

THE AZNAR ARTICLES

A Quarterly Publication from the Desk of Dr. Aznar

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DOCTOR'S CORNER: The lumpy spine of the creature was visible about 75 yards away and the light spots on its gray skin were standing out to the contrast of the cold blue water. Part of me shivered as I considered the magnitude of the gentle giant that gracefully surfaced to the "oohs" and "aahs" of the captivated crowd from the deck of the whale viewing vessel. My wife was among the mesmerized, snapping pictures as quickly as her phone camera would allow. She would later describe an intoxicated state of wonder as she beheld the mother and calf gray whales that were spouting their presence known off the side of the ship and along the shoreline.

We had decided to celebrate our 20-yr anniversary by taking a long weekend to Monterey, California. We spent several blissful days perusing the famous Monterey Aquarium, Cannery Row, the quaint town of Carmel by the Sea and Carmel Beach. The sky blue ocean, with waves crashing against the stark brown rocky cliffs combined with a green back drop of meadows and Cyprus trees made me think of pictures I had seen of the Scottish Highlands, driving through Big Sur State Park. The whole trip was a rush of visual, olfactory and hearing sensations. Yet, what was most amazing to me was seeing the joy in my wife at seeing those whales. Once trained to identify whale spouts, she developed an eagle eye to see them while driving. Several times, we would stop on the side of a narrow highway road on an ocean cliff side, run across and perch ourselves precariously on the edge of the cliff to view and take pictures of the whales. Her countenance radiated such energy and excitement, that I knew she had found a new passion.

As most of you know, I have become an evangelist for finding and experiencing passions. In my daily discussions with my patients, I become alarmed at the high number of people who do not actively seek soul-filling activities. It is as if the common sentiment is that there is not enough time to do those "fun" things and they are at the bottom of the priority list. I believe that most people lose those parts of their lives, not because they don't understand the value, but because they have become lost in the blur of the demands of daily life. My worry is that if we let life dictate our journey, rather than our goals and purpose, then we will end up in a far different place than we had hoped, especially with our health. There are certainly unexpected twists and turns in each of our journeys, but having a clear focus of our purpose empowers us to dictate our response no matter the obstacle.

There are two components to what I refer to as the art of living. The first is the proper mindset of work and play. It can be summed up by a famous quote by L.P. Jacks (1932). *"The master in the art of living makes little distinction between his work and his play, his labor and his leisure, his mind and his body, his education and his recreation, his love and his religion. He hardly knows which is which. He simply pursues his vision of excellence at whatever he does, leaving others to decide whether he is working or playing. To him he is always doing both."* The big emphasis with this component is mind-set or attitude. The old cliché of glass half full or empty is much more than a saying. If you find yourself looking at each day as a "drag" or a "grind", or if you think your life is "boring", it is time to consider making a change. Find an inspiring book, accomplish a small goal, create bigger goals, make a difference in someone else's life. These are some of the many things that Masters of the art of living practice. Sometimes we need a jumpstart to get the positive momentum going, which leads me to the second component.

The passions that I pursue and encourage others to pursue, I refer to as "white-hot" imperatives (WHI). The concept comes from my good friend and success coach, Jim Naccarato. Jim is a psychologist, chiropractor and professional development coach who has written multiple books and programs on the subject. He defines the WHI as "an activity that makes you burst with energy and passion, giving you the fuel needed to accomplish all your purposes and goals". For some, it is water-skiing, boating, a cabin in the mountains, 4 wheeling, rock climbing, or traveling. The possibilities are as colorful as the people who create them. For me, it is time on the beach with my family. Hopefully, you know what yours is. If not, start actively looking! I have discovered that when it comes to living joyfully, having a WHI is a critical component.

Many of you ask what you can do to help your back, neck, headache, etc. I am asked regularly, "Is there a stretch I can do, or an exercise?". I commend you for your desires to take control of your circumstances. There is no substitute for a good adjustment (often a series of adjustments), and regular exercise. The same can be said of a good attitude. I would go so far as to say this is a reliable predictor of treatment outcomes. If you want to get better, start with a good attitude. Add a solid treatment plan, a good exercise program and finally stick to it. This is where the WHI makes the biggest difference. It helps you realize the why's of your own art of living. And, of course, it is never too late to discover or rekindle passions. -Dr A

New Patients:

Katie Y., Andrea H., Jordan C., Jean S., Holly S., Amanda J., Emily W., Jessica N., Holly H., Elizabeth C., Olivia C., Annie B., Chelsea L., Jacob H., Jamie D., Nichole L., Stephanie S., Cassie T., Brian S., Adam P., Jenny P., Merri H., Audrey K., Katie C., Callan G., Allison B., Kevin B., Jacob H., Johanna H., Heather C., Kelly W., Aileen M., Leann A., Melva G., McKenzie L., Suzi Q., Ethan K., Jon B., Pierce R., Arron C., Rhonda B., Alrek G., Maddux L., Levi S., Jerame B., Kylie B., Jordan L., Jody L., Dan R., Alyson L., Rachel P., Jordan L., Kendra B., AriAnn L., Tracy J., Pamela J., Cris D., Gary G., Corey K., Scott S., Robert R., Kyrie A., Randy M., Sara W., Rick R., Katie S., Azucena A., Jim W., Jeff C., Kelsie B., Tyler J., Helen B., Adam C., George B., Chantall P., Steve E., Shantel F., Linda J., Matt B., Sam M., Malea S., Matthew L., Susan D., Becky T., Brandon K., Jessica P., Arlene W., Alex C., Tia K., Memo C., Tucker M., Breanne R., Carol K., Mindi S., Pattie W., Heather M., Amy S., Daniel M., Alex D., Phil F., Kim A., Kara P., Matt K., McKenzie A., Kenzie C.

