

# Life Expressions

Chiropractic  Center

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

## Begetting Change Same Choices, Same Results

*If our patterns of thought and behavior remain unchanged our lives will continue to unfold much as they have previously.*

Repeated bouts of adversity are an unavoidable aspect of human existence. We battle against our inner struggles or outer world forces, and in many cases, we emerge on the opposite side of struggle stronger and better equipped to cope with the challenges yet to come. However, we can occasionally encounter trials that seem utterly hopeless. We strike at them with all of our creativity and perseverance, hoping desperately to bring about change, only to meet with the same results as always. Our first instinct in such situations is often to push harder against the seemingly immovable obstruction before us, assuming that this time we will be met with a different outcome. But staying power and stamina net us little when the same choices consistently garner the same results. A change in perspective, behavior, or response can do so much more to help us move past points where no amount of effort seems sufficient to overcome the difficulties before us.

Whether our intention is to change ourselves or some element of the world around us, we cannot simply wish for transformation or hope that our lives will be altered through circumstance. If our patterns of thought and behavior remain unchanged, our lives will continue to unfold much as they have previously. Patterns in which fruitless efforts prevail can be overcome with self examination and courage. It is our bravery that allows us to question the choices we have made thus far and to channel our effort into innovation. Asking questions and making small adjustments to your thought processes and behaviors will help you discover what works, so you can leave that which does not work behind you. To break free from those unconscious patterns that have long held sway over your actions and reactions, you will likely have to challenge your assumptions on a most basic level. You must accept once and for all that your beliefs with regard to cause and effect may no longer be in accordance with your needs.

Stagnation is often a sign that great changes are on the horizon. Courting the change you wish to see in yourself and in the world around you is a matter of acknowledging that only change begets change. The results you so ardently want to realize are well within the realm of possibility, and you need only step away from the well-worn circular path to explore the untried paths that lie beyond it.—Daily Om

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

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**June 1st : No class**

**June 8th: 1st Step into Wellness**

**A new approach to keeping healthy**

**June 15th: 8 Steps to wholeness**

**June 22nd :  
Movie night "Flow"**

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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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## Another reason to avoid Lipitor and other statins

Forget the drugs, the low-fat diets, the no cholesterol label. It's all bogus and its always been bogus. Look at the results of this study: 75% of the people who have heart attacks have normal cholesterol. [Castelli WP. Cholesterol and lipids in the risk of coronary artery disease the Framingham Heart Study. *Canadian Journal of Cardiology*. 1998;4 Suppl A:5A-10A.]

Your body needs cholesterol it's made by most of your cells. People with artificially (drug-induced) low cholesterol are more depressed and weaker, suffer from muscle pains, and have more cancer, heart disease and suicide.

Cholesterol is also an inflammation fighter (an anti-oxidant) so if your cholesterol level is really high it means there's inflammation in your body. Hey, don't shoot the firemen get to the cause.

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## Pregnancy, Nutrasweet and Equal

I'm at the airport and this obviously pregnant woman orders a mocha latte, frappa, chatta something. Then she puts Equal in it. Ugh! Is aspartame good for the fetus? This is from The Weston A. Price Foundation:

*Pregnant women who consume aspartame risk damaging the fetal nervous system and increasing the risk of cerebral palsy, impaired vision, birth defects, lifelong carbohydrate cravings, developmental disorders and mental retardation in the offspring (European Journal of Clinical Nutrition (2007), 1-12). It seems that the more we know about aspartame, the worse it gets. But instead of withdrawing this toxic stuff from the food supply, aspartame is slowly making its way into ordinary products used every day, which do not carry any indication of being for people on diets or for diabetics. Thus, if you eat processed foods, you put yourself and your offspring at risk.*

[www.westonaprice.org/caustic.../1638-caustic-commentary-spring-2008.html](http://www.westonaprice.org/caustic.../1638-caustic-commentary-spring-2008.html) Did I say anything to her? I always wonder if I should. I mean I don't want to appear like a busybody. OK, I broke down and I mentioned to her that the Equal she's dumping into her drink could harm her fetus. She didn't appreciate my helpful advice. But at least I was inspired to put the info in this newsletter. Maybe someone else will be helped. —Dr. Ted Koren