

Developing Rhythms of Wellness in Cancer Survivorship

**Dr. Nicole Long
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Who am I...

Mom

Daughter

Sister

Friend

Chiropractor



My Best Friend...



Christine Renee Dahlhauser

09/11/1970-11/17/2015

When I think of her and her life, I think of love and impact. She made a difference in the lives of people who knew her.

STAY DOLLYSTRONG

**I WANT TO INSPIRE PEOPLE.
I WANT SOMEONE TO LOOK
AT ME AND SAY “BECAUSE OF
YOU, I DIDN'T GIVE UP”.**









What did I learn?

"No act of kindness, no matter how small, is ever wasted"

Aesop

mind·ful·ness


/ˈmɪn(d)f(ə)lnəs/

noun

1. the quality or state of being conscious or aware of something.
"their mindfulness of the wider cinematic tradition"
2. a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.

FINDING PEACE
ISN'T
ABOUT
CIRCUMSTANCE

It happens on purpose...

A person stands on a beach at sunset, looking out at the ocean. The sky is filled with soft, white clouds against a blue background. The sun is low on the horizon, casting a warm glow over the scene. The person's reflection is visible in the wet sand.

Don't wait for things to get
easier, simpler, better.
Life will always be complicated.
Learn to be happy right now.
Otherwise, you'll run out of time.

PeacefulMindPeacefulLife.org



WHAT YOU
FOCUS ON
EXPANDS



Rhythm:

- 1) a strong, regular, repeated pattern of movement or sound.
- 2) the systematic arrangement of musical sounds, principally according to duration and periodic stress.
- 3) a particular type of pattern formed by rhythm.

Rhythms

Developing Rhythms helps to foster a sense of peace. If you are a parent you know that routine helps to create a sense of security for your children. Rhythms are similar...purposefully scheduling time for self care can have a profound impact on sense of wellbeing and health.

Examples of self-care:

meditation/prayer affirmations massage
whole food diet stretching exercise
good quality sleep chiropractic care
acupuncture time with loved ones
FUN!!!

Calendaring these activities in a rhythmic way will help keep you accountable in caring for yourself. We have to take care of ourselves if we are able to care for others.

Scheduling time to take care of myself has made me a better mom, chiropractor, friend, sister, daughter and more.

Chiropractic

One of the primary ways I care for people is through chiropractic care.

Chiropractic isn't about

PAIN

My Experience and Empathy

**Emotional, Spiritual, and Physical pain
can all manifest in the same way.**

**Sometimes you must
hurt in order to know,
fall in order to grow,
lose in order to gain,
because most of life's
greatest lessons are
learned through pain.**

Lydia's story...

**“ The best six doctors
anywhere and no one can
deny it are water, sunshine,
rest, air, exercise and diet ”**

by Wayne Fields

What is Chiropractic?

**The the science, art and philosophy of restoring
your body's innate ability to heal itself.**



Spinal FACT

Every CELL, ORGAN & TISSUE
IN THE HUMAN BODY
**IS CONTROLLED BY YOUR
NERVOUS SYSTEM.**

Since your **SPINE PROTECTS** it
wouldn't it be ideal to *keep it*
aligned with chiropractic care?

WellnessMedia

Innate Intelligence

Innate intelligence is the life force that connects soul to body.

Dimmer switch...

Innate can be the same in our bodies.

Do you want your life force to shine bright or be dim?

Chiropractic care removes the interference with the life force flowing freely in your body. That force is what allows your body to heal.

Cadaver example....

Subluxation

A subluxation is when your spine interferes with the communication between your brain and body.

MANY THINGS CAN CAUSE SUBLUXATIONS

The chiropractic adjustment removes the interference the innate expression of health within your body to allow you to live at 100% of your potential.

