



Now You Know

“The greatest medicine is to teach people how not to need it.”
- Hippocrates

In 1895, Daniel David Palmer, the father of Chiropractic, gave the first adjustment to Harvey Lillard. These chiropractic adjustments helped Lillard regain his hearing after an accident he had 17 years earlier.

Chiropractic is a wonderful means of natural healing!
- Bob Hope

Across the globe, over one million adjustments occur each day!

The greatest medicine is to teach people how not to need it.
- Hippocratic School of Medicine

OUR HOURS

Mon, Wed and Thurs:

7:30am - 12:00pm

3pm - 6pm

Tues:

3:00pm - 6:00pm

EMBRACE HAPPINESS: UNLOCKING THE PATH TO WELL BEING

August is here, and it brings with it a wonderful opportunity to reflect on happiness. As we navigate the challenges of life, prioritizing our well-being and cultivating happiness become increasingly important.

In honor of “Admit You’re Happy Month,” we want to explore the power of happiness and its connection to our overall health, including the role chiropractic care plays in fostering happiness and well-being.



In today’s fast-paced world, our mental health has become a significant concern. Stress, anxiety, and feelings of overwhelm often overshadow our happiness. However, by implementing simple and effective strategies, we can bring more joy and contentment into our lives.

- **Cultivate Gratitude:** Take a moment each day to express gratitude for the positive aspects of your life. Gratitude has been scientifically linked to increased happiness and improved mental health. Consider starting a gratitude journal or sharing daily gratitudes with a loved one.
- **Practice Mindfulness:** Be present in the here and now. Engage in activities that allow you to fully experience the present moment, whether it’s mindful breathing, meditation, or engaging in a hobby you love. Mindfulness helps reduce stress, enhances self-awareness, and promotes a sense of calm.
- **Nourish Your Body:** Optimal well-being begins with a healthy body. Focus on nourishing yourself with nutritious foods, regular exercise, and sufficient sleep. A well-nourished body provides a solid foundation for happiness and overall wellness.
- **Foster Positive Relationships:** Surround yourself with positive and supportive individuals who uplift and inspire you. Engage in meaningful connections and cultivate relationships that bring joy and fulfillment to your life.
- **Seek Chiropractic Care:** Chiropractic care offers a unique approach to happiness and well-being by addressing the relationship between our nervous system and overall health. When our nervous system is in a state of balance and ease, our bodies can shift from the sympathetic stress response to the parasympathetic relaxation response.

Recent studies, such as the Quality of Life study with chiropractic, have shown promising results in how chiropractic care, positively impacts our well-being. Focusing on enhancing the connection between our brain, spine, and nervous system, allowing for improved adaptability, self-regulation, and overall wellness. By releasing tension and stress from our nervous system, chiropractic care supports a shift toward a more peaceful state and a greater capacity for happiness.

At DFWC, we believe that a healthy spine and nervous system play a crucial role in our overall well-being and happiness. Our dedicated chiropractors are committed to providing compassionate care, supporting your journey towards optimal health and happiness.

As we celebrate “Admit You’re Happy Month,” let us all strive to prioritize our happiness and well-being. Embrace the power of gratitude, mindfulness, nurturing your body, fostering positive relationships, and incorporating chiropractic care into your wellness routine.

Remember, happiness is not a destination but a way of life. Let us take steps every day to create a life filled with joy, purpose, and vibrant health.

Wishing you happiness and well-being,

Find us on the Web! We post great pictures, videos and health tips!
Get Social With Us! Search for Dennis Family Wellness Center on Facebook, YouTube or Instagram. Visit us and become a fan!
Post a Review or comment, share us with your friends.
Look forward to seeing you online.

OUR PRACTICE MEMBERS OF THE WEEK SHARE...

“Dr Joe and his team are amazing! I was experiencing terrible vertigo, and it’s now been over a year since I’ve had a spell, due to neck adjustments.”

“I’ve known for about 10 years that I have bulging discs in my lumbar. I have seen my fair share of chiropractors over the years, from Houston to Dallas, and This is by far the best office I’ve ever been to. The front office is always so welcoming and friendly! I’ve never had a bad visit or seen a frown. Everyone truly cares about you and make you feel at home. Obviously this practice is deeply rooted on faith and it shows. Love this place, ive felt so much progress in just 2 months.”

“Truly never felt more welcomed at any Dr office like Dennis family wellness center truly. 10/10”



Call
972-801-9992

BACK TO SCHOOL: PROTECTING YOUNG SPINES AND NERVOUS SYSTEMS

**SEND a copy of
this newsletter to
your friends &
family in the
area!**

*Please feel free to call
the office and leave the
name and address and
we would be more than
happy to make sure
they get a copy of our
newsletter each month!*

*Remember to
REFER your friends,
family and co-workers
for a check-up!
Their health is their
most important
asset!*

Stay Healthy

Most of all, we want
you all to remain
healthy and
connected this
AUGUST

If we can help to
support you and your
health in any way this
month reach out and
let us know. We would
be more than happy to
help you in any way
possible.

