



AO for Life!

Late SUMMER EDITION

RESULTS Since 1950

2009

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

Successful, Drug-Free Health Alternatives

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If you're sincere, praise is effective. If you're insincere, it's manipulative. Zig Ziglar

Happy August, Back To School and Labor Day!

Hope everyone has been enjoying their summer, the heat, the Healthcare reform craziness and our world in which we live in! I try really hard to pray and keep the faith, every day!

We have enjoyed our summer, I have baked, cooked, barbecued and fried zucchini every way possible. And, now I am working on my Marinara sauce and Gazpacho this weekend. Our corn was and is wonderful...but the weather played a roll in it's early harvest and not full complete ears. We have frozen some and hope to enjoy it throughout the winter.

I hope and know, you are all managing day by day...as we approach fall and winter. Check out all you can do, to cut your expenses and save. We have had to get our electrical lines redone in our house and \$\$\$ goes out so fast.

Stay calm, positive and grateful for your health, family, friends and Love. I just finished reading "The Shack" a gift from Dr. Fiorini-Tallahassee, FL to me a few months back...a fine reminder, how important Forgiveness and Love are to our well-being, as well as staying in Atlas Adjustment.

Did you know, the Goal of Dr. Roy and Dr. Matt is to improve the health of the human race and teach them their head should be straight on their neck!

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!

A story from one of our patients:

“An automobile accident resulted in a four year search for relief of my chronic pain in my head, neck, shoulders and back. I paid \$40,000 in consultations with mutple specialists.

At a Christmas party I was told about, Atlas Orthogonal Chiropractic, in Atlanta, Georgia and Dr. Roy and Dr. Matthew Sweat. I made an appointment with them for the day after Christmas.

My x-rays and analysis revealed the same problem, but your answer was a non-invasive, painless technique, Atlas Orthogonal Chiropractic, that worked like a MIRACLE. No PAIN!

Each time, I experience a relapse, I quickly come to get adjusted. I now explain to people how this technique can profoundly change their lives, and bring long-lasting results! There are some that refuse to believe that something so simple could help them.

But, we know the good news is spreading...and we are happy to be a part of your Atlas Orthogonal family and are forever indebted to you for your brilliance and diligence in perfecting the Atlas Orthogonal Chiropractic Technique, you use to change so many lives.” J.K Maryland

A story from another patient: CH, Jasper-Georgia

After moving here 19 years ago from Naperville, Il and Dr Fedeli, who practiced a type (must have been the original kind) of practice using his necktie as pendulum while bending over the patient in order to find his best practitioner-to-patient stance for applying the correctional-thrust using a combined hands technique. . .WHEW. . .but more importantly recommended Dr. Roy!! We had hardly completed settling into our new home in Big Canoe when we tore off for Chamblee-Tucker Rd.! We had to. Both Betty and I were big-back-hurting!

The *initial, preliminary* relief (release) was then, and on each succeeding trip, bodily thank-you measurable!!! To experience the caring, professional attitude/feeling of your "shop" and what it delivers is indeed something very special!!

No Laughing Matter By Lee Colan

A zillion more job cuts, no credit available, healthcare costs keep rising, and on and on and on. No laughing matter for sure... well, maybe. I contend that taking this economic downturn or any form of adversity 100% seriously won't help you reverse your situation any faster, so you might as well laugh a little along the way. An upturned mouth is a must in a downturn economy. Hey, laughter is free and convenient – can't beat that in today's market!

In that spirit, here are a few of my favorite one-lines from comedian Steven Wright:

- “If at first you don't succeed, then skydiving definitely isn't for you.”
- “If you think nobody cares about you, try missing a couple of payments.”
- “My mechanic told me, “I couldn't repair your brakes, so I made your horn louder.”
- “It's not an optical illusion. It just looks like one.”

Now, doesn't that feel better? Most events in our lives do not carry an overwhelming sense of sadness or delight. Most fall into the gray zone of ordinary life, and they give us the choice to laugh or not. Hmm, laughter as a choice?

