

# Life Expressions

Chiropractic  Center

Louis P. Corleto — Chiropractor & the L.E. Team — July 2010

## The Weight of the Past *Regret*

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Holding onto regret is like dragging the weight of the past with us everywhere we go. It drains our energy, leaving less available for life in the present because we are constantly feeding an old issue. This attachment can cause illness the same way watering a dead plant creates decay. We know that something new and beautiful can grow in its place if we only prepare the soil and plant the right seeds. We also know that we create our lives from our thoughts, so dwelling on the past may actually recreate a situation in our lives where we are forced to make the choice again and again. We can choose to move on right now by applying what we have learned to the present and perhaps even sharing with others, transforming the energy into something that is constructive and creative for ourselves and others.

Forgiveness is the soothing balm that can heal regret. In meditation, we can imagine discussing the issue with the self of our past and offering our forgiveness for the choice. In return, we can ask for our selves' forgiveness for keeping them locked in that space of judgment for so long. We may also want to ask forgiveness from anyone else who may have been affected and perhaps offer our forgiveness. By replaying the event in our minds, we can choose a new ending using all that we now know. Imagine that you have actually gone back into the past and made this change, and then say goodbye to it. Release your former self with a hug and bring the forgiveness and love back with you to the present. Since we are usually our harshest critics, it is amazing how powerfully healing it can be to offer ourselves love.

Keeping our minds and our energy fully in the present allows us to fuel our physical and emotional healing and well-being today. This action frees our energy to create the dreams we dream for the future. By taking responsibility and action in the present, we can release our hold on the past. —Daily OM

# The Empowerment Series... And The Rest of the Story!!

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## Tuesday July 27th: Messages from the Dolphins

Come share in the incredible experience of our annual Human Dolphin Connection  
This years theme " Re-claiming YOUR IN-Dependence  
Engage in the magic and set YOUR self FREE!!!

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*"Those who know and do not act, in fact do not know"  
Tell a friend about chiropractic and what it has done for you!*

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### Our Mission Statement

To provide excellent principled Chiropractic service to the World, one person at a time, and to empower people with the wisdom of vitalistic philosophy with LOVE.

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It's true. Numerous studies have confirmed what chiropractors and their patients have known for a long time: people who visit chiropractors for regular care are healthier - no matter how old or young. For example, in one study the researchers concluded: "[Chiropractic] patients report significant positive changes in physical health, mental/emotional state, stress and life enjoyment." (1)

While in another study it was found that: "Chiropractic is associated with significant benefits in physical and mental/emotional state and combined wellness." (2)

In yet another study the authors found that: "Chiropractic users were less likely to be hospitalized, less likely to use a nursing home, and less likely to use prescription drugs, more likely to have better health, to exercise, to be mobile." One of the more interesting things about this study was that it involved people over 75 years of age!!! (3)

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[Why my practice has virtually no autism](http://homefirst.com/) by Mayer Eisenstein M.D. J.D. M.P.H., <http://homefirst.com/>

Dr. Eisenstein's years of practice records were researched and it was found that autism was practically non-existent in the 35,000 children he has had in his practice. Find out why. This video was shot during a recent presentation at the American Medical Autism Board's Second Annual Conference on Autism Spectrum Disorders in Troy, Michigan in March 2010. See it at:  
[http://www.youtube.com/watch?v=N7UY\\_wm-GtU](http://www.youtube.com/watch?v=N7UY_wm-GtU)

### [Low cholesterol doesn't protect against heart attacks](#)

Don't fall for the latest diet fad - eat traditional nutrient-dense foods and avoid low fat diets, statin drugs or scare tactics designed to make you feel guilty, weak and helpless. The facts have been known for over a generation: 75% of the people who have heart attacks have "normal" cholesterol.

Statin drugs are dangerous - you need cholesterol. Cholesterol is an antioxidant and fights inflammation. Low cholesterol levels have been linked to depression, cancer, infection, low testosterone and other conditions. (4)