Stay healthy, stay safe,
and keep connected.

We are all in this
together.

As the back-to-school season approaches, it's essential to ensure that our children are equipped with more than just pencils and notebooks. One critical aspect to consider is the health of their spines and nervous systems, particularly when it comes to backpacks and the weight they carry. In this article, we will explore the importance of proper backpack usage and the significance of getting your child's spine checked.

Backpacks and Spine Health:

Did you know that carrying heavy backpacks or wearing them incorrectly can potentially impact your child's spine health? The spine is still developing during childhood and adolescence, making it especially vulnerable to the stresses and strains of improper backpack use. Here's what you can do to support your child's spine health:

- 1. Choose the Right Backpack:** Opt for a backpack that is ergonomically designed, with adjustable shoulder straps, a padded back, and multiple compartments for even weight distribution. Encourage your child to use both shoulder straps to prevent excessive strain on one side of the body.
- 2. Watch the Weight:** Ensure that your child's backpack weight is appropriate for their age and size. A general guideline is that the backpack should not exceed 10-15% of the child's body weight. Excessive weight can strain the spine and lead to postural imbalances or discomfort.
- 3. Proper Packing:** Teach your child to pack their backpack thoughtfully. Place heavier items closer to the back, distributing the weight evenly. Encourage them to only carry necessary items to minimize the load.
- 4. Promote Good Posture:** Emphasize the importance of maintaining proper posture while wearing the backpack. Encourage your child to stand tall, with shoulders back and relaxed, and to use both straps to evenly distribute the weight.

THE IMPORTANCE OF SPINE CHECKS:

Just as children receive routine dental and vision check-ups, it's equally important to prioritize the health of their spines and nervous systems. Even seemingly small misalignments can affect their overall well-being and ability to thrive academically and physically. Here's why getting your child's spine checked is essential:

- 1. Early Detection:** Regular chiropractic check-ups can help identify any spinal misalignments or imbalances early on. Detecting and addressing these issues promptly can prevent them from progressing into more significant problems in the future.
- 2. Optimal Nervous System Function:** The nervous system plays a vital role in a child's growth, development, and overall health. Chiropractic care helps ensure that the nervous system is functioning optimally, allowing for better focus, concentration, and overall well-being.

- 3. Enhanced Performance:** A well-aligned spine promotes proper posture, flexibility, and mobility, all of which contribute to improved physical performance and

reduced risk of injuries.

4. **Whole-Body Wellness:** Chiropractic care takes a holistic approach to health, addressing not only spinal health but also nutrition, exercise, and lifestyle habits. By supporting your child's overall well-being, chiropractic care can help them thrive academically, physically, and emotionally.

At DFWC, our dedicated chiropractors are committed to providing gentle and effective care for children. We offer spine checks and provide guidance on proper backpack usage to promote your child's spinal health during this back-to-school season.

As you prepare your children for the new school year, remember to prioritize their spine and nervous system health. Encourage them to wear their backpacks properly, manage weight appropriately, and schedule a spine check-up to ensure they start the year on the right foot.

Wishing you and your family a successful and spine-healthy school year!

DELIGHTFUL AND HEALTH-CONSCIOUS CHOCOLATE CHIP COOKIES

Introduction:

August 4th marks a delightful occasion - National Chocolate Chip Cookie Day! Indulging in a delicious treat doesn't have to mean sacrificing your health goals. In celebration of this day, we present a low-sugar, dairy-free, and gluten-free option for chocolate chip cookies. These cookies are not only scrumptious but also made with wholesome ingredients that prioritize your well-being.

Ingredients:

- 1 ½ cups almond flour
- ¼ cup coconut flour
- ½ teaspoon baking soda
- ¼ teaspoon salt
- ¼ cup coconut oil, melted
- ¼ cup pure maple syrup or honey
- 1 teaspoon vanilla extract
- ½ cup dark chocolate chips (preferably dairy-free)
- Optional: ¼ cup chopped nuts or dried fruit for added texture and flavor



These guilt-free treats are a delightful way to celebrate National Chocolate Chip Cookie Day while maintaining a health-conscious approach. Made with almond flour and coconut flour, these cookies are gluten-free and suitable for those with dietary restrictions. The use of natural sweeteners and dairy-free chocolate chips keeps the sugar content low without sacrificing the delightful taste of classic chocolate chip cookies.

So, on August 4th, gather your loved ones and enjoy these healthier chocolate chip cookies guilt-free. Share the joy of this special day while nourishing your body with wholesome ingredients. Remember to store any leftover cookies in an airtight container for future enjoyment.

Happy National Chocolate Chip Cookie Day!

