



gymer/myers chiropractic

# BACK TO HEALTH!

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**Did You Know?**

- The hope Diamond which is 45.2 carats, the largest Diamond in the world was said to have been cut from a larger one stolen back under the rule of Louis the XIV. It originally was 65 carats cut from 115 carats when it was discovered.
- Banks are commonly shaped like pigs because in the eighteenth century frugal people saved their money in earthenware jars made of dense orange clay known as pygg.

## THE ENVIRONMENT OR YOU? JEROMY MYERS D.C.

“ Doc, I slipped on some ice and I jarred my low back, and it started hurting really bad. Once you adjust me how can I prevent this from ever occurring again?” Asked the patient. The doctor responds, “ there are two things you can do, the first is lock yourself in your house and do not come out for the entire winter or you can move to Florida or Arizona.”

I do not know to many people that can survive living in your house and not going outside for the entire winter, to me that would get boring. I also do not like heat all the time with no seasons, so I personally would like to stay in Michigan. So how do you prevent subluxations (misalignments) from occurring? For chiropractors, the question in the above paragraph is the most diffi-



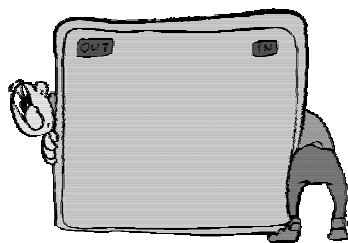
cult to answer. The reason it is so difficult is because our philosophy of living is different from the philosophy that our population lives by.

There are two different environments in

which we are concerned in life, the internal environment, which entails your body and all the functions within you.

The second is the external environment in which we sometimes call

## THE OFFICE CUBICLE BY : JEANNA ROEBUCK



Hello! As many of you have noticed the “baby pool” is filling up – if you haven’t given your guess – please feel free to do so – a gift certificate to Fox’s Pizza will be the prize for the correct guess!!

Our blue and pink baby bottles have really gotten packed full. After the baby is born we will dip in and pick one paper out of the appropriate bottle and that winning person will receive a complimentary adjust-

## THE ENVIRONMENT OR YOU CONT.

life. This encompasses your work, family, hobbies, and activities of everyday living. These two different environments interact all the time. It is how you view the interaction between these two environments that can change your perspective.

Our society believes that the external environment, how we live, is the reason for bad health. An example of this would be that our job causes stress on us and therefore we have bad health because of the stress of our jobs. Or we get the flu because the flu bug is going around and therefore we get the flu. Or our lives are so busy that it is creating bad health because we are running around like a chicken with our head cut off. These probably seem like good excuses for bad health but are they true? This thinking leads to a dependence upon others to get through the external environment or "life". This is where medi-

cations and treatment of different ailments come into play. But Chiropractic has a different perspective all together.

Chiropractic believes that health begins with the internal environment. That is to say, if your body is as strong and healthy as it can be, all the time then many of the above problems would not exist. For instance why do some people get the flu and some do not in one household? Or how can one person doing the exact same job as you at work feel great, but you do not feel good at all, is it the job? The chiropractic philosophy states that the better the body is working the more you can adapt to your external environment and therefore have less problems with day to day living.

Now lets get back to the question in the first paragraph for a moment. If you adopt the perspective of the external environment

causing bad health, then you would probably start wearing spiked shoes every where you go, also you would not go out of your house unless you had to. You might also take some anti-inflammatory and pain medication just because you may fall and it would control the inflammation and the pain if you were to fall.

Now look at this same problem from an internal perspective. You would probably do things differently. You would definitely exercise all the time to make sure all of your muscles are strong enough to not get as injured as severely if you did fall. You would make sure your spine is working properly, so your nervous system is perfect and you would be able to react to a slip in the best way possible, also if your spine is aligned, if you did fall down your injury to that spine would not be as severe. You would get a good nights sleep so you would

*"Not everyone reaches there full potential, just those who seek it"*

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## THE OFFICE CUBICLE CONT.

ment. We will also have in a future newsletter the top ten names after we have read all the different names in the bottles. We are so excited about our "Myers Baby" we are glad you are too!

