



1289 E. Lincoln Ave., Orange, CA 92865

(714) 282-6141 www.PooleChiropractic.com

Dr. Dennis L. Poole

Dr. Adam D. Poole

## SPRING INTO EXERCISE!

Come in for an evaluation to see if your body is anatomically balanced before you start any new exercise regimen. With the beautiful weather, it's the perfect time to begin exercising! Remember to stretch and warm up your muscles every time you exercise.



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**We Treat Sports Injuries**, such as: tendonitis, stress fractures, sprains, strains, knee, ankle, shoulder and foot pain, bursitis, and plantar fasciitis. Ask about our Cold Laser package deal!



## Solve the Mystery!

How do you know which vitamins your body really needs to achieve optimum health? With our computerized Biomeridian Evaluation you can find out exactly which vitamins are vital for you individually! This evaluation will tell you which areas are strong or weak.

## SPECIAL SPRING OFFER: \$50

(Price includes one free follow up evaluation to see the results. Value \$75).

Call us today to book an appointment!

# Poole's Corner



MAY 2013

SPRING into LIFE!

## 5 Spring Cleaning Tips to De-Stress Your Life

Stress can lead to spinal misalignments (also known as subluxations)...and for some people, there's nothing more stressful than coming home to a messy, cluttered house. Clutter creates stagnant energy, and likewise, stagnant energy creates clutter. In other words, when you fall into a "funk" your energy declines and clutter will begin to accumulate in your life. Your physical, mental and spiritual clutter will begin to increase, and you may feel too overwhelmed to deal with it all. The good news is that once you decide to deal with this clutter and clear it away, you open up room in your life for exciting new possibilities. You will begin to live in the moment rather than dwell in the past, and you will feel more alive and energized. Here are a few tips to get you started:

♥ **If it is an object you don't need or love, don't hold on to it out of fear.** Often we are afraid of the future, afraid we might forget a memory associated with the item, or afraid of offending someone if it was a gift. Fear is negative energy. If you fill your life with objects or emotions associated with fear, you will feel bogged down and drained of energy. Fear will hold you back...so banish it from your life. Let go of fear, and free yourself.

♥ **Make clutter-busting a routine and reward yourself for your accomplishments.** As you move throughout your home, write down the areas that need attention. Junk drawers, closets, offices, bedrooms, counters, on top of dressers, etc. Choose one area to work on each week. At first, it will take extra effort to tackle the job, but as you cycle through and begin revisiting each area, the job will become easy. Be sure to reward your efforts. :)

♥ **The One-Minute Rule:** \*\*If used properly, this rule can change your life.\*\* When you notice something that needs to be done around the house, don't put it off until later. Instead, ask yourself, "Can I do it in less than a minute?" If so, DO IT. No matter what! Even when you are feeling tired or lazy, you can summon the energy to work for **just one minute**.

♥ **Be picky about what you bring into your home.** When considering a purchase, ask yourself where you will keep it; what purpose will it fill; do you really need it; will it make your life better, easier, or happier? If not, it will only add to your clutter. Put it back on the store shelf and walk away feeling empowered!

♥ **Colon Cleanse:** No, I'm not joking. There is clutter in your intestines weighing you down, poisoning your body, and making you feel **blah!** No point in carrying that around with you. Ask Dr. Poole about a reputable cleanse.

Sources: Good Housekeeping magazine, "Clear Your Clutter with Feng Shui" by Karen Kingston, www.motivatedmoms.com, "No Hassle Housecleaning" by Christina Spence

## MOTHER'S DAY QUOTES WE LOVE

♥ A mother is a person who, seeing there are only four pieces of pie for five people, promptly announces she never did care for pie.

- *Tenneva Jordan*

♥ Mothers are all slightly insane. - *J.D. Salinger*

♥ My mother's menu consisted of two choices: Take it or leave it. - *Buddy Hackett*

♥ The most remarkable thing about my mother is that for thirty years she served the family nothing but leftovers. The original meal has never been found. - *Calvin Rillin*

♥ If you bungle raising your children, I don't think whatever else you do well matters very much. - *Jacqueline Kennedy Onassis*

♥ A mother is not a person to lean on, but a person to make leaning unnecessary. - *Dorothy C. Fisher*

♥ Making a decision to have a child-it's momentous. It is to decide forever to have your heart go walking around outside your body.

- *Elizabeth Stone*

♥ The moment a child is born, the mother is also born. - *Rajneesh*

♥ Remember that behind every successful woman.....is a basket of dirty laundry. - *Author Unknown*

♥ Being a full-time mother is one of the highest salaried jobs... since the payment is pure love. - *Mildred B. Vermont*

♥ I regard no man as poor who has a godly mother. - *Abraham Lincoln quotes*

♥ Mother love is the fuel that enables a normal human being to do the impossible. - *Marion C. Garretty*

♥ A sweater is a garment worn by a child when its mother is feeling chilly. - *Ambrose Bierce*



Dr. Dennis Poole's mother