



Dr. Craig's Transformational Living News

July 2010

Summer's Abundance of Choices



Long summer days brings with it the light and time and energized yang energy that makes people want to go places and do things and take on new projects like no other season. Planting and tending vegetable gardens that grow inches overnight, yard and house projects that have been put off suddenly don't get postponed, new places to travel beckon with a siren's call, spontaneous gatherings of friends get sparked without hesitation. It is an amazing time of year that calls out for your attention and energy.

First and foremost I say....Go for it! Enjoy, splurge, play, do something new, connect with an old friend, hike a new trail, build that new garden bed! Summer heat in many regions has a way of forcing people to take a break, to siesta, to get inside and rest in the heat of the day. But here in the Pacific Northwest, we are only now about to hit a sizzling 80 degrees this week and the heat does not beg us to rest and relax, so we must consciously choose it ourselves. We must remember to find the balance of work and play, of activity and rest, of lingering and creating.

I find that our greatest ideas and inspirations come to us in moments of pause; like they are waiting to enter your consciousness but there is just too much activity for them to be heard or seen. I also find that it is in our aimlessness that the Universe has greater opportunity to direct us towards special happenstance moments and meetings and opportunities. Speaking physically, it is obvious why our bodies need rest, especially for them to heal and recover from the increased and varied physical tasks that we have taken on in the better weather. So here is my attempt at recommendations for opportunities to assist you in choosing what new summer experiences and projects you should take on for yourself this summer:

1. Ask yourself if this new project makes you smile; either with a smile of satisfaction of completion, or a smile of joy, appreciation and gratitude.
2. Is it something new? Does it include visiting or experiencing something you have not yet seen or experienced? Brain research shows that this is essential for expanded brain health.
3. Make sure your summer active activities are balance with lack of activity time. Schedule in hammock time or nap time if you need to!
4. Practice taking things OFF your honey-do list, not just putting tasks on the list.

5. If you are avoiding doing something that must be done, engage another person to do it together; whether it's one of your children, grandchildren, spouse or friend...doing any activity together in the summer with another is easier and more fun and can be topped off with a cool beverage afterwards.
6. Allow for Spontaneity and changing your mind!
7. Get physical! Find some way to get outside and get moving in some way that makes your body feel good (and up here we need all the Vitamin D we can get!)
8. Break some pattern in your life, or at least just try it and experiment with a different bed time, a different getting up time, eating when you are hungry vs. 7 am, 12 noon and 6 PM. Variety truly does spice up your life.
9. Remember to keep hydrated. Besides being vital to your health, stopping whatever you are doing to take a sip of water or fill your glass breaks the pattern of non-stop...(computer, email, TV, etc).
10. Find whatever way it takes for you to keep a positive outlook on whatever is happening in your life and allow yourself to go with the flow of ease and joy and love and gratitude....however it is that you find it for yourself.

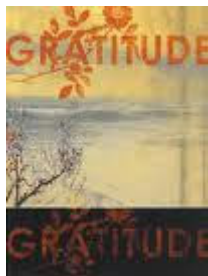
May at least one of these ideas be of use to you and have a fabulous and blessed Summer!

Having just returned from a wonderful exploration of the Virginia Blue Ridge Mountains and the overwhelming abundance of the Washington DC art museums and historical treasures, I found myself a bit wobbly facing a single returning week with 2 events here at the office. But, I have to just take a special moment to thank Dr. Rick Ingrasci for a spectacular event on Love, Forgiveness and Healing that filled every chair in the house! Two nights later, I was blessed with another sold out house for Ralph Blum, the brilliant and cheeky creator of the Book of Runes...delightful and insightful does not even come close. So thank you to these great men that reinforced for me how absolutely blessed I am to be in such a rich tapestry of community here on Whidbey Island. I would also like share my appreciation to all those who attended...the curious and anxious to learn and explore progressive idea folks.

Namaste,
Dr Craig

Gratitude for Rick Ingrasci, Ralph Blum and You

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Missed the Event? Still want to listen to it?: Several people have asked if it was possible to listen to one or both of these events, and voila! We now have audio recordings on our website.

A Transformational Dialogue **with Tom Harris, DO** **Tuesday, July 27 6 - 7:30 pm**

What Would Real Health Care Reform Look Like? A Personal Perspective.



Dr Tom Harris is an institution on Whidbey Island, recognized and known as a primary care physician with keen diagnostic skills combined with humor, compassion and a bent for theatricalness at our local W.I.C.A Performing Arts Theatre. We have discussed in the past what is at the heart of real reform in the health care field...what could the best of care look like...what would it take...is what we think possible really possible? Well, as Dr. Harris steps out next month, taking the leap to create a new island health care medical center, Mutiny Bay Medical with Susan Jones, ARNP, we will have the ability to ask him how he plans to tackle these questions.

Whether you are simply interested in this conversation or are looking for an opportunity to be in the same room for more than 5-10 minutes with a medical doctor ;)wink, then please come join us for what is sure to be a fascination and humorous evening!

P.S. Pre-Registration is strongly requested...the last event we had 10 registered and nearly 40 show up and we need to make sure we have enough chairs for everyone! [Click Here to Register.](#)



Articles on: The Chiropractic Zone Facebook Page

If you are a Facebook User you can find more regular postings of health related articles and links by becoming a friend of The Chiropractic Zone, such as:

- Brain Neurotransmission 3D Animation.
- Majority of sodium comes from most commonly eaten foods.
- Weight Loss Boosts Knee Health in obese Osteoarthritic Patients.
- 5 Things Your not supposed to Know About Chiropractors.
- Did acetaminophen provoke the autism epidemic?

- Martial arts fall training to prevent hip fracture.
 - The Truth About Red and Processed Meats.



Book Recommendation for July:

\$20 Per Gallon and How the Inevitable Rise in the Price of Gasoline Will Change Our Lives for the Better. By Christopher Steiner

If you are a forward thinker and want to be ahead of the curve, or have an interest in sustainable ways of living or are looking for business ideas and industry and lifestyle trends that are inevitably moving closer towards reality, this book is a must. Author Christopher Steiner will take you through a fascinating journey of how our society will change with each incremental change when gasoline moves up to \$4, \$6, \$8, etc up to \$20/gallon. Everything becomes affected from the foods we will obtain and eat, to how our food is grown, to where we live and what we drive, how we get ourselves places and much more. A mind opening journey and courageous book on a topic that is best seen through opportunity rather than fear and doom. Rating: 4 out of 4 spines.



Back Fitness Classes Continue on Mondays at Noon. Drop-Ins welcome!

See what happens when you forget to take care of yourself? Don't lose muscle tone or this might be you! \$15/class if pre-paid.



Summer Zumba Classes Rock on Wednesday Night's at 6:30 - 7:30 pm

Drop Ins Welcome!

Need to find an evening way to exercise to great Latin inspired music and sweat for an hour? Try this! \$10/class



New Yoga Class Series begins July 15 at 12 - 1:15 with Annapoorne Colangelo

This class welcomes beginning and intermediate yoga students for a gentle, relaxing and powerful Hatha yoga experience. Six week series begins next week.



Taking Care of Your Aching Hips, Knees and Feet - Friday July 16, 12:30 -1:30

South Whidbey Senior Center

Learn ways to both prevent and heal form pain and injuries to your lower body \$10