

# MILAN CENTER NEWS

Seasonal Newsletter

Winter 2016

## Supplement Corner: Are you D Deficient?

Vitamin D is an important vitamin that helps with many important functions in the body including:

- Regulating bone health
- Maintaining a strong immune system
- Helping with brain, muscle and nerve function

We've all heard it before, but as NW natives living in darker rainy weather, we truly are susceptible to a Vitamin D deficiency. Vitamin D is normally produced in the skin and is dependent on sun exposure. During the winter months, it's important for us to get Vitamin D from another source. The good news is that Vitamin D is readily available as a supplement and is easily absorbed. Good sources of Vitamin D include:

- Vitamin D supplements
- Fatty fish including salmon, tuna, sardines, and cod liver oil
- Fortified foods including milk, orange juice, and cereal

Come in and see us if you have questions, especially regarding Vitamin D supplements.

Welcome to our 2nd newsletter! Our newsletters will keep you informed on current topics in healthcare, updates to the clinic, and other matters related to chiropractic and your health. We hope that your year is getting off to a good start and you are making healthy habits!

## Have your resolutions been forgotten?

Now that we are well into the year, it's time to revisit those New Year's resolutions that may have fallen by the wayside. Statistics show that 62% of us make resolutions yet only 8% of those who make them are successful in achieving their goals. We've compiled a list of some common resolutions and suggestions on how to make yourself more successful in reaching those goals.

1. **Lose weight:** Be exact but set realistic goals. Once that goal is reached, you'll feel positive about what you have accomplished and can set another goal at that point.
2. **Get organized:** Be specific—whether it be a room in the house, your office desk, or your activities outside of work or school. A calendar can be a great tool to help manage your monthly activities as well as set aside time for yourself.
3. **Spend less / save more:** Create a monthly budget that you can stick to. After allotting out your bills and savings, you can set aside an amount to splurge on yourself in cash so once it's spent, you have to wait until next month.
4. **Enjoy life to the fullest:** Pick an activity you want to accomplish such as running a race or going camping with family and mark it on the calendar. You're less likely to forget and more likely to plan all of the details around it to accomplish that goal.
5. **Stay fit and healthy:** Losing weight and staying fit and healthy are some of the hardest goals because we want instant results and get discouraged easily. Create a weekly meal plan and try to avoid shopping when hungry. Schedule time for you in your day to at least take a walk or take a mental break.



People underestimate the importance of putting yourself first, or at least near the top. We can't be expected to do everything well for everyone else we care for if we are letting our own health, fitness, and happiness decline. Make your goals more specific so that you increase the likelihood of accomplishing them. We would be delighted to discuss health and wellness resolutions with dedicated timeframe goals that are achievable. We would also love to discuss any dietary, nutrition, or supplement questions that you may have when approaching better health this year.

**There's an app for that!**

Are you practicing MINDFULNESS? Now is an important time to destress and refocus in on ourselves. Mindfulness is the art of being in the moment and consciously aware. Take time out of your day to focus on your thoughts, perceptions, feelings, and environment without judgement.

**Suggested App: Insight Timer**

## Employee Highlight

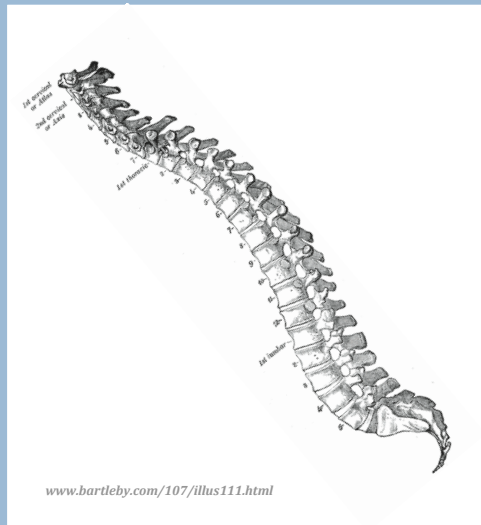


### Dr. Jessica Reiland

Hopefully you have noticed a familiar face at the office as Dr. Jessica Reiland has returned to the Milan Center after finishing her studies to become a chiropractor. She completed her Doctorate of Chiropractic at the University of Western States and she graduated Summa Cum Laude of her class. We are very excited to have her back at the office treating our wonderful patients. Dr. Jessica enjoys helping patients with not only neck and back aches, but headaches, postural imbalances, nutrition, and pregnancy care to name a few things. In her spare time, Dr. Jessica likes to try new restaurants in Portland. She also enjoys skiing, golfing, watching college football, cooking, and reading. Next time you are in the office, feel free to introduce yourself to Dr. Jessica and get to know her better!

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#### Hours & Info

**Monday 8:30—5:30**

**Tuesday 8:30—5:30**

**Wednesday 8:30—5:30**

**Thursday 8:30—5:30**

**Friday 8:30—5:30**

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Visit us on the web at  
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#### Milan Center

#### Chiropractic & Physical Therapy

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