

Life Expressions

Chiropractic  Center

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

The Message of Pain

When you feel emotional or physical pain, take the time to tune in and listen for the message.

Life

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When we feel pain, our first impulse is often to eradicate it with medication. This is an understandable response, but sometimes in our hurry to get rid of pain, we forget that it is the body's way of letting us know that it needs our attention. A headache can inform us that we're hungry or stressed just as a sore throat might be telling us that we need to rest our voice. If we override these messages instead of respond to them, we risk worsening our condition. In addition, we create a feeling of disconnectedness between our minds and our bodies.

Physical pain is not the only kind of pain that lets us know our attention is needed. Emotional pain provides us with valuable information about the state of our psyche, letting us know that we have been affected by something and that we would do well to focus our awareness inward. Just as we tend to a cut on our arm by cleaning and bandaging it, we treat a broken heart by surrounding ourselves with love and support. In both cases, if we listen to our pain we will know what to do to heal ourselves. It's natural to want to resist pain, but once we understand that it is here to give us valuable information, we can relax a bit more, and take a moment to listen before we reach for medication. Sometimes this is enough to noticeably reduce the pain, because its message has been heard. Perhaps we seek to medicate pain because we fear that if we don't, it will never go away. It can be empowering to realize that, at least some of the time, it is just a matter of listening and responding.

The next time you feel pain, either physical or emotional, you might want to try listening to your own intuition about how to relieve your pain. Maybe taking a few deep breaths will put an end to that headache. Perhaps writing in your journal about hurt feelings will ease your heart. Ultimately, the message of pain is all about healing.
—Daily OM

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

March 9th: 1st step

To re-claiming your life-Lou Corleto

March 16th: Spring Cleaning the “internal house” -Lou Corleto

March 23rd: Wholeness thru fitness

Tim Underwood –owner of All Points Fitness

March 30: Understanding and Exploring Yoga Therapy w/ ***Lydie Ometto*** - Yoga Therapist

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

O ur M ission S tatement

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.

Spring Cleaning Our Inner House empowerment Series

To honor ourselves and the coming of the Spring Equinox we are having a 3 series “Spring Cleaning the internal house” empowerment series. Starting Tuesday March 16th @ 7pm Lou Corleto will be addressing ways to clean Our House. He’ll discuss how to detox the mind body and spirit.. On Tuesday March 23 Tim Underwood owner of All points Fitness will address getting the house back in shape to experience the renewal of life for 2010. And closing our 3 week series will be Lydie Ometto, owner of Inner Sea Yoga & Massage, will be exploring the power and gifts of Yoga Therapy to unify mind body-spirit.

Tim Underwood owner of All Points Personal Training will be sharing March 23rd about wholeness thru fitness therefore creating an awareness of mind, body and spirit. Understanding more about the connection each part plays in completing the whole, revealing the tremendous potential we each possess yet do not realize.

Visit Tim and his Team at www.allpointsfit.com

Understanding and Exploring Yoga Therapy w/ Lydie Ometto - Yoga Therapist

March 30th 7pm

Integrative Yoga Therapy is an approach that bridges the timeless insights of Yoga and new directions in mind-body health and healing. This exploration of ancient wisdom and modern wellness represents a new approach to health based on wellness rather than illness, and emphasizes the importance of educating each individual in creating optimal health.

From the perspective of Yoga, the human being is a multidimensional creation with several ‘bodies’ that coexist at different levels. There is a physical body composed of matter, a subtle body composed of energy, thought and emotion and a causal body, a spiritual source of energy which is the essence of life. Health is the integration of all the aspects of our being in alignment with our true Self.

Visit Lydie and her Team at www.InnerSeaYoga.com