



Weekly Newsletter

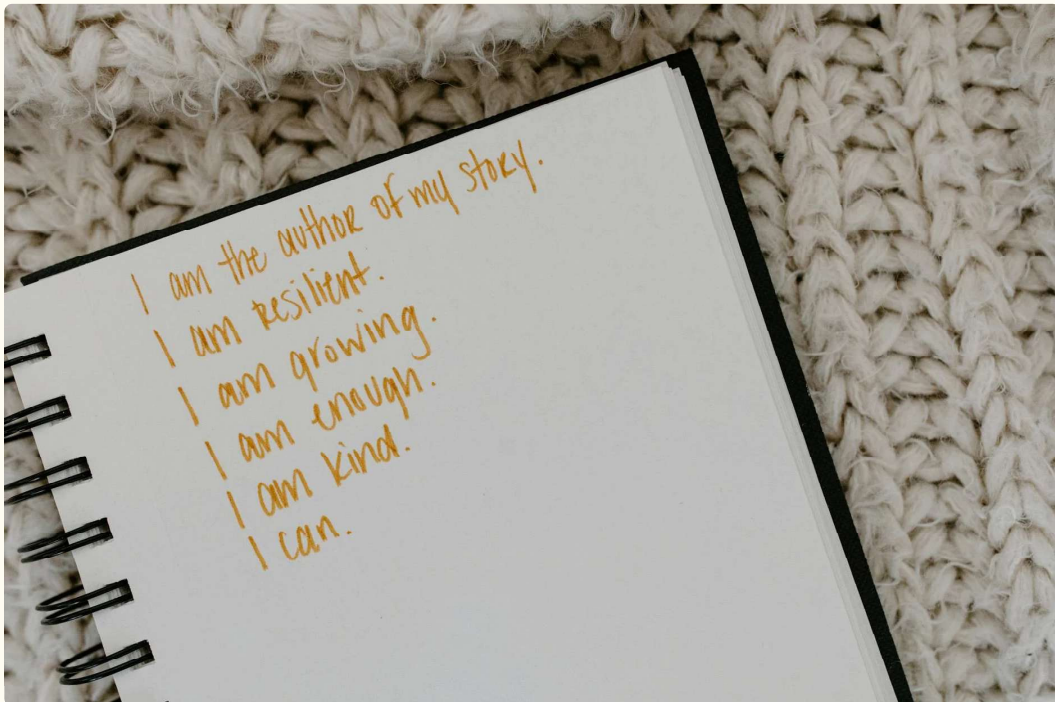


Where the Mind Goes, Energy Flows

-Ruston Tippetts DC

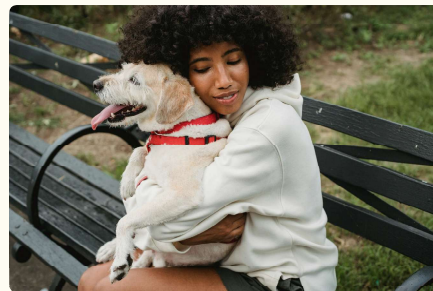
This week's newsletter emphasizes the power of mindset, gratitude, and your thoughts!

1. Fuel/Food
2. Sleep/Recovery
3. Exercise/Movement
4. **Positive Mental Attitude**
5. Sound Nervous System



No. 4: Positive Mental Attitude

Mental health statistics continue to worsen year after year. While some people may not realize it, your overall mental state and health directly affect your physical health as well. One example of how is with the hormone called cortisol.

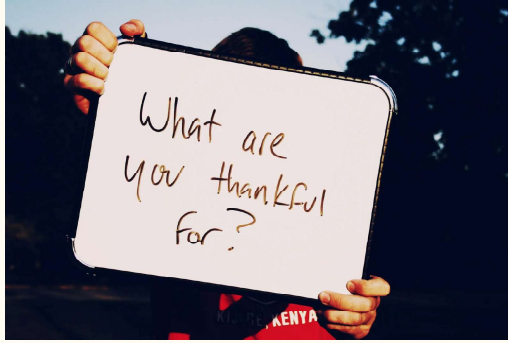


Cortisol is a hormone your body makes naturally that tells your cells to break down, which is necessary in order to be replaced or built back up. If you experience uncontrolled stress or a lack of positivity and happiness, however, your body overproduces this hormone leading to **increased infections, higher blood pressure, and decreased recovery.**



In addition to hormones and chemical signals, your mental state actually changes the way your brain works.

Brain scans done on people before and after being asked what they are grateful for showed immediate changes in brain and signaling structure. Most people don't realize that their brain changes every single day. What you focus on, what you think, and everything you interact with alters the connections in your brain. Hopefully this makes you consider what you spend your time thinking about and the types of environment you choose to be in.



An excellent book that talks about mental state and your energy is power vs. force by David Hawkins.

Your mental and emotional state is one of the few things that you always have control over. Things throughout your life and day are going to happen, but you get to choose how you respond to it.

Here are a few practical suggestions we have to improve your attitude and mental state:

- Find something to be grateful for every day.
- Build meaningful relationships.
- Have goals and things that make you feel fulfilled.
- Be productive, there is real fulfillment in getting things done.
- Seek out professional treatment or therapy if needed.
- Take time to recharge.

Become a mentally resilient person who can be intentional, do hard things, and choose to be grateful and positive despite various circumstances. Hospitals and researchers show that healing time is decreased, and outcomes are improved when patients have a positive outlook. This is part of why we try so hard to make sure our office is a positive place that lifts everyone up when they enter!
