

# Village Chiropractic News

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May 13

Disclaimer: Information contained in this newsletter is for educational and general purposes only and is designed to assist you in making informed decisions about your health. Any information contained herein is not intended to substitute advice from your physician or other healthcare professional.



## Seeking “Balance” Is a Formula for Flatlining Your Life and Work



By Elizabeth Anderson-Peacock, DC, DICCP

We hear a lot of talk about achieving “balance” and “life-work balance,” but is balance an outcome we truly want to achieve? Let us examine what the word *balance* really means first. It represents a fixed word implying no motion. It represents rest, stability, equilibrium, a flat line. Consider a set of traditional scales where weights are represented on either side. What happens when they are balanced? If your children are on a teeter-totter and balanced, are they moving, having fun? Or are they perhaps stuck?

Nature and life exhibit motion, direction, and cycles, so why would we try to achieve something that has no motion present? No healthy cell in our body is lifeless or in balance. There is always the requirement for order, reconstruction, and re-creation which requires energy. The current word we use in health care is *allostasis*, which according to Wikipedia, is “essential in order to maintain internal viability amid changing conditions.”

Is balance healthy for an organization or business? Is a business/organization growing when it achieves “balance”? Can you personally grow if you are “in balance,” or is it when we are slightly off balance that new things reveal themselves?

It is that variation between two points that dictates how we discern our environment. Internally, the presence of our blood pressure indicates we have a lack of balance, as the pressure is a result of the pumping action of the heart meeting the resistance of the walls of the vascular tree. For us to walk upright, we cannot be balanced. We actually have to fall forward and move one leg ahead to counter the body from dropping.

### About Harmony

When “harmonizing within the body,” the following conditions are present as proposed by Sterling (2004), who puts forth six interrelated principles that underlie allostasis:

- Organisms are designed to be efficient.
- Efficiency requires reciprocal tradeoffs.
- Efficiency also requires being able to predict future needs.
- Such prediction requires each sensor to adapt to the expected range of input.
- Prediction also demands that each effector adapt its output to the expected range of demand.
- Predictive regulation depends on behavior which neural mechanisms also adapt.

Pssst!

Discount Day!

Sat May 4th

10:00—noon

Office Hours

Mon

9:15-5:00

Wed

9:15-6

Fri

9:15-3

ALL HOURS  
ARE BY  
APPT

When we consider the principles above, we see how they can fit in other areas of life such as relationships, work and community.

...again, why would we want to program ourselves with balance—implying no growth or movement, and that which is incongruent with life?

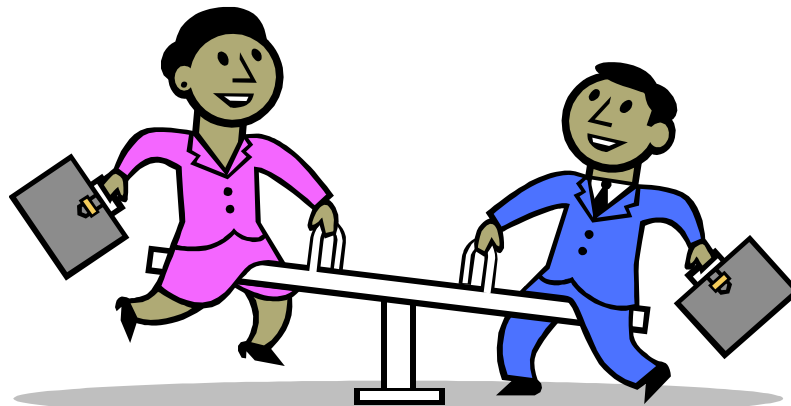
If we look at the word *harmony*, it actually implies synchronization, coherence, congruence and coordination. Harmony represents a synchronous dance between tense and relaxed moments. This can be applied in sports, business, family, communities and toward ourselves.

All life requires time for growth and repair, and there is both an active stage and a rest stage. Are you taking the time for harmonizing on-time with down-time? Activity with rest? Growth with repair?

Harmonized groups can exhibit some friction, but in a way or at a level that works. The harmony is productive. Passionate discourse can be harmonious when people can come together to have spirited discussions. Their energy is going into the relationship and it may at times move forward, backward, sideways or temporarily pause.

