

---

# ASCEND NEWSLETTER

---

Think Well | Be Well | Eat Well | Move Well | Live Well

---



Welcome to the first Ascend Chiropractic and Wellness Newsletter! We're very excited to begin this monthly newsletter for our community members. We want our community to achieve optimal wellness, which entails more than just chiropractic care. We hope to educate and motivate everyone towards healthy decisions to live a happy and healthy life.

## Our Mission

*We want each person we get to interact with to be at their best. We accomplish this through our customized care programs. To live a healthy and fulfilled life, we believe there are “5 Wills to Wellness”. These are as follows:*

**Think Well:** This encompasses mental health. To be in a mental state where you are happy and confident is thinking well. This includes positive feelings toward yourself, the quality of your relationships with others, and the ability to manage your mental health during difficulties.

**Be Well:** Chiropractic care is a necessity to “be well”. “Being Well” means maintaining a healthy nervous system. The nervous system plays a role in everything you do every single day, maintaining a correct spinal alignment aids in a healthy nervous system.

**Eat Well:** Giving your body the required nutrition it needs is essential. It's important to to reduce risk for chronic diseases and receive health benefits from the food you're eating. At Ascend, we offer customized nutrition, weight loss, and detoxification programs.

**Move Well:** Be active! Exercise is the best medicine and provides multiple benefits, including bone strengthening, lowered blood pressure, boosted mood, and more. Find an activity that you love and gets you moving.

**Live Well:** Living in a non-toxic environment is hard these days. It's important to consider what toxins you're exposing yourself to and taking action to rid them of your life. This could include cosmetics, cleaning products, plastic, and more. Doing research on the toxicity of products you use can go a long way.

## Take Care at the State Fair

As the MN State Fair approaches with all its unique and delicious food options, it's hard to make healthy decisions (I'm guilty of getting the bucket of Sweet Martha's Cookies). To still get the full experience of the classic state fair food, try to follow these tips:

**DRINK WATER.** This is very important because 1. You'll be outside all day exploring the fair, so staying hydrated will help you feeling well throughout the day. 2. Continually drinking water throughout the day helps suppress your appetite. This will help reduce those strong cravings you have and limit the temptation to eat any food in sight.

**EAT IN MODERATION.** Let's be real. You're at the MN State Fair. It's known for its variety of foods; you have to seize the opportunity. While you're treating your taste buds to the delicacies the fair has to offer, eat smaller portions of what you decide to consume. Instead of getting cheese curds for yourself, order one to split between you and your friends or family. Or for me, instead of ordering a bucket of Sweet Martha's Cookies, I should order the smaller cone size.

**TAKE ADVANTAGE OF HEALTHY OPTIONS.** The MN State Fair finds ways to make healthy taste delicious. The 2017 new food menu features a few healthy options that you should check out, including these:

1. **Swing Dancer Sandwich:** Honey smoked salmon, cucumbers, capers and cream cheese with fresh dill on pumpernickel, served with sliced lemon garnish. Served at **The Hideaway Speakeasy**.
2. **Wild Bill's Breakfast Break:** Scrambled eggs, roasted chicken and chorizo sausage baked and topped with salsa and a mix of lettuce, pickled red onions and cilantro. Served at **The Blue Barn**.
3. **Deviation Stout Steak Taco Naan:** Steak marinated in Mexican Dark Chocolate Stout beer, grilled and topped with shredded lettuce, pico de gallo, queso fresco, cilantro lime and jalapeño ranch sauces, and wrapped in warm naan flatbread. Served at **San Felipe Tacos**.

1.



2.



3.



## How are you Wearing your Wallet or Purse?

Did you know how you wear your wallet and purse can put your spine at risk? If you are one to put your wallet in your back pocket, this can raise one side of your hip and cause you to lean to one side while you are sitting. Some simple tips to change this habit include wearing your wallet in your front pocket, taking it out whenever you sit down, or buying a slimmer wallet that you can still sit on and not create such imbalance in your posture. Ladies, wearing your purse on one shoulder constantly weighs down one side of your body and creates imbalance in your posture. Some simple tips to change this habit include using a purse that has a strap across your chest, keeping heavier items out of your purse, and getting in the habit of mixing up which side you carry your purse on. Making these small changes can go a long way in keeping your spine healthy!

## Tip of the Month

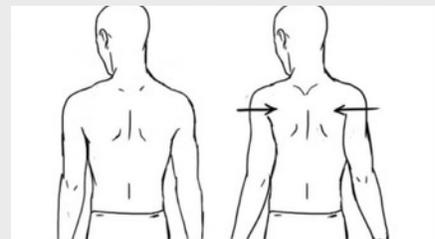
You're sitting at your desk typing away on the computer and begin to notice some discomfort and tension in your neck and shoulders. You then also notice your "hunchback" posture. What should be done to alleviate this? Besides making an appointment at Ascend, try out these small exercises to get relief and correct your posture:

### Chin Retractions



Move your chin forward, then slowly pull it back by slightly tucking it in toward your throat. Hold this for 5 seconds, do this 10 times.

### Shoulder Retractions



Pull your shoulders back, focusing on pinching your shoulder blades together. Hold this for 5 seconds, do this 10 times.

**Sign up for an appointment today at:**

[ascendchiropracticmn.com](http://ascendchiropracticmn.com)

**or call:**

**952-300-2050**