they have experienced by not only giving them a safe and nurturing environment, but also assisting and guiding them to a better future on their journey to becoming young adults. By providing individual and family counseling, Camelot is helping to change the trajectory of the child's life. Camelot has a full continuum of care, beginning with foster care and continuing with independent living services up to age 25.

With Camelot's mission being to develop and provide services which enable children and families to realize their full potential, a specific case that brings fond memories for Michele and her team is a family with 2 of their own children who fostered 3 siblings so they could all stay together. This is unique and an incredible gift to enable children to stay with their siblings. Approximately a year ago, this family adopted all 3 kids and continued fostering with Camelot, as both of their children have now gone off to college.

Camelot's vision is to provide the highest quality of services that are community based, family centered, and highly effective. Please contact Michele at Camelot if you have or know of a child or family in need of these services, or are a family seeking to become a foster care family. If you would like to follow Camelot on Facebook, please visit: <https://www.facebook.com/camelot/broward> or donate to this non-profit organization, please visit: www.camelotcommunitycare.org or contact Camelot Community Care Inc., at 954-958-0988.



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