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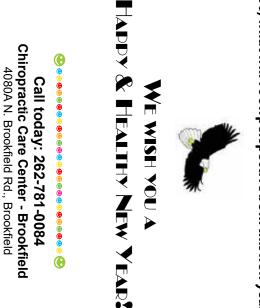
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So, what will YOUR perspective be in this new year?

Song of the Bird by Anthony DeMello

A matter of perspective:



A man found an eagle's egg and put it in a nest of a barnyard hen. The eagle hatched with the brood of chicks and grew up with them. All his life, the eagle did what the barnyard chicks did, thinking he was a barnyard chicken. He scratched the earth for worms and insects. He clucked and cackled. And he would trash his wings and fly a few feet in the air.

Years passed and the eagle grew very old. One day he saw a magnificent bird above him in the cloudless sky. It glided in graceful majesty among powerful wind currents, with scarcely a beat of its strong golden wings. The old eagle looked up in awe. "Who's that?" he asked. "That's the eagle, the king of the birds," said his neighbor. "He belongs to the sky. We belong to the earth - we are chickens." So the eagle lived and died a chicken, for that's what he thought he was. Dr. Kinga E. Ebner Volume No.23 Issue No. 1 January, 2024

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Mark Your Calendar Closings: MON 1/1 SAT 1/27 MON 1/29



Chiropraktic is health insurance. Premiums small, dividends large.

BONE SUPPORT WITH MAGNESIUM

Enhanced Support for Healthy Bone Function & Integrity. Bone Support with Magnesium is a natural dietary supplement formulated with microcrystalline



hydroxyapatite concentrate, providing highly bioavailable calcium and phosphorus for supporting bone function, bone integrity, teeth, and other physiological processes. This supplement also features an evidence-based dose of vitamin D3 and magnesium for enhanced bone mineral support, calcium absorption, and healthy muscle function. calcium and phosphorus for supporting bone mineral density, bone remodeling, and muscle function.

Source:https://cccbrookfield.nutridyn.com/bone-supportwith-magnesium



EXERCISE IS CRUCIAL FOR THE MAINTENANCE OF BONE, AND IT MUST BE WEIGHT-BEARING. That

means activities that the skeletal system does against gravity. This is the power of resistance. High impact weight-bearing exercises include jogging, jumping rope, step aerobics, racquet sports or even heavy gardening. Moderate impact may include climbing stairs, dancing or hiking.

severe bone loss and include elliptical or stair machines, low impact aerobics or simply walking. The point is to get moving and do something. Not only will weight-bearing exercise model the muscle, it will stimulate the bone that it's attached to. The stress of the tendon on the bone has a bone-building effect. Exercise and training will also improve balance and coordination which will help decrease the risk of falls.

> The stress of using weights during exercise can potentially be added as well. Weight lifting with a few pounds, or lifting what you can (even as light as soup cans from your cupboard to get started), can help provide more needed resistance to help build bone. Elastic bands or weight machines will also work for this.

> > Studies have shown that ONLY 20 MINUTES of modest impact, resistance training or vibration therapy 3x per week **CAN IMPROVE BONE MINERAL** DENSITY.^{3, 4} Like other weight-bearing physical activities, vibration therapy causes muscles and bones to work against gravity and is also utilized for increasing bone density in older persons and others at risk

> > > Sourse:https://www.f4cp.org

Health



SET INTENTIONS, NOT RESOLUTIONS

for osteopor<u>osis</u>.

Why start the new year with rigid resolutions that will most likely result in stress and guilt? Creating intentions (and actively writing them down) is a much more realistic approach to setting goals for yourself. Draft up daily, weekly, and monthly intentions to help take the pressure off your daily schedule and allow you to focus on the big picture.