Thank you for your referral:

Daryl P, Mindi H, T. Seamons, PA, Keith M, Malcolm B, T. Seamons, PA, Bethany C, Rebecca L, Justin P, Rebecca L, Rebecca L, Daniel B, Hillare W, T. Seamons, PA, Anamda J, Trevor S, Nate T, Mark O, Brenda M, Kristina H, T. Seamons, PA, Angela M, Sean D, T. Seamons, PA, Amanda P, Liz W, Brenda M, Ruth Ann W, Kristina H, Jenny R, Joann B, Jenny R, Heather L, Nancy P, Reese B, Susie L, Shanna L, Kristina W, Shanna L, Stacy V, Susan K, Shanna L, CJ J, Lee J, Gus D, Kaitlyn G, Dr. Paul G, Lisa R, T. Seamons, PA, Dr. White, Melissa G, Kendra B, Pete B, Tess C, Rex B, Lynette C, Heather R, Suzette C, Jamie W, Ruth Ann W, Jamie W, Brooke B, Shauna M T. Seamons, PA, Brenda M, Susan K, Shanna L, Becky C, Ashley S, Leslie S, Lynn B, Judy D, Katie F, Linda N, Gwendolyn F, Angela K, Steve B

Home Medical Kit: Honey Antibiotic?

Tobias C Olofsson, from Lund University (Sweden), and colleagues have identified a unique group of 13 lactic acid bacteria found in fresh honey, from the stomachs of bees. The bacteria produce a myriad of active antimicrobial compounds. These lactic acid bacteria have now been tested on severe human wound pathogens such as methicillin-resistant *Staphylococcus aureus* (MRSA), *Pseudomonas aeruginosa* and vancomycin-resistant *Enterococcus* (VRE), among others. When the lactic acid bacteria were applied to the pathogens in the laboratory, it counteracted all of them. While the effect on human bacteria has only been tested in a lab environment thus far, the lactic acid bacteria has been applied directly to horses with persistent wounds. The lactic acid bacteria was mixed with honey and applied to ten horses; where the owners had tried several other methods to no avail. All of the horses' wounds were healed by the mixture. *-Bacteria from Bees Possible Alternative to Antibiotics, Lund University, 4 Sept 2014* The best kind of honey? Locally harvested and raw! In our family, we like to use it for burns and coughs. -Dr. A

CHIROPRACTIC: DID YOU KNOW?

Technology Use Can Increase Risk of Neck Pain. Experts are concerned that the increasing prevalence of technology may result in more pain among frequent users. Dr. Kenneth Hansray recently studied the issue of poor posture and how it affects the body, especially when using a cell phone or smart device. When the neck is in a neutral position, the head weighs about 12 pounds (~5.4 kg). Dr. Hansray found that when the head is tilted 15 degrees forward, stress on the neck increases to 27 pounds (~12.2 kg), at 45 degrees it increases to 49 pounds (~22.2 kg), and at 60 degrees it increases to 60 pounds (~27.2 kg). He adds, "When you have such aggressive stressors on the neck, you get wear and tear on the spine... You can develop tears within the disk, or even get a slipped or herniated disk." The take-home message is to watch your posture and make changes regarding how you use your technology to avoid pain. If you do suffer from problems, your chiropractor can help by addressing posture, giving you specific exercises, and providing therapy to reduce your pain.

Surgical Technology International, November 2014-Dr. A



Patient Spotlight: Roma Hardy

Born in Michigan and raised in Texas, Roma originally came to Utah to attend BYU, where she has worked for 33 years. She is currently the Business Manager for BYU print and mail..

"I have had problems with my neck and shoulders since I was a teenager, sometimes resulting in very painful headaches. I had gone to several doctors and they all said that it was just stress and other than exercising that area to strengthen it there wasn't much more that could be done. At one time I even had Loratab prescribed to me by a doctor to take "whenever I had a headache".

I had pretty much given up on ever having any relief. I was visiting my sister in the Uintah Basin and she had an appointment with her chiropractor, Dr Hartle, with whom she had found great success relieving her severe migraines. I asked him if he could refer me to a good chiropractor in the Provo/Orem area and he immediately told me about Dr Aznar who he had gone to school with at Palmer College of Chiropractic. I immediately looked Dr Aznar up online and scheduled an appointment.

That first appointment with Dr Aznar was in July 2006 (I can't believe it was that long ago!) and I have been coming to him ever since. Between getting a massage and an adjustment every 3-4 weeks I feel amazingly better. I seldom have the headaches that I used to get several times a week, and learned that the way I was treating these headaches, with heat, was actually making them worse, I needed to be treating them with cold.

I can honestly say that coming to Dr Aznar for my chiropractic care was one of the best decisions I have ever made."

Raw Cinnamon "Rolls"

- 1 c. raw walnuts
- 1/2 c raisins
- 1/2 cup (packed) pitted dates
- 2 t cinnamon
- 1/4 t sea salt
- 1/4 t ground nutmeg

Place all of the ingredients in a food processor. Pulse until well combined and very crumbly, but don't over-blend—you want to retain some texture.

Pull out small pieces of the mixture and roll into 1-inch balls with your hands. These will store in an airtight container, refrigerated, for several weeks or more.

Make approx. 18 rolls (9 servings)

Gift Certificate

Helping others is the hallmark of our business. Help us find those who need our help by giving this portion of the newsletter as a gift to a family member, friend, or other loved one. This gift certificate entitles your family member or friend to a *free consultation, examination, and 30-minute massage*. This offer is only valid to friends and family of the patients of Aznar Family Chiropractic. This certificate is sincerely intended to help someone discover if chiropractic care can benefit him or her. There is no obligation. Call 801-221-7012 to schedule the appointment and mention this certificate!

CALL NOW!

Offer expires in 30 days.