

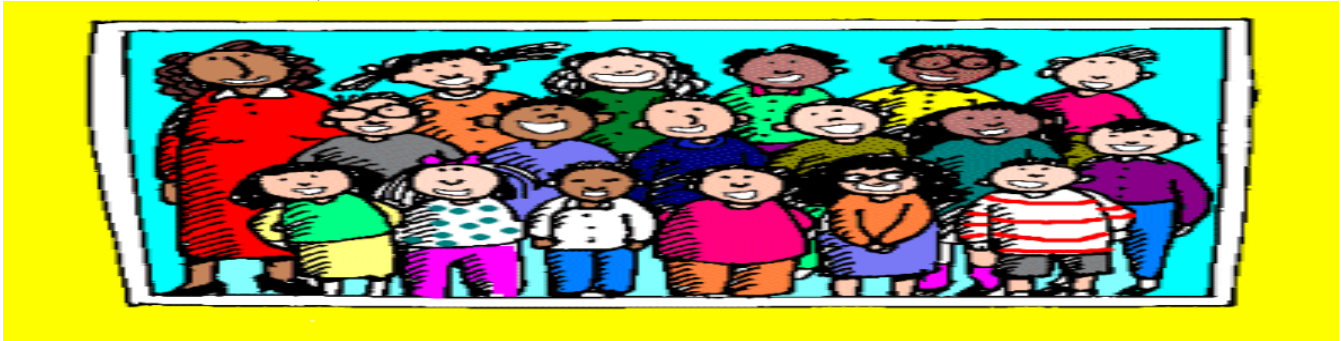


## The Capital Wellness Health Minute...

### The True Key to Happiness

During these challenging economic times, many people are reconsidering what they need to be happy, and are concluding that material possessions are not as important in their well-being as they had previously believed. Scientific research now backs up that assessment. Once basic needs are met, money has little influence on contentment.

Health is number 1!!! Scientific research studies prove that health is the number 1 factor in happiness. When a person's quality of life suffers, happiness does as well. People that are in excellent health are almost twice as likely to be happier than those in merely good health. On the other hand, poor health equates to a 70% reduced likelihood of happiness (Mayo Clinic Women's Health Source2008).



Happiness is contagious! There was a study done in which a social network was created of over 4,000 people and evaluated from 1983-2003. The study showed that if your friends are happy, you are happy! Also, the study found that if your friends' friends are happy, you are more likely to be happy, even if you have never met their friends (Fowler and Christakis:BMJ 2008).

**Personal interaction matters!** Today many of us connect with friends through e-mail, Facebook, Twitter, LinkedIn and phone calls. Fowler and Christakis found that when a friend who lives within a mile of you becomes happy, it increases the probability of you becoming happy by 25%. Next door neighbors increase the likelihood by a whopping 34%, and that has to be done from face to face interaction. It is believed that the spread of emotion has a positive, fundamental psychobiological effect!

*At Capital Wellness Chiropractic we see the big picture!* We do this by caring for the whole person, including educating patients about the interconnection of the body and mind. This approach also focuses on the spine since spinal dysfunction leads to nervous system impulses being inhibited which affects all aspects of well-being. Dr. Linder corrects this dysfunction through spinal adjustments! Get Into CHIROPRACTIC!!!

Source: optimal health university

In good health,

Darryl T. Linder, D.C.

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Hours M& W 7-1, 3-6

Tu & Th 3-6

Fr 7-1

Sat 8-10

*www.capitalwellness.com*