

"The Doctor of the future will give no medicine but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease." -Thomas Edison

## **SPINAL HEALTH AND CORRECTION CENTER**

1424 N. HIGH POINT RD.  
MIDDLETON, WI 53562  
608-833-7422

### **Points of Interest:**

- **Clinic Updates**
- **Attitude**

# Spinal Health and Correction Center

www.spinalhealthandcorrection.com

Newsletter Date: December 2014

## **Clinic Hours & New Location**

As the holiday season approaches, schedules can get crazy. At SHCC the schedule is going to be really crazy through December 13th! Dr. Kowalke is assisting another doctor transition to his next journey- retirement. Normal business hours will resume after December 13th.

### **Clinic Hours through December 13th**

Monday: 12pm - 2pm and 5pm - 7pm  
Tuesday: 8:30am - 7pm  
Wednesday: 12pm - 2pm and 5pm - 7pm  
Thursday: 8:30am - 7pm  
Friday: 12pm - 7pm  
Saturday and Sunday by appointment.

### **Coming Soon - SHCC New Location!**

In the coming months, SHCC will be moving to the building directly behind the current clinic location in the same business park. This location will have greater space to offer more services and help more people get well. This move is tentatively scheduled for the end of December/beginning of January, however, we'll continue to keep you updated on our official move in date.

The new address will be:  
1468 N. Highpoint Rd. Middleton, WI 53562

## **Half Empty or Full**

What's your worldview? Are you an optimist or a pessimist by nature? Do you always expect good things to happen or are you waiting for the other shoe to drop? Our mental attitude affects how we interact with others and how we respond to events and the comings and goings in our daily lives. Remarkably, our

mental attitude also affects our health and well-being. How we feel, not only mentally but also physically, is significantly impacted.

A plastic surgeon named Maxwell Maltz wrote Psycho-Cybernetics, a groundbreaking book that has been continuously in print for almost 50 years. Psycho-Cybernetics, one of the original self-help books, popularized the idea that the subconscious part of our mind is a goal-seeking mechanism. Maltz famously compared the subconscious to a guided missile, stating that the subconscious would do exactly what it is programmed to do. If you want to achieve a goal, Maltz proposed, visualize its successful completion. Visualize the fun you and your family are having on your trip to Hawaii or Italy. Provided that the instructions are clear, your subconscious will go to work to cause your goal to manifest in your life.

In terms of health, for example, attitude is critically important. How do you respond, internally, if a nearby co-worker coughs or sneezes throughout the day? Have you noticed that if you think that you, too, are going to get sick, that in fact you do? But others, exposed to the same environment, do not. Is it possible that these others paid no attention to the ill co-worker, that they did not internalize the notion that they were being exposed to contagion? Such a scenario is not necessarily true, but it is possible. The conclusion could be that our thoughts matter. As Earl Nightingale, one of the pioneers of the personal development field, famously stated, "You become what you think about".

Thank you for the referral of your family and friends.