



Healing Times

October 2011
Volume No. 14
Issue No. 10

The Art of Vitality

Vitality, like everything beautiful, is art. It is the art we create everyday with our palate of life choices. The fruits of vitality are a deep, inner sense of calm, an unshakeable reserve of energy, unwavering mental focus, the ability to go with the flow and be flexible, joy, happiness, acceptance, and loving-kindness towards ourselves and others.

Yup, vitality is pretty much the fuel of a happy life. At the same time it is the result, just like a beautiful garden, of conscious, intentional, and consistent work. Even better, the more we do it, the more effortless it becomes, and vitality shines from our eyes, our skin, and our very personalities. Who we are radiates joy, hope, steadiness, and energy to others. Vital people inspire others to pursue vitality.

Here are some simple tools to help you become an artist of vitality in your life:

1. Be congruent. Know why you are here. If you were to die today, would you have regrets? If so, begin at once to make life choices that will erase those regrets. The person you want to become is the fruit of how you act and think NOW.

How do you figure out who you want to be and make it happen? You can start by writing down 3-5 things that are the most important to you in this life (hint: it's not about money or things), and think about what you can do to make your life reflect your values.

Need help mapping it out? Try writing down your goals. Robert Schuller asked, "What would you attempt if you knew you could not fail?" What do you want your life to look like in 10 years? Think about all the smaller things that will make the 10 year goal happen, and write your 5 year, 3 year, 1 year, 6 months, 1 month, and weekly goals. You can even write a daily goal. What can you do today that will help you work toward that 10 year goal? All the short term goals you set help you create the big stuff you dream.

2. Be kind. Be one less dweeb on planet earth. Be one more peacemaker. Be a compassionate heart that touches everyone you meet. When you are down and low on vitality, turn your thoughts and your heart to someone you can help. With email, skype, and the telephone, we can reach anyone in the world pretty much instantly. Volunteer. Smile. Practice a random act of kindness – AND DON'T GET CAUGHT. Stay anonymous. Be a miracle in someone's life.

3. Be rested. Take time for yourself to rest and recharge everyday. From virtuoso violinists, to pro athletes, to Thomas Edison, to Norman Vincent Peale, all agree that regular rest is critical to vitality. Relax, you don't have to be a crazy hyper Starbucks addict. Don't mistake frenetic energy with sustainable vitality. Instead, take time to nap, or learn to meditate. The science on meditation is profound: it's basically a magic bullet with ALL positive side effects. Rest is like hitting "Control – Alternate – Delete" on your mind every day.

4. Be nourished. Eat live, vital foods. Have a green salad everyday. Let fruit, nuts and seeds be your fast food. Drink half your body weight in water every day. Eat 12 or more veggies and fruits every day. Eat local whenever possible. Eat less meat. Eat more raw stuff. Get rid of processed foods 100%. (Check out the film *Forks Over Knives*.) Drink less alcohol or give it up all together. Add superfoods (like Goji berries, blue-green algae, Maca, Chia Seeds, and many more) to your diet. Allow yourself to splurge on something 2-3 times per month.

5. Be active. Move your body every day. Park your car as far from your destination as possible and walk. Joyfully bound up the stairs. Skip elevators and escalators. Play with your kids or your pets. Vitality is a choice, moment to moment. You don't have to be a fitness freak or a gym rat to get exercise. Just don't be lazy. Make a choice, and take an action. Don't feel like it? What does that have to do with it? When feeling down, ACT like a vital person would act. Actions wag the tail of perception.

6. Be outdoors. Being in the sun and fresh air and with trees is amazing. Studies have shown that exercising outdoors is better for boosting fitness than the same exercise for the same time interval indoors. Sunlight is one of your body's needs. Get it. Going from your air-conditioned home to your air-conditioned car to your air-conditioned office, and back again is a recipe for some serious existential boredom. Its hard to feel vital if you are bored with your life.

7. Be curious. Learn a new and challenging task. Learn to knit. Learn a language. Take a dance class. Take up a new instrument. Join a choir. Take an art class. Do something that stimulates your passion and creativity, and builds your brain – literally. Again, if you want vitality, don't allow yourself to become bored with your life. Do something new or something old in a new way every day.

