

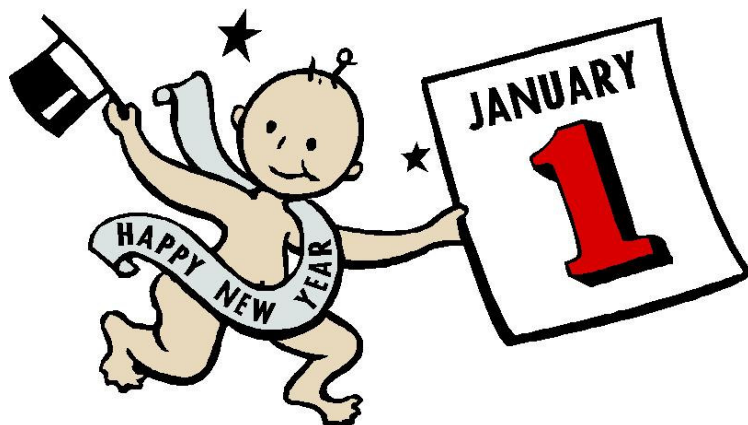
Healing Hands

A Free Monthly Newsletter For The Friends and Patients of: Eden Chiropractic office

RINGING IN THE NEW YEAR!

Dear Patient,

All I can say is “Wow”, 2009 is here already. Despite all of the stock market woes of late last year and anything that may have been forecasted about doom and gloom, I like to think that each new year holds the promise of more health, happiness, abundance, affluence, peace of mind, and fulfillment for every one of us than the year before.



The tradition of the New Year's Resolutions goes all the way back to 153 B.C. Janus, a mythical king of early Rome was placed at the head of the calendar.

With two faces, Janus could look back on past events and forward to the future. Janus became the ancient symbol for resolutions and many Romans looked for forgiveness from their enemies and also exchanged gifts before the beginning of each year.

The New Year has not always begun on January 1, and it doesn't begin on that date everywhere today. It begins on that date only for cultures that use a 365-day solar calendar. January 1 became the beginning of the New Year in 46 B.C., when Julius Caesar developed a calendar that would more accurately reflect the seasons than previous calendars had. The Romans named the first month of the year after Janus, the god of beginnings and the guardian of doors and entrances.

I hope you are ready to eat some black-eyed peas, make some New Year resolutions...and stick to them this time! So here's to you: Happy New Year!!!



Depiction of Janus



NaturesGraffiti.com

Now that you've smiled at least **once today**, it's your turn to give this newsletter to someone you want to bring a smile to (maybe even a chuckle.) Give this newsletter to everyone you know.

We all need to SMILE.

New Year's Resolutions That I Can Live With...

This year, I resolve to...

- Gain weight. At least 30 pounds.
- Stop exercising. Waste of time.
- Read less. Makes you think.
- Watch more TV. I've been missing some good stuff.
- Procrastinate more. Starting tomorrow.
- Not jump off a cliff just because everyone else did.
- Pay less taxes.
- Stop bringing lunch from home: I should eat out more.
- Create loose ends.
- Invest in less stocks...I like keeping my money.
- Get more toys.
- Stop making New Year's Resolutions!

The Anti-Aging Power of Interval Training

By [Craig Ballantyne](#)

Long, slow cardio exercise is the most over-rated method of getting fit. Studies show that it even does a terrible job of burning fat. So what's a better option?

Speed up and try interval training. I've already mentioned in a previous issue of ETR that interval training works great for burning belly fat. And now researchers have found additional benefits from high-intensity interval walking.

In a Japanese study published earlier this year, researchers divided men and women (with an average age of 63) into three groups. One group did no exercise, a second group did moderate-intensity walking, and a third group did high-intensity interval walking - five rounds of three minutes of high-intensity walking on four or more days of the week. The results: The high-intensity walking group had greater gains in leg strength (13-17 percent) and aerobic fitness (8-9 percent), and greater reductions in resting systolic blood pressure.

The Japanese scientists recommended high-intensity interval walking as an excellent way to protect against the loss in fitness and strength that typically occurs with aging.

**Your Health is your Most Important ASSET.
Take IT seriously.
We Do!**

JOKE OF THE MONTH

How to Quit Smoking

Peter, at a New Year's party, turns to his friend, Ken, and asks for a cigarette.

'I thought you made a New Year's resolution to quit smoking,' Ken responds. 'I'm in the process of quitting,' replies Peter with a grin. 'Right now, I am in the middle of phase one.'

'Phase one?' wonders Ken.

Presented by Eden Chiropractic, 1419-A 11th St. DeWitt, IA 52742 (563)659-9039

'Yeah,' laughs Peter, 'I've quit buying.'

The Truth About Super Bowl Sunday



SPECIAL NOTE:

SEND a copy of this newsletter to your friends& family in the area!

- Please feel free to call the office and leave their name, address, city and state, plus their zip code and we'll be more than happy to make sure they get a copy of our newsletter, each and every month.
- Don't forget to REFER your friends, co-workers and loved ones for a checkup. Their health is their most important asset.

P.S. Have a great start to 2009, and an awesome new year!!

Celebrate the month and your family's health!



Cut this certificate out and present it to my office for your March Health Check Up.
This is for NEW PATIENTS ONLY.

FREE

“New Year’s Health Check Up”

Schedule Your Friend or a Loved One For Their
FREE January HEALTH Check Up-NOW!

(all ages accepted, so call the office immediately!)



Give this certificate to your FRIENDS & LOVED ONES during the month of January and they’ll receive a FREE Health Evaluation at our office. We care about you and your loved ones and we don’t want to forget anyone, including the little ones. If you have a friend or family member that is currently “not” under our care, please take this certificate to them and have them call immediately. It’s FREE.

They are NO HIDDEN CHARGES and the purpose of this check up is to determine if they are a chiropractic candidate. As always, there are no guarantees we can help, but if we can, we want that chance. There is nothing more important than your HEALTH. If you need additional copies of this certificate, please call the office and we’ll send them to you-FIRST CLASS, or you can just pick them up at the front desk, on your next appointment. Just ask! You, your family members and your friends are always a top priority with us.

COURTESY OF:

Dr. Eden
1419-A 11th St
DeWitt, IA 52742

(563)659-9039

“CALL NOW TO RESERVE YOUR TIME”

<<<<<< CERTIFICATE EXPIRES on Saturday, January 31st >>>>>>

ATTENTION DOCTORS

With the #1 New Years Resolution being weight loss, this would be a perfect time for you to include an insert about promoting weight loss at your office. For those of you using Isagenix in your office, this would be work well.