The Power of Touch

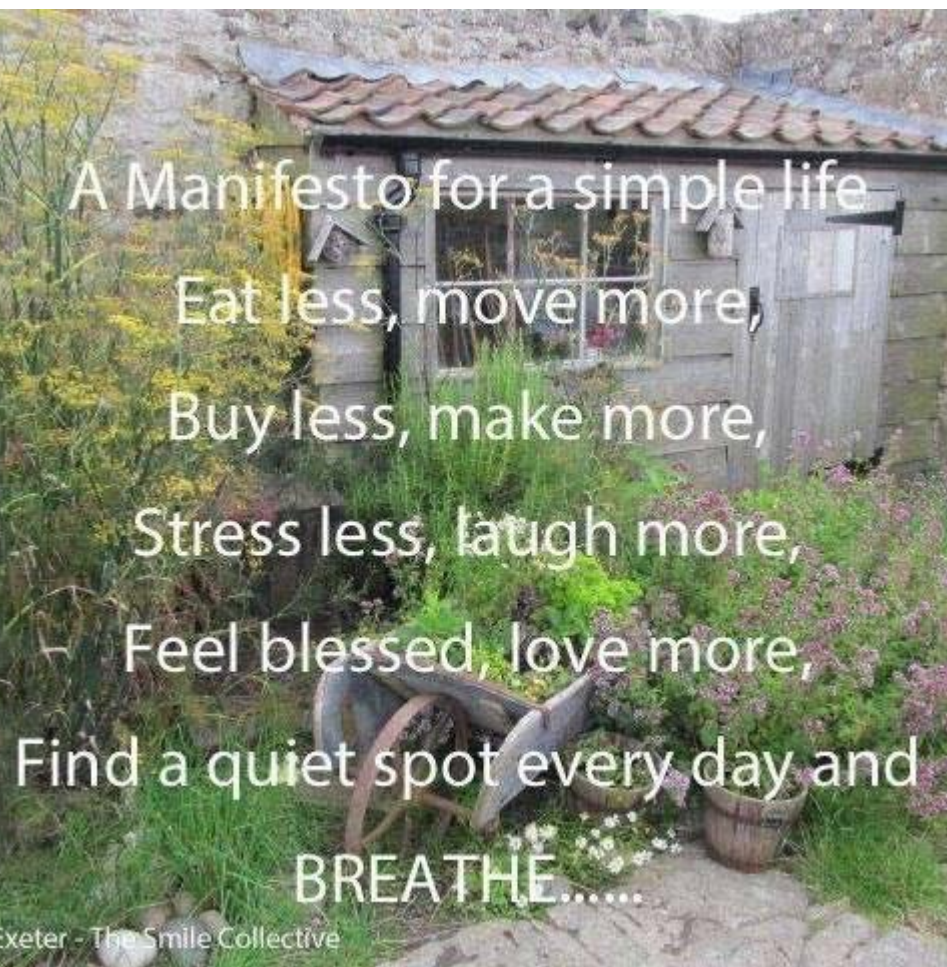
It changes our neurology.

It changes our brains.





We were BORN to be healthy, loved and
connected.



A Manifesto for a simple life
Eat less, move more,
Buy less, make more,
Stress less, laugh more,
Feel blessed, love more,
Find a quiet spot every day and
BREATHE.....

The practice of...

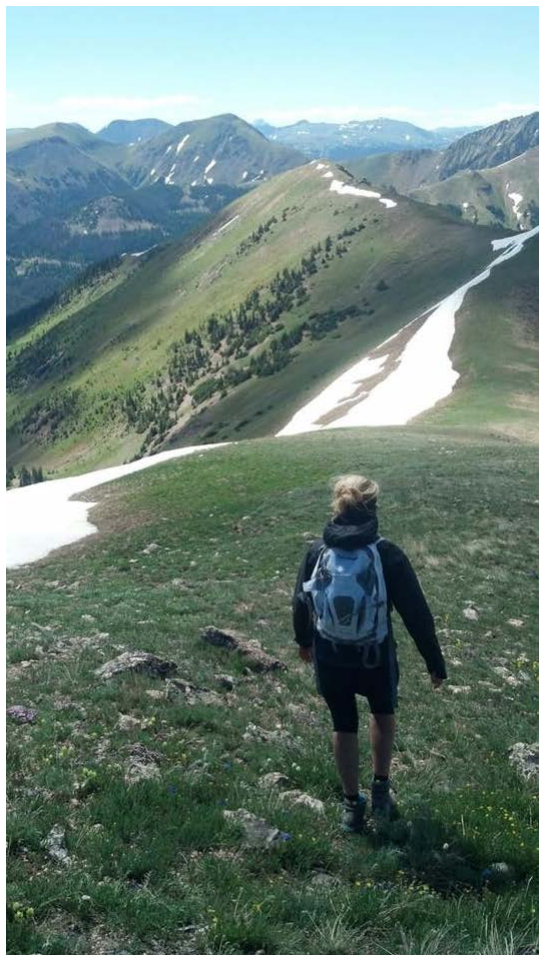
JOY & GRATITUDE

**You either get bitter or
you get better. It's that simple.
You either take what has been dealt
to you and allow it to make you a
better person, or you allow it to tear
you down. The choice does not
belong to fate, it belongs to you.**

Josh Shipp



THE MIND UNLEASHED
RECOVER YOUR TRUE POTENTIAL



Faith is not about
everything turning
out okay.

Faith is about being
okay no matter how
things turn out.