8. Be present. Notice what's going on around you. People spend more time staring into their computer screens and cell phones (literally a 3 inch by 4 inch box), than they do actually relating to the real world and real people around them. Social media is cool, but it does not even come close to real, live interactions and relationships with the real, live people in front of you. Be selective and specific on how and when you use the internet. Give yourself a time limit for technology, then use the rest of your time to join in the realtime life around you.

9. Be thoughtful. The quality of your life mirrors the quality of the questions you ask yourself, so ask really great questions! *What can I be grateful for right now? Where is the gift in this? What do I need to create? How can I be ready to make the changes I wish to make?* Be honest with yourself about what you need to be, and what you need to do. Especially notice when you want to avoid pain – physical or emotional. Pain is a great thing, a sign of health. It's meant to stop you in your tracks. It's a call, a directors "CUT!" from deep inside your heart to stop and take stock. Our comfort-and-ease obsessed culture has labeled pain as something to avoid. The courageous heart asks for challenges and obstacles as it knows that is what will polish the diamond of the heart. Think about all the good things to come.

10. Be fun. Lighten up and laugh. At life. At yourself. Laughter is excellent medicine. Don't take yourself so seriously all the time. Watch a funny movie. Read the comics. Do something you love doing every day. It doesn't have to be a big something. Anything that makes you smile will do. It's the small pleasures of everyday life that bring the most consistent joy. Or be like a friend of mine and decide to find the positive side of everything you do. Love being with yourself. If you can't stand being alone, how do you think people feel around you? If you are bored with yourself, how do you expect others to feel with you?

11. Be a friend. When you think of someone, call them. Let them know you are thinking of them. Have some unresolved relationships? Some old resentments? Some irritation with someone you love? Clean it up. Being free and clear in ALL your relationships is the fast-track to sustained vitality and a brightness in your eyes nothing can shake. Cultivate friendships with people who share similar goals, people who what you want emotionally, mentally, physically and spiritually. Having friends who can see the big picture is key. They'll call you into a greater degree of accountability and you'll naturally develop rich relationships that are long term and able to go through many cycles of growth.

12. Be clear. Get your spine checked – your nervous system is your master-blaster life-engine. Let stress build up like a back alley dumpster, and you'll feel your body's energy dissolve. Chiropractic is a philosophy, science, and art using a technique that helps our innate vitality to flow. Chiropractors simply find the backlog, the interference, help your body to remove it and vitality does what it always does: it heals, corrects, re-organizes, evolves, and promotes life. Personally, I love NSA. If you want to find a good chiropractor, ask your friends, everyone knows a good one.

Note from Dr. Suzanne: *I excerpted this article (with a few changes, forgive me Dr. Matt), from a blog by Dr. Matt Lyon, NSA doc in Charlotte, NC. His ideas were a such good reminder for me that what we do every day has a direct effect on how happy and productive we are in our lives that I wanted to share it here. Hope you enjoyed it too!*

Classes Available at EYLC

Back by Popular Demand! Bones For Life Class 10/2, 9 & 16

Concerned about your bone density, and ready to be proactive? Mark your calendars for another of Marsha's wonderful ***Bones For Life™*** Classes.

Bones For Life is a natural way to improve your bone strength, wake up your system to the need for strong bones, and promote joint alignment and upright posture. Movements are gentle and appropriate for all ages and body types.

Classes are taught by Feldenkrais teacher, Marsha Robertson, OTR/L, on three Sundays: October 2nd, 9th & 16th, from 2-5PM in our big room in our Charlottesville office.

Investment for all three classes: \$225.00. Classes build on each other, but if you can only make the first class, or first two classes, the fees are \$95 and \$180, respectively.

Space is limited, so please call Marsha at 434-970-1066 to register and/or for more information.

Feldenkrais Classes

Marsha Robertson, OTR/L teaches Awareness Through Movement® Tuesdays from 12:30–1:30PM. *Feldenkrais* is a gentle and effective way to become more in touch with your body and how it moves.

