

DR. CORY'S WELLNESS NEWSLETTER

EXTRA! EXTRA! READ ALL ABOUT IT

THE POWER THAT MADE THE BODY HEALS THE BODY

Volume 1, Issue 1

Fall Edition November 2019

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
- Minimize Toxins

BRAIN BODY CONNECTION

Our body is very similar to a science project as it is filled with cells, bones, muscles, tissues, organs and our brain. Our spine is a critical and often overlooked part of our health.

Our spine:

- Keeps us upright.
- Connects our body parts: head, chest, pelvis, shoulders, arms, and legs.
- Forms our body's central support system that carries our head, torso and arms.
- Allows our body to move in different directions, such as bending and twisting.

COMMUNICATION IS THE KEY

We have all heard that communication is the key to relationships. This is also true for our brain body connection. As we know, the brain controls everything in our body. Information has to come from the brain, travel down the spine and then out to the nerves and pathways to our organs.

The spine is the key starting point for all communication from our brain to our body. In order for our body to function properly, there needs to be a clear path for the brain to deliver information to and from our vital organs.

There are many nerve fibers that make up our nervous system and help our brain communicate with the rest of our body. Signals are carried from the brain to muscles and internal organs. For example, if a nerve that connects to your heart is only getting 50% of the information from your brain to your heart, then your heart may only be able to function at 50% capacity.

Wouldn't it be better to make sure that our heart and other organs are receiving all the necessary information?

Interference with this vital communication may cause a myriad of symptoms or diminished health. This creates an atmosphere of dis ease (disease) in our body.

In many cases, we may have diminished health prior to experiencing symptoms. The key to better health is finding out if these communication highways are functioning at full capacity.



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
- 4-6** Community Corner
- 7-8** Heroes Corner

DR. CORY'S COMMUNITY OUTREACH PROGRAM

GIVING BACK TO OUR LOCAL BUSINESS COMMUNITY WITH OUR
GRASS ROOTS WELLNESS INITIATIVE

LUNCH WITH THE DOC IS ON US!

LUNCH FOR YOUR ENTIRE OFFICE!

DO YOU WANT TO LIVE A LONGER HAPPIER LIFE?

HEAR FROM OUR LEADING EXPERTS: HEALTH, NUTRITION & OPTIMIZATION:
ACTION STEPS TO HEALING
SECRETS TO HEALTH · BRAIN/BODY CONNECTION · CAUSE OF SYMPTOMS



PARTNER WITH US ON THIS JOURNEY OF COMMUNITY OUTREACH
SUPPORTING LOCAL BUSINESSES & ITS MEMBERS

ASK US ABOUT OUR "HEROES CORNER"

**HONORING OUR MILITARY, POLICE, FIRE RESCUE, FIRST RESPONDERS
AND TEACHERS!**

CALL US TO SET UP YOUR FREE LUNCH & LEARN FOR YOUR ENTIRE OFFICE:

LISA 954-991-1059

TIME SLOTS ARE LIMITED - CALL NOW TO SET UP!

INNATE HEALTHCARE

6220 N FEDERAL HWY FORT. LAUDERDALE, FL 33308

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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
Cancer, autoimmune, chronic illness
Shoulder, neck, back, leg, arm pain?



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's

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

ASK US ABOUT OUR HEROES DISCOUNT!

KIDZ CORNER:

COMMON ALLERGY TRIGGERS IN SCHOOL

Depending on the age of your child's school, many allergens may be present.

Animal Dander: Furry animals can produce airborne antigens/dander that trigger inflammation in the airway. Animal dander can also be brought in from the clothing of other students and transferred to upholstered furniture and carpets in the classroom.

Dust mites: Carpeting, pillows and upholstered furniture in the classroom will often harbor dust mites. Furniture that has a smooth surface, can be more easily wiped clean to reduce allergens.

Mold: Molds can be present indoors as well as outdoors in schools. Indoor molds can grow in damp areas with high humidity, or standing water, particularly if left for longer than 24 hours.



ORGANIC, CLEAN, HEALTHY EATING SHOULD WE OR SHOULDN'T WE?

In our search for healthy options for our busy work day, we found one of Fort Lauderdale's treasures - Gourmet Garden Café & Juices. GG is revered as a premier healthy restaurant offering a wide selection of vegan, gluten-free, vegetarian and organic options. GG's mission & 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".

