

The  
Be More Alive  
Handbook

*Homic Advanced  
Chiropractic*

Dr. Lisa Ann Homic

**Advanced Thinking ~ ~ Advanced Living**

**CreatePurpose.com  
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[www.CreatePurpose.com](http://www.CreatePurpose.com) [www.BetterLivingChoices.com](http://www.BetterLivingChoices.com)

Use these 2 Chiropractic Principles to guide you through life

1. Health is built through natural means and broken down by unnatural means.
2. In the most profound way, the spinal adjustment naturally enhances your body's survival system: the brain and spinal cord

You have what it takes to make your life great.

Many people don't realize it or acknowledge it.

Many spend a lifetime missing out on it.

The philosophy, art, and science of chiropractic are some of the greatest tools to guide you through a life of health and vitality.

# Welcome to Homic Advanced Chiropractic

**Chiropractic is a drug-free, surgery free approach to health.**

**Chiropractic is focused on releasing stored spinal subluxations that shut down the body's survival mechanism.**

**Advanced chiropractic** is a mind-set centered on the synchronization of the mind and body for a full life experience. Personally developing your human potential is the foundational philosophy of chiropractic care and the chiropractic lifestyle.

**Homic Advanced Chiropractic** presents the blending of mind and body function by:

1. Using the adjustment to enhance the brain-body connection.
2. Incorporating a personal development curriculum that reinforces mind and body balance.

**“The way you take care of your health is the same way you take care of everything else.”**

Two stages of **advanced chiropractic**:

Stage I. Learn to live

Stage II. Live to learn

**Live by default or live by thought?**

Why do people seek chiropractic care?

- a. pain has signaled an imbalance in their lives. (The body heals under the right conditions. Chiropractic treats the imbalance not the pain.)
- b. they want to perform better to reach their goals

Reframe it the **advanced chiropractic** way:

1. Restore balance to live your best life
2. The body speaks when the mind is in denial.
3. Stop medical label abuse: reclaim the human being; we live in a society that “discriminates by diagnosis.” [psycho-social impact]

Advanced Chiropractic  
Advanced Thinking.....Advanced Living

Stage I. Learn to live

Subluxations are like graffiti on the spine: ugly markers of a silent but destructive process turning off the brain and body's vital connections.

How well you healed in the past is driving your vitality today.  
How well you heal today drives your future healing.

Physical trauma leads to physical imbalance  
Chemical trauma leads to chemical imbalance  
Emotional trauma leads to emotional imbalance  
Events happen. How will we respond?

Stage II. Live to learn

The adjustment is vital to life. It will only be fully realized with the continuous mind-set of nurturing life.

Free the mind to free the body.  
Free the body to free the mind.  
You must to both.

How?

Stage I. Learn to live  
Restore balance

Stage II. Live to learn  
Consistently fine tune & seek growth

Follow these steps for each stage: (1) get adjusted weekly (2) design and live your life (3) read suggested books on CreatePurpose.com (4) keep a journal

“Chiropractive 24/7”  
Be More Alive

1. My weekly adjustment:

What positives do I bring to the table?

What stresses do I bring to the table?

3. Self Growth.....  
Learn to Live/Live to Learn

What am I learning this week?

What am I reading this week?

2. Design & Live A  
Balanced Life

How is my body telling me I am living with more balance?

What are my thoughts focused on lately? Do they enhance my balance?

4. Keep a Journal

How am I connected to the rest of the world?

How many of my actions are congruent with my calling?

How can I be more organized?

**Things to keep in mind:**

- 1. What can I do to be more alive?**
- 2. How am I healing?**
- 3. How can I jump from healing to transforming?**

# Be More Alive

My plan for mind-body synchronicity

1. Get adjusted once a week.
2. Never forget the chiropractic DNA study.
3. Keep in mind emotional pain precedes physical pain.
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

# *Mind Body Synchronicity*

## **Chiropractic Affirmations**

I understand transformation replaces healing.

I will speak a new language that unlocks abundant potential.

I will give the physical and non-physical equal time.

The adjustment is my special time to honor the co-existence of the physical and non-physical within the nervous system.

I understand the importance of releasing stored subluxations.