Classes are \$12. Drop-ins are welcome. Please call Marsha at 434-970-1066 or email her at marshaerobertson@cs.com to register, or for more information. ***Your first class is free!***

Yoga Classes

Sara O'Hare, certified Alexander teacher and yoga instructor, teaches one hour of gentle yoga on Tuesdays and Fridays at 1:45PM. Commit to six week sessions at \$10/class, or you're welcome to drop-in for \$12/class. Please bring a mat for lying on the floor (extra mats are available). Call Sara at 434-984-3503 for more information and/or to register. Drop-ins are welcome. ***Your first class is free!***

Life-Changing Healthcare

FREE 30-minute class for the curious in our C'ville office: 6:30PM on Monday, October 17th; please RSVP by noon on the 17th.

During class, Dr. Brian describes Reorganizational Healing, Network Spinal Analysis, Somato Respiratory Integration, answers questions, & provides a demonstration of a Network Spinal Analysis Entrainment.

All participants also receive a coupon for 50% off their first visit. This class is a perfect opportunity to learn how a healthy spine can help you have a healthy, vibrant life. Refer your friends and family, so they can experience the same great changes you have since starting NSA care!

Services Available at EYLC

Somato-Respiratory Integration with Brian Dickert, DC

Dr. Brian is available by appointment for private Somato Respiratory Integration sessions. Designed by Dr. Donald Epstein, SRI helps the individual experience their body more fully, and instantly shift their state of consciousness to one that supports trust for the body-mind and healing process, as well as promote increased peace and ease.

Call or e-mail Dr. Brian at 434-971-5433 or drbrian@eylc.com.

Feldenkrais & Anat Baniel Method for Children with Marsha Robertson, OTR/L

Overcome painful habits and movement limitations by accessing the brain's connection with the muscles and nerves by combining movement and touch with focused attention to create the conditions for learning.

Marsha is a guild certified *Feldenkrais Practitioner* and an *Anat Baniel Method for Children Practitioner*.

Call or email Marsha at 434-970-1066 or marshaerobertson@cs.com for information or to schedule. You can also check out Marsha's website: www.centralvirginiafeldenkrais.com

Dr. Suzanne here again: As the holiday months approach, I felt the article below was a good reminder for all of us to begin the season of sugar, stress, and late nights with our eyes wide open, and our common sense in working order.

Start out on the right foot - skip the Trick or Treat candy! (Anyone with small children – ask me about the candy witch!)

Six Ways to Avoid the Flu

Are reports of the flu season causing you to worry? Do you feel helpless against the flu? If you said yes, and if you feel that avoiding the flu is beyond your ability, then read on. These are surefire ways to greatly reduce your chances of getting the flu this year.

1. Avoid Sugar

Sugar decreases the function of your immune system almost immediately, and as you likely know, a strong immune system is the key to fighting off viruses and other illness, including the flu.

It is especially imperative to avoid sugar if you feel you are coming down with something, but keeping sugar out of your diet for the long haul will do wonders for your health and make your body stronger, which will make it harder for the flu to bother you. Be aware that sugar is present in foods you may not suspect like ketchup, fruit juice and other prepared foods.

2. Get Enough Rest

Just like it becomes harder for you to get your daily tasks done if you're tired, if your body is overly fatigued it will be harder for it to fight the flu. Regular rest will keep you strong and ensure that your body has the strength to fight off any potential invaders.

3. Eat Nutritiously Dense Foods

You can keep your immune system strong by eating foods rich in vitamins A, C, and E: carrots, citrus fruits, red peppers, nuts, spinach, peanut butter and olive oil.

Did you ever notice citrus is abundant in the winter? Nature provides plenty of vitamin C just when we need it most.

4. Watch Your Stress Level

We all face some stress everyday, but if

stress becomes overwhelming your body will be less able to fight off the flu and other illness. It has been estimated that up to ninety percent of illness and disease is stress-related.

Regular Network Spinal Analysis Entrainments, meditation, exercise and movement practices like Feldenkrais, NIA, or Yoga, and massage are great ways to manage your stress levels.

5. Exercise

When you exercise you increase your circulation and blood flow throughout your body. The components of your immune system are also better circulated, which means your immune system has a better chance of finding an illness before it has a chance to spread. In a sense, exercising helps your immune system to be more efficient in weeding out and acting upon viruses and diseases.