We also wanted to take this opportunity to introduce again the chiropractic talk the Dr. Jeromy is

doing once a month on a chosen Saturday from 10-11 am. Any one who attends receives a complimentary adjustment just for making chiropractic a big part of their lives as it is in our lives. So Come join us for a good time.

I will be off on July 27th through the 29th please make sure the rest of

these guys do not touch anything breakable while I am gone, especially the computer!

Thanks

## THE ENVIRONMENT OR YOU CONT.

be alert and not disoriented when walking. You would definitely eat properly so that you feel energetic as well as alert. You would do all of these things above so that when you did fall your body could handle it, and quite possibly you would feel good enough that you may prevent the fall altogether.

Falling is just one of the many health areas that this internal approach works for. In fact it works for all of them, the stronger your body is, the stronger your health will be, bottom line. Nothing in any drug store is better at preventing different diseases than your body working at its full potential. Imagine the freedom of feeling as if you can do anything you want to at any time. Now of course

your body has limitations to what it can do. The true challenge is finding those limitations and you can't discover your body's limitations if you are not at your full potential. Changing your thinking to health coming from the inside gives you a freedom to live a life of no fear. Imagine a time when you were sitting next to a person with the flu in the theatre. Most of the time people panic and think that they are going to get the flu just by sitting there. But if you look at life from the internal perspective you may sit there knowing that your body is strong and able to fight the flu that this person has and would not feel the need to move. People that have an internal perspective have many good health habits, because they

know the better their body is the stronger they will be. Below is my top five list of habits that I believe begin to give you an internal perspective:

- 1) Regular Chiropractic care to maintain your nervous system
- 2) Regular exercise
- 3) Getting good sleep
- 4) Eating properly
- 5) Some form of relaxation every day.

This is the most challenging aspect of chiropractic for people to grasp. Once they have accepted this internal thinking as part of their life style, they learn that the life around you does not cause bad health. It is not taking care of the life in you that gives you bad health.

## Trivia Contest:

The first person to answer the question will receive a free adjustment:

What is Dr. Rachelle's due date?

## WHAT ARE WE GOING TO DO ABOUT OSTEOPOROSIS?

One of the largest concerns we come across in the office is people asking what they can do to prevent osteoporosis.

Currently people are told they have this problem or they are going to get this problem so they have to take a strong medication (they call it a nutritional supplement, but used in the manner of treating some problem, I consider that a medication). The problem I see with this approach is that, in my opinion these calcium supplements and medications are not the first thing I would ever recommend because they are not the most effective in preventing this problem.

Let's look at this

from a Chiropractic perspective. If you have read any of the previous newsletters you will know, we look at the body from the inside to the outside, in other words we must look at what your body can do for you before we look outside your body for an answer. We always want our body functioning at its full potential for everything. How do we allow our body to reach it's full potential?

We need to start incorporating life changing good habits. Regular Exercise, Chiropractic adjustments, eating better, and sleeping more are all good habits to cause you to have a healthier life. Always remember that the stronger your body is the

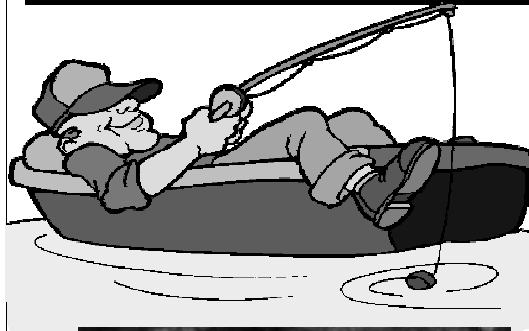
healthier you are. In chiropractic if your nervous system is working at its full potential on a regular basis, good health begins to actually add up and your body begins to work at its full potential.

Osteoporosis in my opinion is a very preventable problem, but if we think that waiting for a medication to save us will do the trick osteoporosis will be just another health concern that will weigh on our minds throughout our lives instead of living our lives. Personally, I would rather worry about what golf course I am going to go to then if I am going to end up with this debilitating condition.

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## GYMERISMS

Dr. Gymer wants to be an integral part of the birth of the Myers' new baby. They then asked what he wanted to do for the birth process and he said "I want to deliver the kid, I am very proficient at delivering babies." So Dr. Jeromy asked what technique he would want to use while delivering. He showed us this picture and is now banned from the hospital.