*When a living system is suffering from ill health, the remedy is to connect it with more of itself.*

**Francisco Varella**

*If the body is sick, the mind worries and  
the spirit grieves;*

*if the mind is sick, the body and spirit  
will suffer from its confusion;*

*if the spirit is sick, there will be no will  
to care for the body or mind.*

**J.R. Worsley**

# Subluxation Checklist

**Accumulated subluxations are stored in the body.  
Release them with chiropractic habits.**

Psychological – upsets hormonal balance – sends wrong signals to cells

- Overwork, little fulfilling leisure time [TV doesn't count]
- Career/work not fulfilling
- Financial barriers
- Poor communication in relationships
- Un-validated in relationships
- No strong purpose or mission in life

Chemical – starved cells or toxic from chemical/junk food overload

- Poor diet
- Inadequate supplements
- Dehydrated – shrinking cells
- Poor absorption in the digestive system
- Overworked, weakened liver, adrenals, kidneys, thyroid

Physical – overconditioned or underconditioned, prone to permanent damage with minor injuries

- Lack of exercise, incorrect exercise form
- Poor posture, weakened muscles
- Forward head syndrome, decreasing heart/lung function
- Past injuries healed poorly, scar tissue disrupting mobility

The body does not care if the stressors are psychological, chemical or physical. The body reacts the same way each and every time:

- poor signaling of hormones and nerves
- inappropriate immune system response
- slowing down, decaying organs

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**Advancing Human Potential**

**Personal Wellness                      Community Wellness**

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*“Your nervous system is the difference between vibrant life and depleting life.”*

**What is wellness chiropractic? It is achieving a higher state of functioning and improved quality of life with on-going spinal care to reduce nervous system interference .**

I want to thank you for becoming a regular patient at my office. If someone referred you to the office, please thank them for giving you good advice. As you continue to receive adjustments and experience how your life can be improved with an enhanced nervous system, I encourage you to keep learning about the benefits of a wellness lifestyle.

Part of my mission is to help you understand how the body works and how chiropractic helps. It takes time to digest all the information available. In the beginning it may be overwhelming especially if you are not feeling well due to an injury or chronic episode perpetuated by vertebral subluxations. Studies have shown an increased understanding dramatically improves outcomes.

This booklet is a review of educational information presented in the office. If I may have skipped some portions or you had other things on your mind during an appointment, this copy will be a good reference for you to keep. As always, do not hesitate to ask me any questions about your progress.

Thank you,  
Lisa Ann Homic, M.Ed. D.C.

**The Create Purpose Collective Mission:**

**We Will Feel Well, Think Well,  
And Help Others Do the Same**

**The Chiropractic Vision:**

**Promoting World Wide Wellness  
Through Subluxation Prevention & Education**

## **So What Is Happening to My Spine?** (The Short Version)

The spinal joints (vertebral joints) make up a complex system.

Vertebral Subluxations (weakening the spine) set off a chain of events. First, a spinal joint becomes sprained and loses its full range of motion. The area becomes inflamed. Without any chiropractic care, the joint will heal, but it will become fixated.

The once healthy tissue will develop fibrotic adhesions, tough fibers, scarring, and calcification that lead to bone and tissue remodeling. These processes begin in less than 48 hours and initiates degeneration or “spinal decay” most often understood as arthritis. The spinal joints above and below the original site of injury have to compensate for the loss of function and they become weakened due the imbalance that was created.

The adjacent muscles develop chronic spasms and inefficient patterns This brings on a risk for more injury. The stress of gravity is also involved perpetuating this process and causing poor posture. Loss of blood flow and nerve damage occur causing the brain to adapt poorly to stress. Homeostasis is disrupted and the immune system is vulnerable to stress induced illness.

### **What happens if I don't get adjusted?**

Over time as the spine experiences cumulative insults from repetitive stresses, poor posture, injuries, the nervous system establishes negative patterns producing damaging inflammation. When the nervous system sends incorrect messages organs will under perform or over perform in ways that are burdensome to the body.

When damage is not permanent, chiropractic adjustments can reverse the process. If there is permanent damage, chiropractic can still provide improvements depending on the severity and maintain the surrounding areas.

