



June Newsletter

Move, Moving and Movement Issue

Welcome to thoughts for June. Our focus is on multiple ways to perceive the benefits of Movement. We continue to move towards expanding our services; We are adding Zumba! classes to offer you the hottest and newest way to move, sweat, get in shape and have fun. We have added a new workshop, The Manifestation Wheel, a half day workshop to give you tools to creating what you want to create in your life. We have begun to add videos to our website; if you missed seeing Stephan A. Schwartz' Dialogue, you can now [CLICK HERE to view my interview with Stephan A. Schwartz and his talk on Opening to the Infinite.](#)

In Celebration of Life,
Dr Craig

Movement, Life and Chiropractic

Why do I tell patients to stop what they are doing every 15-30 minutes and do some other activity? Why do I cringe when I hear someone tell me that they sit at their computers for hours on end without getting up? Why do I teach students to mix up their activities and move different body parts? Because movement is synonymous with good health. Without motion, death would result. Think about it... motion is necessary for air to move through your lungs, for red blood cells to be pumped by your heart and circulate through your body, for your intestines to move food through your digestive tract in order to obtain nutrition. Movement is necessary for joints to be lubricated and it is also essential for the stimulation of joint-brain pathways that enable proper brain and body coordination.



You may not have known that movements of your body stimulate healthy brain function. In fact, joint movement, especially in the spine, has a direct bearing on the ability the brain has to coordinate activities such as motor functions, concentration, learning, immune and organ function and even your emotions. Research by Nobel Prize winner Roger Sperry revealed the relationship of spinal movement to brain function. He

used the analogy of the spine in relationship to the brain acting as a windmill that generates electricity for a power plant. He also goes on to say that the more structurally distorted we are, the less energy is available for healing, thinking and metabolism.

So think of it this way, movement feeds and charges up the brain, constantly powering it up like a hand-cranked flashlight battery. Your spine and joints are constantly feeding your brain data regarding your balance, your position, and your movements. In fact without a supply of sensory information from the body, the brain would go into a state of coma. Over 50 percent of all the nerve impulses that travel through your spinal cord have to do with movement related information to your brain. So not only does your brain control your body's movements, your body is responsible for nourishing your brain in return.

Research in neurophysiology is revealing that movement for your brain should be viewed as an essential nutrient, as necessary as oxygen, water and sugar. These nutrients are absolutely necessary for proper brain development and function. Research also shows that without sufficient movement and brain stimulation in early childhood development, deficits are more likely in motor functioning skills, learning, memory, and emotional and behavioral development.

It was thought originally that movement of the spine and joints created increased blood flow and oxygenation of tissues that resulted in these affects on the brain, but more recent research has shown differently. It is now well documented that it is not the aerobic activity that causes the amazing benefits to the brain, it is neurological stimulation of the pathways between moving joints, especially spinal joints and the brain that are responsible

It has also been well confirmed by research studies that the greatest number of receptors that send movement information to the brain are in the upper cervical, or upper neck part of the spine. That does not mean that a spine that is not moving properly hurts, in fact it may be without symptoms at all. But it is why as a Chiropractor I am always checking every vertebrae of a patient's spine to palpate and find where vertebrae may be not moving sufficiently and denying it from sending proper nerve impulses to the brain.

In summary, Movement IS Life. As a chiropractor I am proud to know that what I do every day, reinstates and supports the enhancement of movement and of Life.

Craig Weiner, D.C.

Material used in this article can be found in Dr. James Chestnut's book "The 14 Foundational Premises for the Scientific and Philosophical Validation of the Chiropractic Wellness Paradigm".

Presenting: The Manifestation Wheel and Moving Towards Creating Your Dreams

Sunday June 6, 1-5 pm

At The Sears House in Bayview Corner.



This workshop is designed to offer you a powerful tool to move through blocks that stop you from achieving what you dream of. You may use this process to create a significant change in your physical well-being, your relationships, your health or more. If the change you really wish to create in your life is aligned with you are as a powerful being, it can become manifested. In this workshop Alina will bring her tools and experience in EFT to remove blocks, her background as a powerful teacher of Law of Attraction work; and I will bring my studies in the use of the Medicine Wheel as a potent teaching tool. We will be implementing and building upon the Manifestation Wheel work done by Alan Seale. [CLICK HERE](#) for more information and registration. Cost is \$40.

Yoga and Movement by Annapoorne

Life Force is the Unrestricted Flow of Breath and Energy

Movement is one of those words with many meanings. In general, most concern action or activity. As there truly is no separation in all that is, I find that Yoga assists in movement physically, emotionally, mentally and spiritually.

People often think that Hatha Yoga teaches us to stand on the head. In reality, it teaches us how to stand on our feet. The deeper the roots of a tree are, the stronger the tree grows. This is true for us, too! When daily movements are done correctly, they originate from the spine. Yoga helps us elongate the spine with every step, by reeducating the spine and correcting improper habits. To move from the spine, there must be a total movement from the center (spine) to the periphery (extremities). When moving from the extremities, the movement is partial, peripheral, and causes strain.

The spinal cord is a passage way and distribution station to the brain. All nerves depend on proper spinal functioning. The spinal cord connects information via electrical signals from the central nervous system (brain) to the peripheral nervous system (nerves). Nerves connect the brain to every part of the body. In Yogic movement, the brain must participate, as it has to watch and follow each movement.



