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### ***Another Economic Recession is Upon Us. Will You Survive or Thrive?***

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I was researching recessions for a health talk I was going to give, and was amazed what I learned. Guess how many recessions centenarians (people living to the age of 100, one of the fastest growing segments of our population) have lived through since 1907? The answer is an astounding 21 recessions plus the Great Depression. When most people are asked this question, they answer 4 or 5. Try asking some of your friends and see what kind of response they give you.

What is the lesson here? Simple, you are going to make it. The real question is, “are you going to barely survive and destroy your quality of life with stress through these challenging times, or are you going to keep yourself healthy and the quality of your choices healthy so that you come out of this stronger than ever.

Avoid destructive eating habits where you unconsciously fill yourself with sugar and alcohol. Avoid unnecessary conflicts that result from the “pressure” that you feel and choose to be more pleasant and understanding with the people in your life. Keep the pressure off of your spine and nerve system by staying consistent

with your Corrective or Wellness Adjustment Plan. Your body and mind will be much more capable of adapting to the stress, and much more resistant to the effects of stress, when you are well adjusted and balanced.

There was a silver lining of very exciting information that I learned while doing my recession research. Did you know that nearly every recession was followed by record setting economic expansion!!! Don't allow yourself to self-destruct from stress. Reconnect with yourself and your purpose and put yourself into position to benefit from what is sure to be the greatest economic expansion in our history. Your thoughts, choices and actions will determine your results. Now is the time to get in the best shape of your life, mentally, physically and spiritually.

Like many other chiropractic offices around the world, I am very proud to be affiliated with a group of caring, committed, loving practice members who want to keep themselves healthy for a lifetime. At this critical time in our nation's history, we need to be there for each other and take care of each other. Thanks for passing this message along to the people in your life so that they can see the opportunity to thrive and express their full potential in their lives as well.



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