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Ascent, providing the foundation for a healthy life

Hello!  
 The mind/body relationship is never more apparent than when stress levels are raised. People who've taken the time for wellness care are usually alert and responsive to societal stressors, pain and inflammation. They know that stretches, exercises and dietary changes can help them respond and manage through challenging times.

We have a number of great tools available to help you realize, reduce and control daily stress. Some of these tools include Regular Chiropractic care, Acupuncture, Yoga, Pilates and Massage. We also offer NET/NEAT, meditation techniques and more.

The following article is a good overview on integrating healthy habits, aligning your health and wellness team and knowing your insurance benefits in advance.

Please stop in to discuss how we can help you maintain your health in our society.

Dr. Julie Marchiol, DC, FIAMA

Ascent Health Center  
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**Recession-Proofing Your Health**  
 How to Manage Your Long-Term Health Despite a Weak Economy

Article contributed by Dr. Eric Plasker, Marietta, GA

If you're like most people, you-and your wallet-are feeling the effects of the slowing economy. There are, however, crucial steps that you can take to ensure your health isn't short-changed in the process.

**Practice Daily Self-Care Techniques**  
 Self-care techniques include what you must do for yourself to keep your mind, body, and spirit healthy and functioning at your highest level, which nobody else can do for you. To achieve this and keep your immune system strong, you must eat healthy. This includes taking vitamins and drinking at least 8 glasses of water daily. You should also manage your stress in healthy ways, such as exercising regularly and practicing mediation or yoga. Air and water filters are helpful in keeping poisonous chemicals out of your body, as is living a drug-free lifestyle.

**Develop a Strong Health Care Team**  
 Health care involves utilizing the skills of trained health care professionals to keep healthy. To develop the best health care team, use family and close friends as references to find reliable health care practitioners that fit your needs. Additionally, nutritionists, massage therapists, chiropractors, psychologists, and personal trainers are as vital to your health care as primary physicians. Keeping your body aligned, balanced and stress free is vital to resisting challenges in the environment -such as illness.

**Choose the Best Insurance Plan for Your Needs**  
 Another important aspect in developing a strong health care strategy is to choose the best insurance plan for your needs. Before you choose a plan, thoroughly research health insurance policies. Once you have a policy, review your plan regularly, as they can become outdated as your needs change with age. You should also be aware of what your insurance does (and does not) cover. This will help you when you are choosing doctors and planning your finances. Use your doctors as resources to discuss any concerns you may have to make the process easier.

**Prepare a Crisis Action Plan**  
 No insurance plan is ever perfect. You need to work with the system, as it currently is-not as you want it to be. When it comes to your health don't just treat the crises-be proactive instead of reactive. Understand how your insurance will cover a crisis situation, and set aside money in case your insurance will not cover all costs. In the event of a crisis, do your homework, and know your different treatment options. You can't predict when and if a crisis will happen, but you can be prepared when one occurs.



**Save 10% on your wellness care by purchasing your Yoga & Pilates classes or massage packages.**  
 Offer Expires: 07/31/08. Call for more details. 303.343.8800

