

Hello Everyone!

I just returned from the Fort Peck Indian Reservation for gift distribution with the Christmas on the Reservation project. Wonderful people and practice members from around the United States donated over 8,000 gifts for these very deserving children, and the generosity of those involved was amazing. Yet for everything we gave, we received so much back. As we handed out presents, we were the recipients of so much love that at times it was overwhelming. You see, these people are by nature suspicious of outsiders, with good reason. They have been burned before by empty promises of help. So initially, things were a little tense. When we first came in, they were cold and guarded toward us. But as we spent time with them, as they started to learn who we are, you could feel them lose their fear and suspicion. Helping someone's kids takes down a lot of barriers. People we had never met before hugged us, when we were told that, traditionally, Native people do not hug. We saw that the light of joy and happiness in a child's eyes is bright as a beacon and fills everyone around them. Emotion overcame tradition, and we learned that sometimes there is no way to contain joy and love within a person's heart.

As the word got out about what we were doing, we were welcomed with open arms into the community. We attended a basketball game and people were coming up to us to thank us for gifts we gave their kids. Kids came up to say thank you. They announced we were there at the game during halftime and we received an ovation from those in attendance. It was like we were rock stars. Parents who had never seen us before had heard what we were doing and they couldn't do enough for us. Yes we gave them Christmas gifts, but they gave us love and that is beyond price. We were there to inspire the kids to follow their dreams, but they ended up inspiring us to do more and be more than we have been before.

It was amazing how quickly we were embraced by these people, but it was also a lesson. It doesn't matter where you are or what your circumstances might be, the majority of people always want what is best for their kids. They have learned that if their kids are going to realize their dreams, they must be healthy in every possible way. Yes, physical health does play a role, but also these kids need the ability to have positive relationships and role models to keep their dreams alive. They need someone to believe in them and someone to believe in. Life is difficult for these people, but even in these circumstances it is possible to keep dreams alive if the children and the people around them are healthy enough to keep it alive.

Having a dream for your life is like having a fire in your heart. And just like a fire, dreams have to be attended to. When a dream is new, especially in a child, it is very fragile and easily dampened. Too often, dreams are extinguished by negative influences and "wet blankets", by people who have lost their own dreams and live the price of that daily. If someone, especially a child, has no one in their life who can help them keep the fire of their dreams lit, the fire can and does go out. When a dream dies, so does the light in their eyes, their enthusiasm for life, and any hope of making things better for themselves and other people.

I believe children here in Blissfield are no different than those on the reservation in that respect. Kids everywhere have dreams for what they want to do with their lives. What is often overlooked is that you must be healthy enough to pursue them and you must have healthy, positive relationships and supportive mentors to help when you get off track. We gave these reservation kids hope for the future, belief in themselves and belief in their dreams. But this all starts with health. Healthy kids make better choices, have better relationships and are far more likely to pursue and live their dreams. For these kids, when obstacles occur, they are able to be creative enough to find new solutions and keep going. Health has to be the first step.

As parents, what does this mean for your kids? What does this mean for yourselves? For you as parents to be the kind of leaders and mentors your kids need, you need to be healthy. You need a healthy nerve system, free of interference, to have a healthy body, be able to make healthy decisions and have the healthy relationships you need to live your best life and be the best parent you can possibly be. Your kids need to be free of nerve interference to fulfill their health potential, live their best life and fulfill their dreams. If you aren't at this level now, you can get to your highest level and improve with Chiropractic care. You just have to want it and pursue what Chiropractic care can do for you to improve your life.

So what about you? Did you live your dream? Or does it still lie within you, waiting to see what you do with it? For every person who has lived their dream for themselves and their life, I know there are those who didn't have that opportunity. Yet often, even these cases, those dreams just won't die. Sometimes you settle for something less - not bad, just not what you originally wanted - and while things seem okay, there is the original dream still inside you. Maybe the fire of the dream has died down to hot ashes by this point, but the fire isn't all the way out - yet. What if your dream is a better life for you and your family? Maybe, just maybe, you don't have to be alone pursuing that dream. You can have help. Look to me for that help and what you need to know to make your family healthier. Healthier people for a healthier planet, that's my dream and my vision for the future. Together, we can make a difference in the world, and make the world a better place, a healthier place for all our kids. I invite you to come see what Chiropractic can do to help create healthier kids and families. Call my office at 486-4931 to save a seat at a health awareness seminar, to schedule an appointment or just to get more information. The future is ours to change, but I can't do it without you. Make the call today to start you on the path to living your dreams.

Yours In Health,

Dr. Karyn Yape