

[Something to Think About...

(taken from *The Little Book of Letting Go* by Hugh Prather published **20 years ago!!**)

In the mornings, we shower and brush our teeth. During the day we wash our hands after each visit to the restroom. We use special antibacterial products to clean “kitchen surfaces.” Our laundry detergents include disinfectants. Our dishwashers super heat the water. Many homes and even some cars now have air filtering systems. Tap water is out and purified water is in. A growing number of people carry liquid “hand sanitizers” to cleanse their hands of germs after coming out of a store or restaurant.

It’s curious that we are so preoccupied with cleansing our bodies and environment of everything that can harm our health, beauty, and energy, yet we feel no real need to cleanse our minds of what can sour our attitudes, block our intuition, tear apart our relationships, and undermine the very aim and purpose of our lives.

Yet what do those who are physically pristine gain if within their sparkling habitats they live in a downward spiral of darkness and misery? What difference does it make if a body is always scrubbed, detoxified, and all its surfaces germ free if no living thing the body encounters is comforted?

... in daily life, we obviously are not concerned in the least about what is within. All we care about is getting the outside clean. Each day we walk forth with clean clothes, clean hair, clean teeth, but a mind stuffed with worthless anxieties, dull resentments, stale outlooks, toxic prejudices, and an endless array of shabby self-images. We haven’t even bothered to sweep out the mental junk we picked up yesterday, not to speak of the debris we have been hauling around for a lifetime.

SOME OF THE MANY CAUSES OF SUBLUXATIONS IN DADS

- Carrying the back-pocket wallet
- Giving piggy back rides
- Paying the bills
- Painting the living room
- Cutting the hedges
- Cleaning the gutters
- Teaching their children to drive
- Breathing in fumes from grill cooking
- Making hard decisions
- Worrying about where their kids are
- Getting caught in traffic
- Putting in the air conditioners
- Building a shed
- Cleaning the pool
- Paying allowances
- Playing ball like they are kids
- Packing the car for vacation
- Fishing with the kids
- Mowing the lawn
- Bearing the heavy burdens of the family
- Saying no
- Working overtime
- Holding children up high so they can see
- Carrying the heavy groceries
- Being the leader

DADS NEED TO BE CHECKED REGULARLY FOR SUBLUXATIONS!

Father’s Day Friday

The Strauss Chiropractic Center is inviting all Dads to come and receive a special gift on what we call Father’s Day Friday (June 19th).

If you’re a Dad and you and your family are already under chiropractic care, consider this our way of thanking you for being involved in this important family decision. If you are a Dad whose wife and/or family are currently under care but you are not –why not take this opportunity to learn more about what your loved ones have been talking about.

Remember everyone is better off with an optimally functioning nerve system.

Thank you to all our Dads, Grandfathers, Godfathers, and Step-dads, for all you do and all the love you give. You make the world a better place.

Happy Father’s Day!