The birth process is stressful to the spinal structures and can be the first occurrence of spinal derangement setting the stage for poor health and function.

[http://www.chiro.org/LINKS/FULL/The\\_VSC\\_1.htm](http://www.chiro.org/LINKS/FULL/The_VSC_1.htm)

Dr. Homic's Newsletter: [www.BetterLivingChoices.com](http://www.BetterLivingChoices.com)

**Subluxations  
Don't Kill  
You, But  
Make It  
Easier to  
Lose Your  
Life**

## **Am I at Risk?**

### **When spinal injuries heal poorly, bigger problems develop later.**

Everyone wants to be healthy. How do we know we are healthy? There is no perfect blood test, X-ray or examination. Even low cholesterol does not guarantee a healthy heart!

But we do know what the body needs to have health: Good nutrition, clean air, rest, exercise, and chiropractic to tune up the nervous system.

Because your nervous system is the “alarm system: of your body, helping it respond properly to stimuli can save you a lot of grief.

Did you know poor posture can decrease lung capacity causing cardiovascular problems? It also can create blockages in the large intestines by slowing peristaltic motion. Pain syndromes develop because of the constant pressure poor posture places on the nervous system and the body.

Poor posture doesn't hurt right away. It won't hurt for a long time while the damage is being done. You can lose lung capacity and not realize it. What's the first symptom of an inefficient heart? Constipation is the “butt” of jokes on the school yard, but it is a contributor to cancer by retaining toxins in the body.

Chiropractic is an excellent first line of defense in overall health. Don't wait for a back pain or headache to wake you up to these facts. And please share this information with the people you care about.

I hope you enjoy this short health paper. Please feel free to call if you have any questions. See you at your next appointment.

# I Feel Good; I Don't Feel Good.

People under chiropractic care feel good very quickly or not so quickly.

If you are feeling improvements right away after three or four adjustments, your nervous system is responding well as subluxations are being corrected. Soon you will be in the rebuilding stage where we work on strengthening your body to prevent relapse. Even while you are feeling good, important work is being done at every chiropractic appointment. This is the time when I warn people to stick to their recommended care plan. If you think back to the day you decided to come in for care, you probably felt fine the day before. The truth is your spine was already weak from a number of subluxations and that most recent pain you felt was not the first warning. Think back to the health history we took and you will recall many other times your body warned you subluxations were slowing you down. Stopping care too soon will leave you vulnerable to re-injury or worse injury.

If you are in the other group and do not feel much change since we began your adjusting program, you have a chronic case of subluxation damage. It's going to take a while to make significant change.

Ligaments take one to three years to heal. Damaged ligaments will not allow your adjustments to hold well.

Inefficient muscle patterns need a great deal of re-learning especially after years of scar tissue formation.

I have a number of patients who didn't see significant change until a year has passed. This is supported by chiropractic literature and an understanding of the healing process when there is severe injury to the musculo-skeletal system.

Give yourself credit for seeking out the safe, drug-free approach of chiropractic care and we will continue to discuss ways to support your progress.

**What can you do better with better health?**

**Do you have goals?**

← ← Expression of Life → →

0%.....100%  
[critical care] [dis-ease/symptoms] [preventive care] [possibility living]

What brought you to the chiropractor's office?  
Was it a need to fix a negative or improve a positive?

*Your outlook will affect your outcome. Let's look at some universal principles working in our lives everyday:*

1. The universe is organized.
2. There is infinite wisdom to the universe: universal intelligence, God.
3. Universal intelligence is expressed through us as innate intelligence.

*These are absolute positives. We are amazing. These are the exciting aspects of life that motivate us to make it all worthwhile.*

4. Although humans have the gift of the educated mind, it has limitations.
5. The educated mind cannot dictate to the infinite wisdom of the universe.
6. The educated mind must be kept in check by balancing pride and humility.

*These principles are reminders to avoid conflict by seeking balance. Rather than manipulate and dominate, we want to complement and be congruent.*

**Chiropractic concentrates on making life better.**

**The benefits of chiropractic care are unlimited when our innate intelligence is allowed to coordinate the physical with the non-physical. This is carried out with a healthy nervous system.**

**Please look at your life not as limited or lacking. You have great potential. Your continued commitment to your chiropractic care will allow the multi-faceted and profound benefits to be revealed.**

**See you at your next appointment**

Do you remember what a subluxation is?

It is a weakness in the spine that leads to nerve damage.

It negatively impacts muscles tone, blood flow, ligament strength, nervous system efficiency, hormone response, and organ function.

- Does a growing child do better when checked for subluxations?
- Does someone with asthma, do better when checked for subluxations?
- Will someone with epilepsy do better when checked for subluxations?
- Does someone with arthritis do better when checked for subluxations?
- Does someone suffering with anxiety or addictions do better when checked for subluxations?
- Will a pregnant woman do better when checked for subluxations?
- Does someone with diabetes do better when checked for subluxation?
- Will a star athlete break more records when checked for subluxations?
- Will a truck driver be safer when checked for subluxations?
- Do you want the pilot of your plane to be checked for subluxations?
- Do you want your surgeon checked for subluxations?

A landmark study in 2005 showed chiropractic patients who were under regular care for 2 years or longer demonstrated better DNA repair enzyme activity. The body's ability to repair its DNA is a major factor in disease prevention and anti-aging.

The nervous system controls everything. Is your nervous system in control?

**Do you come alone to your appointments?**

## **Why am I asking? Is my office a dating service?**

Well, it is a great place to meet like minded people! But the real reason is to share the miracle of subluxation correction with the very people who mean the most to you.

They will do something you do when they see how valuable your chiropractic care is To You.

I could get on TV and do a commercial. Maybe imitate some “HUGE” ads. I can call on the phone and tell others how much better they can feel if they tried chiropractic. I could even have fliers put in all the newspapers announcing how quickly a subluxation steals people’s energy, ruins their ability to perform, and becomes a fertile ground for chronic disease, but nobody will listen.

You are the great example. Don’t keep it to yourself. Tell others about your results and save someone from needless suffering.

<p><b>Your children, parents, and best friends deserve your heartfelt invitation.</b></p>
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They know you care. They observe your actions. They respond to your enthusiasm. Bring them with you!

See you at your appointment!

What does a subluxation feel like?

## **You cannot feel the early stages of subluxation.**

90% of subluxations are asymptomatic until extensive tissue damage has created enough signals to reach the brain. (You only feel symptoms when the brain is involved.)

- In as little as four minutes, the weight of a dime on a nerve can decrease the transmission of nerve impulses by 50%.
- The nerve roots that immediately exit the spine are missing protective layers of cells making them prone to damage.
- The nerve roots rely on a single blood supply source and if that blood supply is compromised by injury and inflammation, the nerve is starved of nutrients.
- When the flight or fight response kicks in due to stress, the sweat glands produce more secretions which hampers nervous system impulses.
- Because inflammatory disease is influenced by the nervous system, subluxations will participate in this process.

Other clues that someone is subluxated:

- |                     |                   |
|---------------------|-------------------|
| -poor posture       | -constipation     |
| -fatigue            | -poor circulation |
| -reduced mobility   | -frequent colds   |
| -emotional problems | -asthma           |
| -addictions         | -overweight       |

Good health starts with an understanding that dying nerves contribute to a dying body. You have the choice to take care of subluxations when you can't feel them or wait until later when they are unmistakable. Don't make that mistake. Chiropractic is simple and effective.

See you at your next appointment.

# Do You Know How Smart You Are?

## You are very smart!

You know chiropractic:

- Helps you feel better:
  - Gives you more energy
  - Keeps you from getting sick as often
- 
- You even know how vital chiropractic care is for growing children.

**And now you know that chiropractic profoundly  
protects your DNA.**

Your DNA controls cell replication. Healthy DNA means a healthy body. The state of your DNA reflects the state of your disease fighting abilities. Chronic disease and cancer take hold in a body that has poor DNA.

Chiropractic patients who have been under care for two years or more have measurably better *DNA repair enzyme activity*. A study published in 2005 demonstrated a significant difference between chiropractic patients and people who had no chiropractic care. Many people are waiting for a scientific discovery. Guess what? Chiropractic is already here.

**And it's so simple. All you have to do is show up.**

See you at your next appointment!

---Dr. Lisa Ann Homic

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