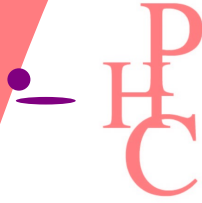


Pleasant Hill Chiropractic

816-540-8932 or 816-987-3131



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This month the Massage Therapists will be in the waiting room to provide you with a

10 Minute Spinal Massage for \$10.00!

PLEASANT HILL CHIROPRACTIC

Happy Valentines Day everyone, February is Heart Healthy Month, and I came across the following article from the University of California Los Angeles, it has a lot of useful information, so I hope you enjoy.

Dr. Corey Piva, DC

Have a Heart Healthy Valentine's Day: Gift, Food and Activity Ideas from UCLA Experts

Source: [University of California, Los Angeles \(UCLA\), Health Sciences](#)

Newswise — Heart disease is the leading cause of death for men and women nationwide so keep heart healthy foods, gifts and activities in mind this Valentine's Day.

There are lots of delicious and heart healthy foods that can be part of a special Valentine's Day meal or treat," said Susan Bowerman, M.S., R.D., assistant director of the UCLA Center for Human Nutrition.

Healthy Food, Gift and Meal Tips

- **Start your Valentine's meal with a colorful mixed salad that includes heart-healthy fats such as avocado and an olive oil vinaigrette.**
- **Plan a delicious seafood entrée. Fish has much less saturated fat than red meat, and provides one of the best dietary sources of omega-3 fatty acids to support heart health.**
- **Tree nuts are another source of healthy fats. Toss a handful of pistachio nuts, walnuts or almonds into your salad or cooked veggies for added health and flavor.**
- **Red-purple foods are a natural on Valentine's Day, and they are rich in antioxidant polyphenols that are heart-healthy. Have some red wine with your meal, or try some festive, ruby-red pomegranate juice.**
- **Chocolate is another natural for the holiday, either as part of a meal or as a gift. Opt for a small piece of plain dark, bittersweet chocolate, rather than white chocolate, milk chocolate, or chocolate desserts that have much less of the beneficial compounds known to help the heart.**

Continued on page 2



Heart Healthy Activities

UCLA cardiologist Dr. Karol Watson says that social connections help reduce stress on the heart, so spend your Valentine's Day with a loved one, friends and family or a beloved pet.

“Just spending time with someone or a special animal can be good for your heart,” adds Watson, associate professor of cardiology at the David Geffen School of Medicine at UCLA. “Much of heart disease can be prevented so it is very important to follow a healthy lifestyle and to control your cardiovascular risk factors.”

Here are some additional tips:

- **Heart to Heart.** Spend Valentine's Day volunteering, which has been shown in studies to offer positive emotional benefits by connecting with others that can be good for the heart.
- **Get your heart pumping.** Take a walk with a loved one on Valentine's Day. New recommendations for a healthy heart are to participate in aerobic exercise for 30 to 60 minutes daily. Exercise helps you maintain a healthy weight and keeps your heart strong and disease free.
- **Follow your heart.** Your loved ones will appreciate you taking care of your heart throughout the year. Remember to get the appropriate cardiac screenings that you need for cholesterol levels and blood pressure.
- **Listen to your heart.** Heart symptoms such as palpitations, may mean something. So pay attention and check with your doctor.
- **Heartaches.** Be aware if you are experiencing chest pain and know the symptoms of a heart attack. Also keep in mind that cardiac symptoms can feel different for men and women.
- **Change of heart.** Quit smoking since it markedly increases the risk of heart attacks and heart failure. Reduce stress by finding a positive outlet, like exercise, meditation and spending time with family and friends. These activities can relieve stress and also improve your health.

And, don't forget the kids on Valentine's Day!

The road to heart disease starts at an early age,” said Dr. Thomas Klitzner, professor of pediatric cardiology at Mattel Children's Hospital UCLA. “However, with regular exercise, eating well, and not smoking, children can form heart-healthy habits to help protect them from future heart attacks and strokes.”

Klitzner suggests the following tips:

- **Instead of candy,** exchange Valentine's Day cards, flowers or other small gifts.
- **Celebrate with family and friends** with a healthy meal that includes fresh fruits or vegetables.
- **Use Valentine's Day and February heart health awareness month** as an opportunity to commit to getting outside and moving around for at least 30 minutes every day.



