

# Health for Life Monthly

Monthly Newsletter●

●Sept/Oct 2009

## Growth and Decay

One of my most satisfying weekly activities is feeding the worms in my compost pit all of the organic refuse we generate in our household. It's not a glamorous task but I appreciate the processes involved as my unused food particles get digested by the worms and converted into healthy soil compounds that will return to the garden and feed our table the following season. Much of what I love about gardening is this immersion into life and death cycles and understanding the close tie they have to each other. Decay begins to look like growth as energy is transferred through the worm's digestive faculties and back into the soil.

We exist in a culture that tends to be biased towards expansion through new growth and endless youthful optimism. These are great qualities but it's like only enjoying an inhalation without seeing the necessity of an exhalation. All life processes have a beginning and end and we could learn a lot and be better stewards of the body if we spotlighted and optimized the processes of decay and re-uptake of used materials in the body. Eating a healthy diet is important but breaking down the food and absorbing it is the crucial process to building a healthy body.

Like your summer tan that will fade with winter's waning light, the body changes gradually and in response to the stresses placed upon it. On a daily basis this change is so gradual that it's tough to make the distinction of what in particular has changed and how much has occurred. If you were to speed up this process you could see very clearly the different cycles and life phases your body and the world around you visits. This fall provides the backdrop for one of the healthiest commitments you can make to your body: **to cleanse and nourish it**. By removing excess build up of toxins and the associated fat tissue that the body builds to store these you will experience more energy, an uplifted disposition, and more control of your health. Again I return to the garden for another relevant analogy. Many plants will grow better if they are pruned or thinned out. This thinning out of dead growth both guides the nutrients to fresh growth and places a stress on the plant that is required for its survival. This occurs in the body also. Detoxing the body and losing weight is a lot like pruning a plant. **What is removed are the things that are holding the body back from its best expression of self**. Much of healing and optimal health is removing the obstacles from the innate self regulating capacity of your human body.

One of the advocacy roles I fulfill in my patients lives is to educate and inform them on the simple daily lifestyle habits that instill optimal internal health. My goal is to empower others to cultivate a lifestyle built around the powerful vital life force present within. By supporting the nervous system and creating appropriate internal biochemistry everyone can experience better health. If you'd like to understand more about these concepts and what you can do to optimize them please consider attending one of my many events offered this September and October.

In good health and inspiration,

Dr. Taylor Donovan

## Dr. D's Spinal Column

### Introducing Dr. You

Regardless of a particular doctor's specialty, the prestige of the school they graduated from, the years of experience they have or area of expertise, doctors can't cure headaches, mend broken bones, or heal a wound. Only you can do that. If your healing ability isn't impaired. Your inborn healing ability is responsible for the tremendous success that chiropractic patients enjoy. The only thing that doctors can do, regardless of their discipline, is to help reduce barriers to the incredible healing ability you were born with.

Which is why I'm so interested in your nervous system. It's what controls every cell, tissue, organ and system of your body. The latest research into neuroimmunology shows that the nervous system regulates much of our initial immune response to antigens. While it may appear that I'm attending to your spine, it's only because the nerves along your spine are the most vulnerable part of your nervous system. When I adjust your spine I make the largest impact on the local nerves but also affect nerves that travel further down your spine as well. By reducing nervous system compromise from the moving bones of your spine, Dr. You takes over and does the healing!

How does it feel to be a doctor? Do you know anyone whose healing ability needs a boost? Send them in to my office to have an exam and assessment done to see if and how chiropractic care may benefit their current health status. Chiropractors don't benefit from the billions of dollars poured into pharmaceuticals so I rely upon you and your positive experience to share with others so that I can make an impact on as many lives as possible.

## Creating Living Health Lecture Series

# Lose Weight and Increase Energy

The month of October Acupuncturist **Dr. Katania Taylor** and Chiropractor **Dr. Taylor Donovan** will be offering several events and treatments intended to help you curb your cravings, lose weight, optimize your metabolism, and increase your natural energy levels. This will be a perfect time for you to commit to your **Best self** before the holidays come on with a rush. Following are the events Dr. Donovan will be offering:

Wed. Oct 7<sup>th</sup>- Metabolism and weight loss 6 PM – 7 PM @ The Meridian

Wed Oct. 14<sup>th</sup>- Detoxing and Digestion 6 PM – 7 PM @ The Meridian

Sat. Oct. 17<sup>th</sup> – Whole Foods Store Tour- 10-11 AM. Produce and Bulk Foods

Sat. Oct 24<sup>th</sup>- Dynamic Anatomy Workshop on Digestion and Living Foods @ Yoga Loka Reno

Sat. Oct 31<sup>st</sup>- Whole Foods Store Tour- 10-11 AM Natural Hygiene Products and Refrigerated Foods

**For more information please visit our website shown at the bottom of this page.**

After receiving advanced training in blood analysis I am now offering Laboratory Blood Analysis to complement my nutrition counseling services. By analyzing your blood and quantifying biomarkers along with hormone panels I am able to detect the early presence of disease processes and correct those utilizing natural supplements and dietary suggestions. We don't become sick over night and what creates disease can be detected early on especially through the blood. If you have had a blood panel in the last three months I'd be happy to go over the results with you. If you're interested in having your blood analyzed I have an excellent, cost-effective source to accomplish this.