

Healthy Times

Benner Chiropractic's Monthly Newsletter

Benner Chiropractic
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OFF DAY? COME SEE US!

Bad day? Off week? Strange how one off day can turn into a dozen. But it's no coincidence. You've hit a obstacle, and it's not a physical one.

Your mind has roused against you and is thwarting your plans for world domination. Or at least getting to the dry cleaners without hitting every red light on the way there.

These off days are often triggered by something. But it's not the what that matters, it's the why.

Your brain is hard-wired to protect you from harm. And so, when something awful happens in your life, your subconscious mind stores it in its memory banks for future reference. Then, when anything in the future resembles this past traumatic event, your subconscious mind will take over and 'protect' you.

Unfortunately, it's not always best for you to react to these stored memories. For instance, say when you were five, a banker refused your mom a loan. Sobbing uncontrollably, your mom exclaimed, 'Rich people are evil.'

Since your mind is a sponge at this age, this traumatic event gets remembered as, 'Rich people are evil.' And since as an adult you want to be **good AND have money**, you can see how this belief can pose problems.

For example, what happens when you want to ask for a raise. While your conscious mind says, 'I deserve this raise because I've brought in lots of new business', your subconscious memory checker is saying 'Nope, it's right here: Age 5—Money is evil'. And thus your subconscious begins to sabotage your advances towards a raise you deserve.

On the day your conscious mind decides to speak to your boss, you notice that you have a rotten day. You spill coffee on your trousers. You drop your keys in the parking lot. You just have a string of 'bad' luck. Only it isn't luck, it's your subconscious mind's attempt to 'protect' you.

Only when you give up the desire to ask for a raise, will your day go back to being a good one.

But this leaves you no better off than when you started. Money isn't good or bad; it just is. And with money, you can do a lot of good things. Be more relaxed, take vacations, donate money to charity.

Thus, to have a good day & get a raise, you'll have to clear out the old memory about money. And that's why, when you receive a BEST adjustment, your doctor has you think of your current dilemma (difficulty getting a raise) and think back to the first time



Stop with the banana peels; get a **BEST** adjustment!

you experienced a similar situation (mom being denied money).

This activates the part of the brain where the 'Money is evil' belief is stored. Then, by having you think an affirming belief, such as "I am allowing money to help me," your doctor is able to neurologically re-integrate your brain to replace the old memory with this new positive belief.

With this roadblock cleared, you'll notice your day getting brighter. It feels like a weight has been lifted off your shoulders. You easily ask for & get the raise. And all the sudden, you're having a string of good luck.

So the next time you're having an off day, nip it in the bud and call for a BEST adjustment. You'll thank yourself that you did.

Coming to Phoenix!

B.E.S.T. Life Intensive
Sept 7 & 8, 2007

I'm very excited to announce that **B.E.S.T. Life Intensive** (BLI) is coming to Phoenix.

BLI is a two day training program that teaches the core principles of the B.E.S.T. way of life.

Learn the **BEST Release Technique**, take the **Passion Test**, and learn more about alkalinity.

I have been to this seminar and highly recommend it!

Normally a \$1,295 seminar, I have obtained **free tickets** for you, your family and friends. Call the office for more details.

Hope to see you there.

-Dr. Benner

Discover B.E.S.T.

The B.E.S.T. method of chiropractic is more than treating symptoms, it's about treating causes. Did you know there's a difference? To find out more, visit us on the web:

bennerchiropractic.com

About Benner Chiropractic

Benner Chiropractic was established in 1986. Dr. Benner is a graduate of Parker College of Chiropractic and is a master-level practitioner of the Bio Energetic Synchronization Technique "BEST". Our objective is to assist our patients in identifying and neutralizing the cause of their health concern. Our goal is to help patients be in control of their nervous system. Benner Chiropractic is a wellness center committed to a drugless non-surgical approach to health.

(602) 870-3353

Monthly Supplement Special

Trace Minerals

Are you getting enough minerals in your diet? Trace Minerals comes from an organic plant source and contains 72 trace minerals. Your body uses these minerals to process vitamins, heal your cells, and be vibrant. Ask Dr. Benner if Trace Minerals can help you.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Trace Minerals.....reg. \$18.00.....sale \$15.00

Sales Tax Not Included. This offer expires June 30, 2007