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Ascent, providing the foundation for a healthy life

Hello!

The following article explains how individuals tend to manage their health. Preventative health is the key to wellness for everyone. By building healthy habits before oncoming stress, trauma, viruses and bacterial illnesses, you can strengthen the body to manage and recover faster.

Stop in to discuss how we can help you integrate small healthy changes that can help you reduce your prevalence of illness or expedite recovery.

Live Healthy!

Dr. Julie Marchiol, DC, FIAMA

Ascent Health Center  
303.343.8800

**What Motivates You**

Contributed by Dr. Glenn Lang, Ontario, Canada

Taking care of your health requires you to be responsible for doing the things that you know are good for you. Over the years, I have found that there are generally two types of people in the world; crisis-motivated or quality-of-life motivated people. Which one are you?

A crisis motivated person may justify their choices by believing the "if it ain't broke, don't fix it" attitude. While this may work for plumbing, when it comes to your health, how do you qualify that? I've seen too many times people that felt fine this morning drop dead with a heart attack that afternoon. Does that mean that they were healthy this morning? Of course not. But because they did not have an outright symptom, they thought they were healthy, and did nothing to support their health, setting themselves up for an eventual crisis. While we will all experience a crisis at some point in our lives, how we use that experience to get our health back on track is also very important. Using crisis care as our only form of health care--going from crisis to crisis--is not only costly, it is also damaging to your body and your health. Taking control of your own health and lifestyle choices by making self-care and health-care a part of your lifestyle will ensure that any health crises will be put off for as long as possible.

The second type of person not only wants to feel better quickly, but is interested in correcting the problem and practicing preventive care in the future. They realize that this type of approach generally involves an investment of time and energy requiring them to be actively engaged in the care process. This strategy necessitates a change in lifestyle. The benefits of this change in lifestyle are not only living longer and stronger, but keep you from feeling old before your time.

It's no secret that people are living longer than they ever have before. In fact, the odds that you will live to 100 are getting larger all the time. Modern medicine is doing all they can to keep people alive longer when they have a crisis. Even AIDS has been downgraded from a terminal illness to "chronically manageable". The challenge is the more you live from one crisis to the next, the more damage your body will undergo and the poorer your quality of life will become. Research shows that the top 10 leading causes of death can be either put off or prevented all together through lifestyle choices. And while you may have one of the top ten in your history, your genes play a much smaller role than you would think. Studies show that 70% of these diseases are due to lifestyle choices. Each and every decision you make today can and will impact the quality of your life in the future. By developing great self-care and health-care habits now, your chances of needing crisis care decrease drastically. Talk to your chiropractor about how he or she can be an integral part of your health care team and give you the tools for living an incredible life everyday of your life.



**Help a friend or loved-one get motivated for a better quality of life!**  
You and your friend or loved-one will receive a complimentary Yoga or Pilates class, or a 30 minute massage.

This offer is valid only with the referral of a new patient and can be redeemed after the new patient has completed their appointment. The new patient must notify Ascent of the referral during or ahead of their initial appointment.

Offer Expires: 08/31/08. Call for more details. 303.343.8800