The freedom of the upper body created by accepting the lower body's gravity, brings a lightness to movement. When the body is toned, the spine and limbs are supple, and the joints are lubricated and oxygenated. Then one's body is pain-free, carrying no tension. This creates carefree movement of the various parts of the body. With each part moving easily, the body as a unit gracefully moves.

As energy blocks in the body are removed through pranayama (breath work) and asanas (postures), the movement of energy allows one to move more easily through life. Understanding the blocks lets one see if they are related to physical, emotional, mental or spiritual issues. Through our daily lives, most of us compact our spines by sitting, standing or walking improperly. Hatha Yoga opens the spine, which can then carry energy and messages to the brain.

Awakening the intelligence of the body indirectly sharpens the mind. Prana is the life force. Yama means "control of". Pranayama works with "nadis" - channels in the subtle bodies, or paths through which the physical body receives a supply of prana, circulating the life stream (ie, movement of) prana. When the nadis are impure, the breath cannot penetrate into the channel which is the center of the spinal cord (sushumna). Yogic practices create a current to send through this channel, bringing heightened activities in the chakra (energy centers) and brain, assisting one's movement of consciousness, or in other words, to raise it.

Tenets of Yogic philosophy, such as good deeds, kind thoughts and words, keep one's electromagnetic field flowing. Negative thoughts, etc. disturb the current, causing disease of body, mind and spirit, and block the pathways of the nadis.

Yoga awakens the kundalini, which, simply put, is the creative potential. It is a latent potential which, when raised correctly, will lead to complete consciousness. Kundalini is perceived as a serpent at the base of the spine. Once awakened, as it travels upward through the chakras, it assists in balancing the centers, rather than focusing on only one or a few. When all chakras are in balance, we can move forward in each area addressed by the individual chakra.

June's Featured Transformational Dialogue in the *Heart of Healing Series*

"The Role of Love and Forgiveness in Healing"

Tuesday, June 29, 6 - 7:30 pm

With net proceeds benefitting W.I.N. Whidbey Island Nourishes
\$10 - \$15 suggested voluntary donation

This dialogue will focus on the power of love in healing. From his decades of innovative mind/body work with patients with cancer and other life threatening illnesses, Dr. Ingrassi believes that all healing is essentially self-healing, and that the greatest healing resource available is the power of love and forgiveness. Rick will summarize the latest research in the neurosciences that point to a new integrative paradigm in medicine, and offer an experiential practice of forgiveness. He will also discuss the role of the "therapeutic alliance" in healing, as well as current promising research in the use of psychoactive substances for the healing Post Traumatic Stress Disorder.



Rick Ingrassi M.D., M.P.H. has a rich background in psychiatry, holistic medicine, life coaching, and community development. Rick co-founded the American Holistic Medical Association, Physicians for Social Responsibility, and Hollyhock Retreat Center (Cortes Island, BC). He co-authored the bestselling "Chop Wood, Carry Water: A Guide to Finding Spiritual Fulfillment in Everyday Life." Rick is a board member of Whidbey Island Center for the Arts.

**The Chiropractic Zone Offers A New Way to Move,
Exercise and Have Fun While Getting Fit!**

Are You Ready to Zumba®?

Wednesday Evenings at The Sears House from 6:30-7:30 pm

This fabulous class will be offered for a limited summer run here at the Chiropractic Zone. Certified instructor Suze Huie will be offering Zumba® classes. [CLICK HERE](#) for more information about Suze and Zumba®. The Zumba® program fuses Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got a Zumba® class!



My name is Suze Huie, artist, teacher and part of a huge world-wide Zumba® instructor family. I started Zumba® about a year and a half ago by chance at a YMCA. I am not a trained dancer, I have at least 2 left feet and no clue what Latin music was about, but the fun, the energy, the challenge to learn something new, the fitness aspect, all brought me to teaching this wonderful form of exercise that doesn't seem like work. I taught aerobics for 14 years, but this is the best ever. I have

completed training for: Zumba®, Zumba® Gold, Aqua Zumba® and Zumba® Toning. I have taken master classes with Beto Perez, the creative genius behind Zumba® and was privileged to be a participant in ZIN 23, one of the training videos for instructors and at the 2009 Convention in Orlando, FL For more information go to www.stpetezumba.com or www.zumba.com

So what is Zumba®? It's "Ditch the workout, join the party!"

Let's face it, working out can be healthy, rewarding and beneficial if you get there, but it's never been known to be a fun, exhilarating experience...UNTIL NOW!

The Zumba® program fuses Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got a Zumba® class! Enjoy an exciting hour of calorie-burning, body-energizing, awe-inspiring movement.

As of May 2010, the Zumba® program is being taught at over 60,000 locations in 105 countries, with an astonishing 7.5 million participants taking Zumba® classes every week. Why? Because it's the best party around.

Wednesdays, 6:30-7:30pm

\$10/class Multiple class discounts are available.

Wear comfortable clothes and bring water. Shoes should be smooth-ish on the bottoms for lateral movements. No previous experience or dance training is necessary. Don't worry about the "steps", just have fun.