Developing Rhythms of Wellness in Cancer Survivorship

Dr. Nicole Long
Atlas Family Chiropractic
Who am I...

- Mom
- Daughter
- Sister
- Friend
- Chiropractor
Christine Renee Dahlhauser

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
mindful·ness

/ˈmɪn(d)ʃ(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...
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.
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 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?
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......

Exeter - The Smile Collective
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
Faith is not about everything turning out okay.

Faith is about being okay no matter how things turn out.
Let your kindness flood the world.