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The Power of Belief

ARTICLE WRITTEN BY JO

It was Henry Ford who once said; if you think you can or you think you can't, you're probably right. When it comes to our lives, one of the most powerful forces we can have on our side is our system of belief. Mind over matter has been used to explain the phenomenon of mothers gaining superhuman strength to save their babies, the ability for people to walk unharmed over hot coals, for monks to use meditation to dry cold sheets or even the placebo effect. Our perception of any situation is key to helping us make it into a tragedy or an opportunity. In short when we think "it must be done", or even better, "it is done already," most things are achievable.

For those of you who have seen me in the past few months (or even overheard me whilst you were seeing one of our other awesome chiropractors,) you would have heard me talk about running again. At the beginning of the year, I decided it was time I put some effort into moving more. Ask any Chiropractor in the practice, movement is a foundational part of health. We preach it every day.



There are of course different approaches to movement- the type that your chiropractor monitors; whether your top vertebral bone is moving the same to the left as it does to the right or whether your temporal bones are moving well enough to accommodate changes in CSF flow. When working well, this type of movement can have a hugely beneficial impact on how well your nervous system is able to coordinate the functions of your body. And then there is the type where you run about for fun or chase a ball or paddle through water, (you get the drift)



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This type of movement is also incredibly beneficial to the body and completely within our access. The trick is working it into your schedule and then persisting with it.



When I decided I needed a better way to accommodate movement in my life, I stumbled across a cool program to get back to running. It's called Run with Turia, I think it's brilliant and highly recommend it, and no I am not an affiliate! What I love about it is how accessible she makes running to the average person. She has some great tools to help people get into the rhythm of running in a safe, injury prevention informed way. So many of the cool tricks I've picked up from the program have been because she and her team have presented them in an empowering way.

A continuous run becomes possible when you embrace the shuffle. The post run redness I experience makes me a beet babe. The horrible interval training that she suggests we do once a week is reframed into a sizzle session. With this reframe, persisting with the program is easier, and the results generated are compounded and now, I'm back running. I know I am capable, I can fit it in around my crazy life and I'm reaping all the health rewards that go with it.

Here's, the thing- the type of reframing that I find so useful in this running program can be modified for any situation we find ourselves in. Taking the time to reframe the activities we don't like doing makes them seem more achievable and can help prevent procrastination. More powerfully, it allows us to quell our inner critic and look for solutions rather than ruminating on problems. The freedom gained from such a perception shift is wonderful. I give it 5 stars.

With Love,

Read more about the power of belief....

THE BIOLOGY OF BELIEF BY BRUCE LIPTON

The Biology of Belief describes a revolutionary change in biology and explores a new approach to the connection between mind and matter. Using easily accessible examples and explanations, Lipton offers a radical alternative to our understanding of the influence of genes in determining our behavior and identity.



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The 33 Principles Series

Every month we are featuring one of the 33 Principles of Chiropractic that were published by Ralph W. Stephenson D.C. in 1927 in a book called "The Chiropractic Textbook". Even today these principles are central to chiropractic. Whilst some of the language is a bit old the principles remain solid. Consider the principle of this month and discuss it with us when you visit the practice.

Here's to a greater understanding of life and health.

Chiropractic Principle #5

The Perfection of the Triune

In order to have 100% Life, there must be 100% Intelligence, 100% Force, 100% Matter.

In Other Words...

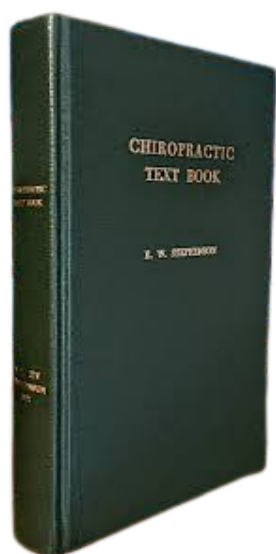
Since all are intertwined, less than 100% of one, means less than 100% of all, and less than 100% of life. Intelligence and force are always at 100%; the trouble begins with matter. Matter becomes less than 100% when damaged by environmental forces or through poor lifestyle choices.

For Instance...

A garden hose. The Intelligence of water is 100%. The force moving water through the hose is also 100%. What if the hose is kinked? A limitation of matter has been created: the amount of water reaching your flowers dips below 100%.

As Applied To You...

Your body's Intelligence is 100%. The forces within your body are 100%. What, then, decreases life below 100%? A subluxation. A spinal subluxation creates a limitation of matter : the messages traveling through your nerves, telling your body how to function, become compromised.



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JACKIE'S RECIPE OF THE MONTH

Asian Chicken Salad

WITH GINGER GARLIC DRESSING

I know we have moved into Autumn (who would know with the weather we have been having) but this salad is a go to no matter the season. I love this website for great healthy and easy recipes.



Ingredients

- 1/4 wombok cabbage, sliced thinly
- 7 baby gem lettuce leaves, cut lengthwise and sliced thinly (about 2 cups)
- 1/4 red onion, finely sliced
- 1 medium carrot, grated
- 1 medium cucumber, sliced into strips
- Large handful of coriander or mint, chopped
- 300 g / 10 oz cooked chicken meat, shredded (e.g. Rotisserie chicken, grilled chicken breast)
- 2/3 cup crunchy fried noodles (like these ones)

For the dressing

- 2 tablespoons hot water
- 1 tablespoon grated palm sugar (or granules, brown or coconut sugar can be used)
- Juice of 1 lime
- 3 tablespoons fish sauce
- 1 garlic clove, grated or minced
- 1 teaspoon of grated or minced ginger
- 1/4 cup Japanese sesame dressing (e.g Kewpie)

Method

1. Make the garlic ginger dressing first. This can be done ahead of time and the dressing will keep for up to 4-5 days in the fridge.
2. If using palm sugar, add about a tablespoon of shaved sugar or sugar granules to a mixing bowl and pour in the hot water. This will dissolve it so you don't get any grainy sugar bits. You can do the same with any sugar you might be using, brown or coconut will work well as an alternative.
3. Then combine with lime juice, fish sauce, and a few tablespoons of the store-bought Japanese sesame dressing. This is my little trick for adding delicious sesame flavour.
4. Prepare the vegetables. I like to use a combination of wombok cabbage (also known as Napa cabbage or Chinese cabbage) and some other leafy greens like baby gem lettuce or cos lettuce. White or red cabbage can be used instead of wombok, which I often do. I find that 1/4 of a wombok cabbage is usually enough for 3-4 salad servings.
5. Cut everything into strip shapes and grate the carrots; slice the onion very thinly (you can use white onion or green onions instead of red). Add coriander or mint.
6. Shred or slice the chicken or protein of choice
7. Add all vegetables to a large mixing bowl. Pour in half of the dressing and mix through. Divide salad between bowls and top with a generous handful of sliced chicken and sprinkle with a tablespoon or two of crunchy fried noodles.
8. Finish with a drizzle of the remaining dressing and sprinkle some chopped chili or chili oil over the top, if you like a little extra spice.



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Big win for Mark & Jackie's 14 year old grandson, Hayden. His Hockey Team just won the USA National Ice Hockey championship! Congrats, boys!



shazs.shares



There is nothing good or bad, it's your thinking that makes it so.
- Shakespeare



Sally & Paul
Argentina and Brazil



Sally and Paul at Iguazu Falls on the border of Argentina and Brazil. What a view!



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