When is inner harmony achieved? Is it when we are experiencing moments of peace and contentment? Is it when we're aware of ourself? How do you recognize *your* harmony? How does it show up in your body, in your thinking?

You might be more creative or express a wider range of solutions to everyday experiences.



Perhaps you will be more present and be able to decompress from your busy day.

### How's Your Life-Work Balance Working Out?

By virtue of thinking about life-work balance, aren't you actually thinking about what you do not have or need to get, which means we are in fact not in balance? We work from the negative when in this pattern.

Rather than trying to balance life and work, consider harmonizing it. You may prefer the dance. Your focus can encompass the mindfulness of moving energy to or from one area of life to the other. ■

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#### References

1. Allostasis. Wikipedia.com: <http://en.wikipedia.org/wiki/Allostasis>
2. Sterling P., Eyer J. Allostasis: A New Paradigm to Explain Arousal Pathology. In: Fisher S, Reason J (editors). *Handbook of Life Stress, Cognition and Health*. John Wiley & Sons: New York: 1988.

**DR. LIZ ANDERSON-PEACOCK is an internationally recognized expert in the chiropractic profession and the health and wellness field. The author of *Pearls of Wisdom: Pure and Powerful* and *No Winner Ever Got There Without a Coach*, she has received numerous awards and volunteers extensively.**

*"Thank you Tammy, Teri and Blaine for helping my shoulder make a 360 degree turnaround! I was having very bad shoulder problems..."*

*I thought I was going to need shoulder surgery.*

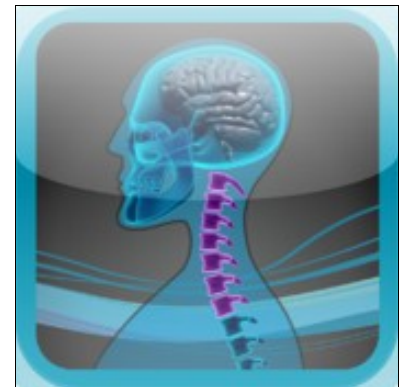
*But with a lot of hard work from Tammy and Blaine, after three appointments (3 months) my shoulder was MUCH better! Not to mention Blaine's help with my hip and other things!*

*The chiropractic and massage treatments have turned my life around dramatically, and allowed me to continue to do things I love such as running and swimming."*

*-Cindy*

## CHECK OUT THIS APP!

CNN Health recently ran an article, "[Tracking your body with technology](#)" that explores the latest trend in how people are turning to technology to monitor their health. According to the report, many people are turning to available technologies to gain knowledge about their bodies that they can use to optimize their health, beyond what information annual doctor's visits might bring. The newest trend...mobile apps.



It appears that apps and small devices are getting ever more sophisticated in helping track vital signs, tracking how you feel, and educating about common conditions and symptoms. Proving themselves to be an industry leader, Chiro One Wellness Centers launched their first mobile app, [SpineEffects](#) which is a free mobile app that educates about the importance of spinal health. The application, **SpineEffects**, is an interactive way to discover the phenomenon of the central nervous system and the critical importance of maintaining a healthy spine and nervous system. With this app, you can view the relationship between the 24 vertebrae in the human spine and the nerves that emanate from them. **SpineEffects** gives your fingertips the power to touch each individual vertebrae then visually display what parts of the body the nerves that exit from it affects and common conditions and possible symptoms associated with a misalignment in that specific vertebrae.

### Some Key Features of the app include:

- 24/7 Access to functions and effects of the spine by body part.
- Detailed information about how Vertebrae are connected to body parts/organs/functions.
- Common Conditions and Symptoms associated with misalignments of the spine.
- 3D video explaining, "What is Chiropractic?"

**SpineEffects** for IOS and Android is free and available for immediate download. To unlock the power of your spine, visit the app store on your mobile device or tablet or visit our website at [www.SpineEffects.com](http://www.SpineEffects.com).



# May 2013



Sun	Mon 9:15-5:00	Tue	Wed 9:15-6:00	Thu	Fri 9:15-3:00	Sat
4	5	6	7	8	9	10
11	12 MOTHER'S DAY 	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27 MEMORIAL DAY OFFICE CLOSED	28	29 OFFICE CLOSED	30	31
<p>4 DISCOUNT DAY Adjustments for \$25.00 10:00—noon Cash or check only. No appt necessary First come-first serve</p>						