



## September Newsletter

Dear Friend:

Welcome to our first monthly newsletter!

We don't want you to suffer from your chronic pain alone. To help bring some light into your life we will be sending you our monthly newsletter filled with stories of hope, wellness ideas, alternative treatment ideas, and more.

If you know of someone else suffering from chronic pain or illness that you think would be interested in our newsletter, feel free to forward it onto them, or point them to our website where they can get signed up.



*"We want to be the light that guides you out of the darkness of pain."*

## Finding HOPE:

### [Balance This Life – Challenge Accepted](#)

Story by: Kara LaFrance

I hurt....Systemically. I have bone growth that entraps nerves. I have an overactive nervous system which reeks havoc on a constant loop.

[Subscribe](#)[Past Issues](#)

that I care to count but I always take a huge dose of HOPE.

HOPE is not an easy pill to swallow everyday. Especially when you can't un-grow things that are causing the pain. But I demand a life. I demand joy. I demand involvement in society.



These are not easy tasks, but I like to-do lists. A few things keep me sane. Art and design and helping others. So I use art and design to help others. Be it for my nieces' and nephews' school, my church, local nonprofits, small businesses (my list is growing).

That's the mental part. There's always a physical part. And as I stated, pain won't be ignored. And Big-Pharma is not the answer. Maybe one part of the solution but it is not the be-all end-all if you want a life well lived.

Medication hurts and does not remove pain – it just distracts you from it.

[Read More](#)

---

***"Hope is being able to see that there is light despite all the darkness."  
- Desmond Tutu***

## Discovering Alternative Treatments:

### Chiropractic

Founder, Jory Pradjinski says: *"I have used chiropractic care for years. My chiropractor helped me believe in what might be possible. The changes in my body from the adjustments helped me get off all of my pain medications."*

### Conditions Commonly Treated by Chiropractic

Chiropractic treatment addresses damage, disorder, and misalignment of the joints,

[Subscribe](#)[Past Issues](#)

both localized joint issues and your general posture, which can influence your overall well-being, especially your nervous system.

Given their emphasis on holistic health, many chiropractors also assist patients with improving their nutrition, activity, bodily function, and other lifestyle concerns.



**These are the categories of conditions chiropractic helps with: Back Problems, Arthritis, Headache, Neck Pain, Musculoskeletal Conditions, and Traumatic Injuries. Read more to find out the specific conditions in each category.**

[Read More](#)



**The Mission of Hope Instilled - Who, What and Why We Exist**

## Exploring Wellness:

[Subscribe](#)[Past Issues](#)

***Since the 1950s, the number of food additives allowed in U.S. food has grown from about 800 to more than 10,000!***

*By: Jena*

I have changed my diet to cut out a lot of chemicals over the years and it has given me more energy, helped me to eat less, feelings of exhaustion have declined, and I just overall feel healthier. It's tricky to get started, it took a couple years to realize all the things I was eating that were packed with horrible chemicals.



First, buying things that are low fat or sugar free often means they have added chemicals as substitute ingredients.

You have to look for labels that have less ingredients and ingredients that sound more natural. Just start off with these two big one's (high fructose corn syrup and hydrogenated oil). They are popular ingredients in pre-packaged food that you want to avoid. It takes awhile to find the chemical free foods that don't have these ingredients. You want to look for labels that say "natural" and sometimes you can pick an organic option. But, organic foods can still have problems. So just focus on products with less ingredients and little to no added chemicals. You can also use the [EWG App](#) to scan products to see how bad they are.

Overall though you just need to focus on eating more veggies, meats and things that don't come in a box. My husband and I have come up with a lot of vegetarian dishes with no carbs and meat and veggie dishes that are delicious. It has taken time but it has been worth it. I feel better physically and mentally from eating healthier.

**Learn More: Chemicals in Your Food**

---

***"We must accept finite disappointment, but never lose infinite hope"  
- Martin Luther King, Jr.***

---

[Subscribe](#)[Past Issues](#)

## DIY Recipe:

Lemon, Apple and Ginger Mixture That is Literally Going to Flush Pounds of Toxins From Your Body!

If your colon isn't clean, you are not effectively absorbing all the vitamins, minerals, and nutrients from your food.



### INGREDIENTS

- Organic apple juice- 1 cup
- Organic lemon juice- 2 tablespoons
- Organic ginger juice- 1 tablespoon
- Sea salt- ½ teaspoon
- Purified warm water- ½ cup

### HOW TO PREPARE

1. Juice the ingredients with the help of a juicer.
2. Add about 3.5 ounces of the purified water in a saucepan and put it in a stove.
3. The water should reach a boiling point, make sure the temperature is low.
4. Put the warmed water in a glass and then add the sea salt.
5. Make sure to stir well till the salt is dissolved.
6. Then, add the ginger and the lemon and apple juice and stir well.
7. You have prepared your colon cleansing drink.

Directions: Consume 1 glass everyday before breakfast for a week.

Recipe from: [Natural Healthy Team](#)

NOTE: Even though it is completely natural and safe, in the case of pregnancy, allergies, or some other disease, or you take some prescription drugs, you should consult your doctor before you start this colon cleanse procedure.

## Hope Instilled Resources & Support



**Support:** Join Our [Forums](#) or [Facebook Closed Groups](#) for Peer to Peer Support, it's a place for us to talk about how living with chronic pain affects our lives.



[Follow us on Pinterest](#) where we have boards on chronic pain, specific alternative treatments, wellness, preventing & curing cancer, stories of

[Subscribe](#)[Past Issues](#)

[Like us on Facebook](#) or [Follow us on Twitter](#) for Hope, Medical News, Support, Alternative Treatments and Wellness information.



### New Content on Website

View our page on [Alternative Treatments](#) where we explain what they are, benefits of them, and how safe they are.

---

Feel free to [contact us](#) if you have any questions or comments about our newsletter.

Yours in hope,  
Jory Pradjinski  
Founder of Hope Instilled, Inc.  
414-731-7939  
[info@hopeinstilled.org](mailto:info@hopeinstilled.org)

---

*Copyright © 2017 Hope Instilled, Inc. All rights reserved.*

Want to change how you receive these emails?  
You can update your preferences or unsubscribe from this list.

The MailChimp logo, featuring the word 'MailChimp' in a white, cursive script font on a dark grey rounded rectangular background.