COMMUNITY CORNER

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A GRASS ROOTS WELLNESS INITIATIVE!


WE SUPPORT BOTH THE LOCAL BUSINESS COMMUNITY AND ITS MEMBERS.

LET'S SEE WHO OUR NEIGHBORS ARE AND WHAT THEY DO IN OUR COMMUNITY.

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BEAUTY, ACTIVITIES & FOOD:



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LET'S SEE WHO OUR NEIGHBORS ARE AND WHAT THEY DO IN OUR COMMUNITY



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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 Nicholas Lenz, a police officer and former Marine who has served our country with pride. Nick talks to us about his experience of 16 years in the Marine Corps and currently as a police officer serving Miami Dade County with a tremendous amount of humility and honor. Nick comes from a military family and served three combat tours.

We asked Nick some questions about his experiences:

Q: What do you feel made the most impact on you or the impact that you have made?

A: Nick was proud to tell us that one of his biggest accomplishments was that he never lost a Marine under his command and how much this meant to him.

Q: As an Infantry Staff Sergeant and Drill Instructor, can you describe an event that sticks out for you?

And as a police officer?

A: Nick recants a moving story of an 8 yr old girl in Afghanistan that was burned over most of her body. He carried this young girl four miles to reach medical care and waited to make sure she received the care that she needed. This child survived due to Nick's heroic journey.

As a police officer, Nick saved a mother and child from drowning in a recent hurricane rescue mission.

While interviewing Nick, what stood out most was his humble and reserved nature about his journey and the impact that he has made. He gravitates toward service to others and believes that is his calling.

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

A: Nick told us that Marines are trained to rely on their comrades. "We build teamwork from the first day we step on the yellow footprints (in bootcamp). We changed from individuals to part of a team".

Q: What is the one thing that you would like us to know that you feel could make an impact on us?

A: Remember our military during the holidays, they are often lonely and missing their families. And to all the Vets - "We can't do it alone...you can't do it by yourself, you couldn't win the war by yourself and you will need help..." Nick is referring to the transition into civilian life from the military. Nick wants us to know that he sought help and encourages all vets to do so for mental health, PTSD, etc. Nick feels that the USO is one of the best entities taking care of the military.

Q: Can you give us some safety tips for the holidays?

A: Nick reminds us not to leave our shopping bags in the car and then go back into the mall, to cover and hide electronics as they are light weight, expensive items - easily targeted. In addition, he suggests that we use a timer for our outside lights especially if we are going out of town.

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

HEROES CORNER

PARTNER WITH US ON THIS JOURNEY OF COMMUNITY OUTREACH

OUR LOCAL HEROES

POLICE, FIRE RESCUE, FIRST RESPONDERS, TEACHERS

AND OUR MILITARY – ACTIVE AND OUR VETS

SILENT HEROES



The purpose of our Heroes Corner is to shine a light in our community for those individuals and businesses that devote their time with relief efforts, contributions and sacrifices for our community. We investigated the men and women that support our local heroes in their endeavors to keep us safe, provide aide & support and selflessly sacrifice to help those affected by tragedies and natural disasters. We found Aztec Airways; a silent hero in our community.

Aztec Airways was formed in 1998, and is certificated by the United States Federal Aviation Administration under FAR part 135 as an On-Demand/Commuter Scheduled US Air Carrier.

According to Aztec Airways owner and CEO, Captain Stuart Hanley: “The FAA and the military have placed restrictions on the airspace surrounding the disaster zone, however, we have received government permissions to immediately provide badly needed lift directly into the stricken areas... we will be working with recognized and reputable disaster relief organizations to deliver the urgent supplies... we are aligning with organizations with ‘boots on the ground’ who will provide the most fair and effective distribution of goods and supplies to the right areas and individuals there.”

After discovering this incredible company and their mission to help and serve our community locally and globally, we were impressed with their commitment to serving those in need; people as well as animals in need of rescuing. Currently, Aztec Airways is flying into all areas of the Bahamas, transporting supplies and passengers for evacuation and rebuilding for Hurricane Dorian relief.



These are just a handful of the courageous animals rescued by Aztec Airways

NEWSLETTER PRODUCED BY:

