



I hope the holidays found everyone happy and healthy! Now that the weeks of holiday parties and Christmas cookies are over, it's time to think about eating healthy again! Join us for our Purification-Detoxification workshop this month to learn about the Standard Process 21-day purification program. This life changing program is a great way to jumpstart your 2011 health resolutions! Also, our newsletter this month has some thoughtful resolution ideas for the new year, as well as information about the Nasopure nasal wash system to keep your sinuses clear this winter. Happy 2011 everyone!

**Yours in health,
Dr. Barron**



PURIFICATION- DETOXIFICATION WORKSHOP

PRESENTED BY DAWNE WATTERS

TUESDAY, JANUARY 11th

6:00pm - 7:30pm

AT BARRON CHIROPRACTIC

Lighten your toxic load and manage your weight through the Standard Process Purification Program. It will transform your body- and your life.

The foundation of this 21-day program includes eating whole, organic, and unprocessed foods; taking whole food supplements; and drinking plenty of water.

PLEASE RSVP BY JANUARY 7th.



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New Year's Resolutions and Chiropractic



Well, it's that time of year again. Christmas has come and gone with the usual flurry and we are starting to think about our new year's resolutions. Often, these resolutions will revolve around diet, exercise or positive thinking. However, there is one crucial factor that is often overlooked, and that is the nervous system.

After all, no matter how well you eat, if you have nerve interference to your digestive system, you don't absorb or utilize the nutrients properly, and therefore you are never going to get the full benefit. Similarly, it is one thing to be exercising perfectly, but if nerve interference means that the muscles aren't developing in a balanced and coordinated manner, then you are making it hard for yourself. And, if you work very hard on your thought processes, but have poor spinal movement and neurological feedback, then it will be hard for your brain to distress.

So, while diet, exercise and positive thinking are great ideas for a new year's resolution, perhaps it is worth getting your nervous system checked by your chiropractor to ensure it is functioning at its best and you are getting the full benefit of your 2011 health resolutions.



DID YOU KNOW?

The Center for Disease Control (CDC) now reports that up to 95% of all chronic illnesses are caused by toxins and pollutants that are in our bodies.

Handbook for 2011

1. Drink plenty of water.
2. Eat breakfast like a king, lunch like a prince and dinner like a beggar.
3. Eat more foods that grow on trees and plants and eat less food that is manufactured in plants..
4. Live with the 3 E's -- Energy, Enthusiasm and Empathy.
5. Make time to pray.
6. Play more games.
7. Read more books than you did in 2010.
8. Sit in silence for at least 10 minutes each day.
9. Sleep for 7 hours.
10. Take a 10-30 minute walk daily. And while you walk, smile.
11. Don't compare your life to others. You have no idea what their journey is all about.
12. Don't have negative thoughts on things you cannot control. Instead invest your energy in the positive present moment.
13. Don't over do. Keep your limits.
14. Don't take yourself so seriously. No one else does.
15. Don't waste your precious energy on gossip.
16. Dream more while you are awake.
17. Envy is a waste of time. You already have all you need..
18. Forget issues of the past. Don't remind your partner with His/her mistakes of the past. That will ruin your present happiness.
19. Life is too short to waste time hating anyone. Don't hate others.
20. Make peace with your past so it won't spoil the present.
21. No one is in charge of your happiness except you.
22. Realize that life is a school and you are here to learn. Problems are simply part of the curriculum that appear and fade away like algebra class but the lessons you learn will last a lifetime.
23. Smile and laugh more.
24. You don't have to win every argument. Agree to disagree...
25. Call your family often.
26. Each day give something good to others.
27. Forgive everyone for everything.
28. Spend time w/ people over the age of 70 & under the age of 6.
29. Try to make at least three people smile each day.
30. What other people think of you is none of your business.
31. Your job won't take care of you when you are sick. Your friends will. Stay in touch.
32. Do the right thing!
33. Get rid of anything that isn't useful, beautiful or joyful.
34. However good or bad a situation is, it will change.
36. No matter how you feel, get up, dress up and show up.
37. The best is yet to come.
39. Your Inner most is always happy. So, be happy.
40. GET ADJUSTED REGULARLY!

IMPORTANT DATES

January

- 1/5- Women' Health Talk @ SMMA
- 1/11- Purification-Detoxification Workshop

February

- 2/18- Purcell & Amen Community Health Screening



The Nasopure Experience

Dr. Hana's Nasopure® System transforms the ancient technique of nasal irrigation into the most effective, convenient and inexpensive nasal washing system available today. It quickly and safely washes away pollen, mold, dust, bacteria, viruses and mucus — the primary causes of nasal and sinus allergies, infection, and discomfort, leading to improved sinus health and prevention. Washing your nose has never been easier.

Position, Control & Flow

The Nasopure Nasal Wash Bottle is designed to wash the nose efficiently and comfortably — the modern neti. The unique, angled neck allows a neutral head and neck position to achieve the perfect wash. No more bending or twisting the neck. The squeezable, plastic bottle provides precise control of the solution from a light rinse to a steady flush. The applicator tip allows for a tight seal with the nostril for control of pressure and flow. It washes the nasal membranes, while drawing out the sinus contents as the solution exits the opposite nostril.

Benefits of nasal washing:

- Daily practice improves both nasal and sinus health.
- Clears out sticky, thick mucus and helps reduce nasal congestion by thinning secretions.
- Allows the sinus cavities to drain freely so allergens, irritants, bacteria, viruses and contaminants can be eliminated.
- Helps prevent upper respiratory infections like the common cold.
- Reduces dependency on medications such as antibiotics, antihistamines, nasal steroids, decongestants and asthma meds.
- Relieves nasal dryness.
- Improves sense of smell and taste.
- Helps to treat sinusitis and rhinitis.
- Reduces coughing and other symptoms of post-nasal drip.
- May reduce snoring and nose bleeds.
- Clears airways affected by nose woes associated with pregnancy and maturity.
- Deeper, more relaxed breathing.

THANK YOU!

Thank you to everyone who brought in donations for the Animal Shelter Supply Drive for the Humane Society of Missouri!



The animals greatly appreciate your generosity!

