



Helping You Live Better

Newsletter - January 2019

Letter from the Doctor

Happy New Year! 2019 is here!

Yippee!....or could it be just another year, ho-hum. That decision is yours. The good news is it's your decision. The bad news is yep, it's your decision. Not being the brightest bulb in the box, I resort to reading other people's perspectives on many topics, most recently, the ever, sometimes even depressing, annual New Year's Resolution. Seems we make them, have the best intentions, then fall off our own wagon. Can be depressing, right?! I'm included, thus my search to avoid that repeat this year.



I like what I read by author Josh Linkner. Mr. Linkner is a tech entrepreneur, New York Times bestselling author and keynote speaker. He writes articles for several newspapers and magazines, like Fast Company, which is a great magazine. I love his idea of setting a New Year's Theme instead of a resolution. The word resolution produces a mindset of linear thinking, perfection, all or none, do or die. A single, small temptation leads us astray. We quit, telling ourselves better luck next year. We slip once and terminate our commitment to change. To combat this trap, Josh Linkner suggests we set a New Year's theme instead. He states "Your theme isn't a rigid, binary, unrealistic promise but rather a direction that can be sustained over the next 12 months". I call it the "how to eat the elephant" philosophy. The idea of dropping 20 pounds, or getting through that book, or exercising 3 days a week can seem overwhelming. That's eating the elephant in one bite....impossible. Change your resolution of dropping 20 pounds to a theme of I'm going to eat better this year. I absolutely know I will slip up and have pizza, ice cream or fast food. That's real life. When that happens, hit your "re-set" button, (learned that one from Claire), and next time you eat, have a salad. Oops, got busy today, didn't have time to exercise, I'll make time tomorrow for 20 minutes because my theme this year might be better muscle tone rather than the rigid "exercise 3 times a week" rigid thinking. When we make our resolution a theme, each decision on each day gives us a guilt-free, independent opportunity to align with our bigger picture. Here's to your tremendous success in the New Year, and hoping your annual theme serves as a powerful tool for your journey.

Til next time.

Dr. Brown



Patient Testimonial



Meredith, aided by the use of her walker, hobbled into our office this past year. She had struggled for 2 years prior, living on pain pills and "you will have to manage the pain" advice. She shares her story of hope and triumph and how chiropractic care got her walking again! Pass her chiropractic success story onto someone you know who is struggling. Meredith's story may give them hope and inspire them to try chiropractic.



Upcoming Events

Educating our local communities about health and chiropractic is part of our mission at Excel Chiropractic. Our Doctors and staff will be during the month of January at the locations listed below. If you would like us to speak at your organization, club, work place or other group, contact Laura at Laura@excelfamilychiro.com.

- 1/11 Dr. Brown at Star Center School
- 1/18 Dr. Spencer at Reek School (office will be closed that day)
- 1/19 Back to Basics "not your typical health fair" at Geneva Ridge 10am - 2 pm (office closed)*
- 1/25 Dr. Spencer at Mount Zion School

B2B - Back to Basics "Not Your Typical Health Fair" Saturday, January 19th at Geneva Ridge 10am - 2pm



Various providers and businesses will be available to share their expertise in the areas of Reiki, Nutrition, Chiropractic, Acupuncture, Exercises and much more!

Excel Family Chiropractic will be offering Complimentary Spinal Health Checks so bring the your friends and family!

Admission
Adults \$5 ~ Seniors (60 & up) \$3 ~ Kids are FREE
Proceeds to benefit [Side by Side](#)

Hosted by Excel Family Chiropractic
Held at The Ridge Hotel, W4240 State Hwy 50, Lake Geneva, WI 53147

Donation List for 2018

"Helping us Helping Others!" Congratulations!

Only with your help, were we able to make contributions to the following organizations in 2018. Thank you for helping us, help others in need.

Lakeland Community Church

Mount Zion Church

Marine Corps Heritage Fund

The Time is Now to Give

Trinity Church

Agape House

NVIC

Vets Roll Inc

Vet's Night of the Arts at Carthage College

Open Arms Free Clinic

Alzheimer's Association

Rising Stars Foundation

Veteran's Outreach of Wi

St. Joseph's Indian School

Donor's Choose - Star Center 4th Grade

classroom material

Meal Train