6. Wash Your Hands & Avoid Touching Your Face

Washing your hands will decrease your likelihood of spreading a virus to your nose, mouth or other people. If your immune system is strong, it should be able to fight off the virus if it does enter your body, but washing your hands provides a bit of extra protection.

Do wash for 20 seconds – about the time it takes to sing Happy Birthday twice.

Don't use antibacterial soap for washing up. Antibacterial soaps cause more harm than good by killing helpful bacteria in addition to harmful bacteria. Instead of antibacterial soap, use a simple, chemical-free, soap. Our local health food stores carry a variety of natural soaps.

Remember, the best defense against any illness is to lead a healthy lifestyle, which includes eating right, exercising, getting adequate sleep, and addressing stressors, year round. If you do, chances are you'll never have to worry about coming down with the flu. However, if you do succumb to flu or cold symptoms, use common sense and remember your mothers' advice: stay home, rest, eat well and drink lots of fluids, and you'll be healthy enough to fight it!

October 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Bones for Life 2-5PM	3 C'ville 8-Noon & 3-6 Afton By Appt.	4 C'ville 9:30-Noon & 4-7 Feldenkrais class 12:30 Yoga class 1:45 Afton By Appt.	5 C'ville 8-Noon & 3-6 Afton By Appt.	6 C'ville 9:30-Noon & 4-7	7 C'ville 8-Noon Only Yoga class 1:45 Afton By Appt.	8 C'ville 10-1
9 Bones for Life 2-5PM	10 C'ville Closed Afton By Appt.	11 C'ville 9:30-Noon & 4-7 Feldenkrais class 12:30 No Yoga class Afton By Appt.	12 C'ville 8-Noon & 3-6 Afton By Appt.	13 C'ville 9:30-Noon & 4-7	14 C'ville 8-Noon & 3-6 No Yoga class Afton By Appt.	15 C'ville 10-1
16 Bones for Life 2-5PM	17 C'ville 8-Noon & 3-6 Life-Changing Health Care 6:30PM Afton By Appt.	18 C'ville 9:30-Noon & 4-7 Feldenkrais class 12:30 Yoga class 1:45 Afton By Appt.	19 C'ville 8-Noon & 3-6 Afton By Appt.	20 C'ville 9:30-Noon & 4-7	21 C'ville 8-Noon & 3-6 Yoga class 1:45 Afton By Appt.	22 C'ville 10-1
23	24 C'ville 8-Noon & 3-6 Afton By Appt.	25 C'ville 9:30-Noon & 4-7 Feldenkrais class 12:30 Yoga class 1:45 Afton By Appt.	26 C'ville 8-Noon & 3-6 Afton By Appt.	27 C'ville 9:30-Noon & 4-7	28 C'ville 8-Noon & 3-6 Yoga class 1:45 Afton By Appt.	29 C'ville 10-1
30	31 C'ville 8-Noon & 3-6 Afton By Appt.	Nov. 1 C'ville 9:30-Noon & 4-7 Feldenkrais class 12:30 Yoga class 1:45 Afton By Appt.	2 C'ville 8-Noon & 3-6 Afton By Appt.	3 C'ville 9:30-Noon & 4-7	4 C'ville 8-Noon & 3-6 Yoga class 1:45 Afton By Appt.	5 C'ville 10-1

Dr. Brian's Famous Beer Pizza

~Just in time for Oktoberfest!~

Crust:

3 cups flour of your choice (gluten-free works fine)

1 TBSP baking soda

1/2 tsp salt

12 oz bottle of beer (the more flavorful the beer, the more flavorful the pizza will be)

(Makes two 16 inch crusts – Refrigerate the second crust if you aren't baking it immediately.)

Toppings:

Pesto

Tomatoes

Feta cheese

Preheat oven to 450 degrees. Mix dry ingredients, and then mix in the beer. Grease pizza stone with olive oil. Roll out dough onto pizza stone, the dough should be very sticky, use extra flour on your rolling pin. Crust will be very thin when rolled out. Add Dr. Brian's suggested toppings and/or your favorite toppings and bake about 12 - 15 minutes.

Excerpted from Simple Vegetarian Pleasures, by Jeanne Lemlin
One pizza feeds two hungry males at our house.



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