Laughter is certainly the shortest distance between two people. It unites us, especially when we laugh together. Laughter can heal our relationships... and even heal us. Humor is an emotional medicine that can lower stress and diffuse anger. Our mood is elevated by striving to find humor in difficult and frustrating situations. Laughing at ourselves and the situation helps

reveal that small things are not the earth-shaking events they sometimes seem to be. Looking at a problem from a different perspective can make it seem less formidable and provide opportunities for greater objectivity and insight.

Keep reading for tips to tickle your funny bone...Below are four simple strategies to help tickle your funny bone more frequently.

1. Appreciate Life's Extremes. If your situation seems ridiculously frustrating, recognize the potential humor in just how ridiculously frustrating and annoying it is. In your imagination, take the situation to an extreme that becomes even more ridiculous until you find yourself amused. You know, picture a Steve Martin or Adam Sandler movie.
2. Focus on Humor. Do you know someone who always seems to have drama going on in his/her life? Like they are living in a soap opera? It's really a matter of what they choose to focus on. We can just as easily focus on the humorous things we see and experience each day, and all of a sudden, our life is a comedy!
3. Find a Funny Friend. Find a friend with whom you can laugh. You can each share your frustrations, and laugh about them in the process. Even when your friend isn't there, you can lighten your mood in a dark situation by thinking about the retelling that will come later.
4. Watch Funny Shows and Movies. No doubt, there are plenty of not-so-funny shows and movies. However, shows like *The Office*, *Seinfeld* or *Everybody Loves Raymond* take universal situations that we find frustrating and push them a little further, pointing out just how goofy it all is. Realizing that some universally annoying situations are actually funny, can help you endure them with a smile.

Here is an encore performance from Steven Wright. This time with his classic quizzical questions.....

"OK, so what's the speed of dark?" "How do you tell when you're out of invisible ink?" "What happens if you get scared half to death twice?"

Taking STEPS TO STAY UP (Ultra-Positive)...

Zig On...Failure Is Critical To Success-By Zig Ziglar

"You've got to learn to lose in order to win" sounds like strange advice, but the man who says it has earned over three hundred million dollars. Even in today's economy, that's a considerable sum of money. Here's the story.

In 1958 Frank and Dan Carney started a pizza parlor across from their family's grocery store. Their goal was to pay for their college educations. Nineteen years later, Frank Carney sold the 3,100 outlet chain called "Pizza Hut" for three hundred million dollars.

Carney's advice to those starting out in business sounds strange, but he explains the concept this way: "I've been involved in about 50 different business ventures and about fifteen of them were successful. That means I have about a thirty percent success average." The major point Frank makes is this: You need to be "at bat" if you ever expect to get a hit, and it's even more important to step back up to the plate after you strike out.

Carney says Pizza Hut was successful because he learned from his mistakes. For example, when an Oklahoma City expansion effort failed, he realized the importance of location and decor. He learned from his mistake so that the future would be brighter. When sales declined in New York, he came up with the innovative idea of introducing thick crust with substantial success. When regional pizza houses began to take part of the market share, Frank responded by introducing "Chicago-style pizza," and again success came his way. Factually, Carney failed many times but in each case he made those failures work for him.

Failure is an experience common to all of us. Question: Will you let those failures work for you or against you? If you do as Frank Carney did, you will use your failures as learning experiences and I really will SEE YOU AT THE TOP!

*This Month AGAIN through September 30, 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!

We all need to eat MORE NUTRITOUSLY!

RECIPE OF THE MONTH: ZUCCHINI CAKE-BY Aunt Dorothy

2 C sugar 1 C oil 2 C flour 2 C Zucchini 1 t vanilla 3 eggs 1t salt 2 t Baking soda ¼ t Baking Powder ¾ C Oatmeal
1 c chopped nuts.

Mix first 6 ingredients and then add the next ingredients. Fold in Nuts. Bake 350 45Min

Frosting : ½ c butter 3 oz cream cheese ¼ t vanilla 2 1/2 C powdered sugar DELICIOUS!!!!

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The largest room anywhere is room for improvement. By Croft M. Pentz



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