STAGE EIGHT OF HEALING

Stage 8 of the 12 Stages of Healing, as formulated by Donald Epstein, is an important phase in the journey towards holistic healing and personal transformation. This stage, known as the "Awakening," is a profound shift that takes place as individuals begin to awaken to their true selves and reconnect with their innate wisdom and potential.

During Stage 8, people often experience a deep sense of clarity, insight, and expanded awareness. They start to recognize the limitations and patterns that have held them back and begin to envision a new, more empowered way of being. It is a time of personal growth, self-reflection, and embracing the possibilities for transformation.

This stage is marked by a shift in perception, where individuals gain a greater understanding of themselves and their life experiences. They become aware of the underlying patterns and beliefs that have influenced their choices and behaviors, and they begin to question and challenge those patterns.

The Awakening stage also involves letting go of old patterns and attachments that no longer serve their highest good. This can be a challenging process as individuals confront fears, insecurities, and resistance to change. However, by embracing this journey of self-discovery and releasing what no longer serves them, they

Instructions:

1. Preheat your oven to 350°F (175°C) and line a baking sheet with parchment paper.
2. In a mixing bowl, combine the almond flour, coconut flour, baking soda, and salt. Whisk together to ensure even distribution of ingredients.
3. In a separate bowl, whisk together the melted coconut oil, maple syrup (or honey), and vanilla extract until well combined.
4. Pour the wet ingredients into the dry ingredients and stir until a dough-like consistency forms.
5. Fold in the dark chocolate chips and any optional ingredients you choose, such as chopped nuts or dried fruit.
6. Using a tablespoon or cookie scoop, drop rounded portions of dough onto the prepared baking sheet. Gently flatten each cookie with the back of a spoon.
7. Bake the cookies in the preheated oven for approximately 10-12 minutes, or until the edges turn golden brown.
8. Remove the baking sheet from the oven and allow the cookies to cool on the sheet for a few minutes before transferring them to a wire rack to cool completely.
9. Once cooled, the low-sugar, dairy-free, and gluten-free chocolate chip cookies are ready to be savored.

create space for new opportunities and growth.

Throughout Stage 8, individuals may seek out various tools and practices that support their personal and spiritual development. This can include practices such as meditation, mindfulness, journaling, energy work, or engaging in meaningful conversations and connections with others. They may also seek guidance from mentors, therapists, or spiritual teachers to navigate this transformative process.

Ultimately, Stage 8 of the 12 Stages of Healing represents a profound awakening to one's true potential and the possibility of creating a more fulfilling and purposeful life. It is a time of self-reflection, letting go of old patterns, and embracing new perspectives and possibilities. By embarking on this stage of healing, individuals can experience a profound shift in their overall well-being, finding greater harmony and alignment in their physical, emotional, and spiritual aspects.

We highly recommend our practice members read the 12 stages of healing and associated Workbook and attend our classes on Somato respiratory integration to optimize their connection to their bodies rhythms and learn body breath movement exercises they can do on their own to support their care.

FREE

“AUGUST Health Check Up”

Schedule Your Friend or a Loved One For Their
FREE AUGUST HEALTH Check Up-NOW!

(All ages accepted, so call the office immediately!)

YOUR OFFICE AUGUST Events

August 1st to September 28th
Fall Fest Giveaway

August 1st to August 31st
Witnessing to the streets
charity drive

Donations Needed

Witnessing To The Streets (W.T.T.S.) is a local non-profit organization dedicated to assisting those who have been left with nothing. In Dallas, more than 10,000 homeless individuals are in desperate need of even the most basic necessities. While many of us are fortunate enough to have constant access to food, water, and shelter, W.T.T.S. collaborates with other local non-profit organizations to provide these essential items to those who have nothing. Additionally, we strive to offer assistance and resources that can help these individuals transition out of life on the streets. Our goal is to offer as much support as possible, whether it involves providing a warm meal, a compassionate listener, or a safe place to sleep. Your generous donations enable us to provide people with the opportunity to regain their independence and rebuild their lives. Thank you for your kindness and generosity. May God bless you abundantly.



Requested Items:

- Backpacks
- Water bottles (refillable)
- Blankets
- Summer hats
- Socks (NEW)
- Bibles
- Sunscreen
- Sweatbands
- Hand Towels
- Raincoats
- Tampons/Pads
- Shampoo/ Conditioner
- Hand Sanitizer
- Sleeping bags
- Toothbrushes
- Toothpaste
- Deodorant
- Baby wipes

Click this link
to learn more
about WTTS

<https://www.youtube.com/watch?v=eKVvG5xm37I>

Dennis Family Wellness Center

930 W Parker Road Suite 505
Plano, TX 75075
972-801-9992
dfwcmail@gmail.com

Thanks for the referrals!

The ultimate complement is when our patients tell
their friends and families about
YOUR OFFICE NAME.

Thank you for helping us help others!

NAME

NAME

NAME