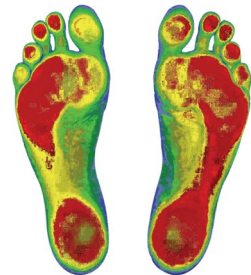


“The foot bone’s connected to the...head bone?!”

At Pleasant Hill Chiropractic Clinic, we know how the feet are the foundation of the entire spinal pelvic structure. So any fallen arch or misalignment in the feet can cause pain (now or later) in the knees, hips, back or neck and even cause them to wear out prematurely. Many lower back issues are actually the result of feet that are poorly supported, and we can fix that!

We Now Have The Associate™ Platinum from Foot Levelers

Foot Levelers is a company that has been manufacturing custom-made orthotics called Spinal Pelvic Stabilizers for 55 years. Their new product –The Associate Platinum – is a scanner that lets us examine your feet and each foot’s three arches, show you a color photo of your feet where your may have issues that could affect the rest of your body, and then recommend Stabilizers made just for you!



Don’t wait for pain – see us now!

A patient who wears Stabilizers had this to say:

“I just got your Stabilizers from my chiropractor and they are the greatest things!

I have tried other custom orthotics and Foot Levelers are hands down the best!”

—Doug E.



Call us today and let us show you what your feet look like.

Pamper Your Valentine with a Spa Treatment

Cupid's Delights *\$75*

Your special someone will be pampered from head to toe with this luxurious spa package. We start with a Hot Stone massage using warm aromatherapy oils to sooth the mind and body. Then add a pampering foot wrap with warm spa socks, followed by a relaxing reflexology massage. After their spa treatment your Valentine will then receive a box of chocolates to enjoy. The perfect end to an indulgent experience.

Valentines Bliss *\$65*

Treat your valentine to a pampering Hot Stone Massage with warm aromatherapy oils to relax their mind and body. After being pampered they will receive a box of chocolates, because no valentines gift would be complete without it..



YOUR HANDBOOK FOR 2010



Health:

1. Drink plenty of water.
2. Eat breakfast like a king, lunch like a prince and dinner like a beggar.
3. Eat more foods that grow on trees and plants and eat less food that is manufactured in plants..
4. Live with the 3 E's -- Energy, Enthusiasm and Empathy
5. Make time to pray.
6. Play more games
7. Read more books than you did in 2009 .
8. Sit in silence for at least 10 minutes each day
9. Sleep for 7 hours.
10. Take a 10-30 minutes walk daily. And while you walk, smile.

Personality:

11. Don't compare your life to others. You have no idea what their journey is all about.
12. Don't have negative thoughts or things you cannot control. Instead invest your energy in the positive present moment.
13. Don't over do. Keep your limits.
14. Don't take yourself so seriously. No one else does.
15. Don't waste your precious energy on gossip.
16. Dream more while you are awake
17. Envy is a waste of time. You already have all you need..
18. Forget issues of the past. Don't remind your partner with His/her mistakes of the past. That will ruin your present happiness.
19. Life is too short to waste time hating anyone. Don't hate others.
20. Make peace with your past so it won't spoil the present.
21. No one is in charge of your happiness except you.

22. Realize that life is a school and you are here to learn. Problems are simply part of the curriculum that appear and fade away like algebra class but the lessons you learn will last a lifetime.
23. Smile and laugh more.
24. You don't have to win every argument. Agree to disagree...

Society:

25. Call your family often.
26. Each day give something good to others.
27. Forgive everyone for everything.
28. Spend time w/ people over the age of 70 & under the age of 6.
29. Try to make at least three people smile each day.
30. What other people think of you is none of your business.
31. Your job won't take care of you when you are sick. Your friends will. Stay in touch.

Life:

32. Do the right thing!
33. Get rid of anything that isn't useful, beautiful or joyful.
34. GOD heals everything.
35. However good or bad a situation is, it will change..
36. No matter how you feel, get up, dress up and show up.
37. The best is yet to come..
38. When you awake alive in the morning, thank GOD for it.
39. Your Inner most is always happy. So, be happy.