



AO for Life!

SUMMER EDITION

RESULTS Since 1950

2009

Dr. Roy W. Sweat & Dr. Matthew H. Sweat

Successful, Drug-Free Health Alternatives

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The only good luck any great man ever had was being born with ability and determination to overcome bad luck.

Croft M. Pentz

Happy Summer, Father's Day and the 4th of July...1/2 the year is almost over!

Hope everyone is not getting flooded out from all this rain...we have been busy, seeing and helping you, our patients. And, growing our own HUGE garden. It is such a pleasure to plant and watch a garden grow. It is really good therapy for the stresses in our lives.

GARDEN Planting during these tough economic times growing vastly popular across our country. I was listening to the radio, one day and a woman was telling everyone, how she knew someone who, dug up her entire front yard to plant a garden to feed her family. Wow!!! Now for statistics, every dollar spent on seeds and fertilizers, translates into \$25.00 worth of produce from the ground. 43 million Americans are growing their own gardens, a 19% gain from last March 2008 figures(*Newsmax-June 2009*), Gardening at home is fresh, organic and a lot less expensive. We hope to bring in some of our surplus and share it with the office. Look for it in July! The Doctors Sweats have been busy and will be all summer. Teaching and traveling...Dr. Roy Sweat will be 82 this June 25th. We proud and grateful he is still with us.

Please try and stay in Atlas Adjustment and get regular check ups. Because the economy is affecting everyone, There is absolutely one positive thing you cannot afford to do and that is you cannot afford to get sick !

We' all at The Sweat Institute are proud to be busy Adjusting the Atlas. We promise to do all we can for you , your family and loved ones! Our goal is to Change The World One Atlas At A Time. And keep your Atlas in place!

Stress - Good or Bad?

Take these steps to relieve that stress and I will SEE YOU AT THE TOP! Zig Zigler says!

[Zig Ziglar](#) is a motivator and teacher. He is the author of [27 books](#) and loved by millions of people world wide for his practical wisdom and his gift of hope.

The dictionary says that stress is "to force or drive." It's "urgency, pressure, importance." It's "focus, concentration of attention, to emphasize." When we look at the entire dictionary definition of stress, we learn that stress can be either good or bad. Too much stress will cause you to lose sleep, make you edgy and irritable and give you high blood pressure. If you don't feel any stress, it may mean that you're not putting any significant importance on what you're doing. That can be as bad as too much stress. It seems that a balance in our life is the key as far as stress is concerned

How do we handle relatively minor stressful situations (temporary increase in work load, slightly overdrawn at the bank, car threatening us with a repair bill, etc.) and adjust it to the proper level? This is one area where our feelings are extremely important. Most of us can sense when we're feeling too much stress, so let's look at some methods for stress reduction. (The real "biggies" like divorce, bankruptcy, abuse, unemployment, etc., are more serious and will be the subject of a future article in this newsletter.)

First, we need to identify the cause of stress. Is it a misunderstanding with a co-worker or family member? Is it getting so involved in our responsibility that we lose our sense of perspective for the everyday facets of a balanced lifestyle? If so, what can we do about it? First, if it's a people problem, take time to talk it out. Try to put yourself in the other person's shoes. If you're wrong, admit it and apologize. You won't "lose face" – you'll gain respect because you've acknowledged that you're wiser today than you were yesterday. Second, find a pressure release. Take time for yourself, even if for just a few minutes. Some quiet reading, a good walk, some relaxation, a shift of scenery can work wonders.

Taking STEPS TO STAY UP (Ultra-Positive)...during times of STRESS is a way of staying UP during this tough time in our world. I watched my first live webinar-a few weeks ago, called Success2.0, with Zig Ziglar's son, Tom Zigler...it was an experience...it was FREE for the first time....and I had the wrong time. I thought it was EST 8:00pm, yet it was 9:00pm. I stayed up past my bed time-and I thought it was great....

Then I tivo'd Wayne Dyer's EXCUSES BEGONE on PBS! Watched a bit this past weekend. I even took notes...He says' Every action is a Choice!, He says " All that we are is the result of what we have thought!" WE HAVE TO CHANGE OUR THINKING. If you get a chance to watch it, read it, listen to it. He is a strong, successful motivational speaker and he was an orphan as a child.

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This Month AGAIN through July 31, 2009, Dr. Matt is offering Free Consultations for new patients and Free Referral visits to existing patients.

*We are the place...call now and schedule an appointment with
Dr. Matt (770) 457-4430*

God Bless You' All~

Do your loved ones deserve any less? Please educate your family and friends on the benefits Atlas Orthogonal Chiropractic care and invite them to participate in their own optimal health. They will appreciate the energy of their new healthy lifestyle.

The Atlas Adjustment Is The Way of the Future for more info go to www.sweatinstitute.com

Medical Doctors, Neurologists, Podiatrists, Endocrinologists, Dentists and other Chiropractors refer their patients and family and friends to the Sweat Institute for Atlas Orthogonal Chiropractic. The adjustment is easy, painless, and full of incredible results!

A BIT OF TRIVIA.....

Why Shoes are called "Pumps". My mom, Joan Bartoszewicz gave me a fashion style article from Real Simple, the magazine and we laughed about the fact that the trend for pointed toe shoes came from Poland. The Polish nobles introduced the fashion to England back during a diplomatic visit in the 1300's. Boy when we ladies get home, after wearing high heels of any kind, we want to kick them off and ask the question, " Who in the heck decided these were fashionable, anyways? And, you now know!!!

We all need to eat MORE NUTRITOUSLY!

RECIPE OF THE MONTH: FRESH SALSA by Tecla and her Spanish girls

I TOOK 1 ½ -2 tomatoes-diced, 1 onion-diced, 1-2 tblsp cilantro-diced (from our garden), a sprinkle of salt, a dash of olive oil and a dash of white vinegar.

Let sit...and Enjoy with scooped tortilla chips or serve on fish or chicken

*** You may add peppers, garlic and additional seasonings of your choice.**

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Don't limit yourself. Many people limit themselves to what they think they can do. You can go as far as your mind lets you. What you believe, you can achieve. Mary Kay Ash, Founder of Mary Kay Cosmetics

Eric Pragle, LMT, our new Massage Therapist has started. He is working 2 Saturday mornings a month. Call our office for details (770) 457-4430