

# November

## Stagecoach Family Chiropractic

Happy Fall Y'all! One of our biggest principles we help encourage all of you to do is to be proactive instead of reactive when it comes to your health and well being. In fact, that's the approach you should take for all aspects of life.

We have found that every year at this time all the way to the New Year, a lot of people fall off track and into the "Holiday Trap". We all know that the holidays are just three separate days...Thanksgiving, Christmas and New Year's. Many of us tend to get trapped into the three days being three months, then fall off track in our current health habits and wait to start back in the new year. We start to neglect making our chiropractic visits and doing our home care, add more stress, more comfort eating and less movement. This is where disease, chronic pain and symptoms either come back or get worse. You will not save money, you will end up paying more money trying to get back to where you were before the "Holiday Trap".

We want to strongly encourage all of you to make the decision to not become a victim of the "Holiday Trap" this year. Commit yourself to staying on track with your visits, adjustments, home care, quality nutrition, moving your body and building peace...in fact from now until New Year's, come in for extra adjustments. Because every adjustment you get, will boost your immune system 200% while keeping you healing and functioning optimally to combat the extra holiday stress.

Let's make it a **PRIORITY** to be **PROACTIVE** with making your visits and living a 5 Essential lifestyle instead of being reactive at the new year! We love you guys and stay focused! ~Dr.Barker and Dr.Green

## GRATEFUL & THANKFUL

GRATITUDE MEANS BEING THANKFUL; THE READINESS TO SHOW APPRECIATION FOR AND TO RETURN KINDNESS. THE BIBLE SAYS IN PSALMS 100:4 "ENTER INTO HIS GATES WITH THANKSGIVING, AND INTO HIS COURTS WITH PRAISE. BE THANKFUL TO HIM, AND BLESS HIS NAME."

STUDIES HAVE SHOWN THAT GRATITUDE DECREASES PSYCHOLOGICAL PROBLEMS AND INCREASES PHYSICAL AND MENTAL WELL-BEING. STUDIES HAVE ALSO SHOWN: A SINGLE ACT OF THOUGHTFUL GRATITUDE IMMEDIATELY INCREASES HAPPINESS BY 10% AND REDUCES STRESS BY 35%. GRATEFUL PEOPLE HAVE 16% LOWER BLOOD PRESSURE, GRATITUDE: INCREASES SLEEP QUALITY BY 25%, LESSENS PAIN, INCREASES SELF-ESTEEM, LESSENS ANGER, CREATES MINDFUL EATING, HELPS REBOUND FROM TRAUMA EASIER, PLUS THOSE WITH GRATITUDE ARE EASIER TO BE SATISFIED.

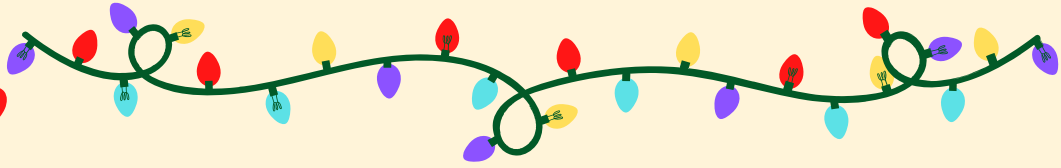
LISTED BELOW ARE SEVERAL WAYS TO INCREASE GRATITUDE IN YOUR LIFE, SO THAT YOU CAN ENJOY THE MANY BENEFITS. WE WOULD LOVE TO HEAR HOW YOU MAKE YOUR GRATITUDE GROW!

\*write in a gratitude journal \*make a Gratitude jar

\*meditation or prayer

\*take a gratitude walk \*make a collage of all you are grateful for

# Miles for Meals 5K



SCAN HERE TO REGISTER  
FOR THE RACE



Join our team as we help provide food for families in need throughout Davie & Forsyth counties under the  
**Tanglewood Holiday Lights!**

Saturday, 11/11 @ 5:30pm  
Tanglewood Park

## Friendsgiving CHILI COOK-OFF

Monday, November 20th @ 6pm

Stop by the front desk and sign-up to bring chili  
or a side dish



FLU SHOTS AVAILABLE November 20-22!  
See the front desk for details



## Special DISCOUNT

### BATTLE READY BUNDLE: NOV. 6- 11

- \*VITAMIN C POWDER
- \*VITAMIN D3 + PROBIOTICS
- \*PRO-NAC
- \*PUREPATH CELL REPAIR
- \*CURCUMIN

### PUREPATH CELL REPAIR: NOV 13- 18

\*REPLACES IM SUPPORT & DAILY DEFENSE

### GI REPAIR: NOV. 27- DEC 2ND

\*REPLACES GUT RENEW