

# ***7 Secrets To Life Success***

***By: Dr. Celina Spence***



# Why I DO, What I Do?

*"Go as far as you can see  
and when you get there, you  
will always be able to see  
farther." Zig Ziglar*

My soul purpose is to be, feel and enjoy so that I may inspire the world to be feel and enjoy. I am a chiropractor and as you can see my soul purpose doesn't even mention what I do ...except it defines EVERYTHING I do. The 7 Secrets to Life Success is the product of learning how to walk the walk in a wellness world. I get REALLY excited about each and every one of the "secrets" as I know how profoundly life changing each of them can be. When you start doing them all together the sum of the whole becomes even greater than the parts....mind blowing experience.

I have written this book as if I was speaking to you over a cup of herbal tea. You will notice that I sometimes bend the rules of grammar and syntax. It is done on purpose so that you may "hear" me speak as you read ... and not just to drive my father who is a retired English teacher crazy (although I am ok with that 😊)!

*Please sit back, read, learn and enjoy.*





# Who Is Dr. Celina Spence?

*"What greater thing is there  
than for two human souls to feel that  
they are joined...to strengthen each other  
... to be one with each other in  
silent unspeakable memories"  
- George Eliot*

***I am so excited to be a chiropractor.  
Right here! Right now! I have been in  
practice since 2001 and each day it just  
keeps getting better!***

Let me share a little bit of my story with  
you.....

I am 11 years old and my family gets in a car  
accident in which the vehicle rolls over sev-  
eral times. We do not have our seat belts on  
and my brothers, sister and I are "tossed  
around like a good salad". Initially, everyone  
appears to be okay but for a few bumps and  
bruises. However, weeks later I am getting  
progressively more sore, I have headaches  
and I cannot sleep. My father decides that it  
is time for my first chiropractic adjustment. I

go into the office not quite sure what is  
going to happen to me - afraid that it is  
going to hurt! My fear was completely mis-  
placed. I instantly felt better, could think  
better and had energy like I had never had  
before. The chiropractor was very gentle  
and I am thankful to this day that I went as  
he also was able to get rid of the earaches  
that I had for my entire life. Let me tell you,  
after my first adjustment at 11 years of age  
I absolutely knew that I would become a chi-  
ropractor!

I had a second experience with the benefits  
of chiropractic when I  
was 19. I am playing  
basketball and I de-  
cide to go for the ball-  
the problem is my op-  
ponent goes for my  
head. I feel a terrible  
pain in my neck and I  
instantly know that  
something isn't right.



Initially things appear okay but the next



# ***Who Is Dr. Celina Spence?***

day I can't lift my left arm. You guessed it - chiropractic helped me once again.

My journey in life continued. I played university basketball at the University of Calgary (Go Dino's!) where I graduated with a Bachelor of Physical Education. I then went to the best Chiropractic program in the world and graduated with clinic honors from the Canadian Memorial Chiropractic College. An interesting aside, from the time I have been 11, I have not been on any medication - ever! I have been able to lead a healthy, happy life naturally through chiropractic. I was fortunate to discover early that my body has the innate ability to heal itself - if given the opportunity.

I loved chiropractic so much that I married a chiropractor! Okay, not just because he is a chiropractor but it is a bonus! We now have two happy healthy boys both who received their first adjustments within hours of being born. I hope to provide the boys with every advantage that good health may bring them.

***So far- they have incredible energy..... :)***

I look forward to the next years with much anticipation! A wellness revolution is going on around us and I am excited to be a part of it. People are getting in control of their health, experiencing maximal health expression and a greater "quality of life". People are living life with high energy and vitality.

***Doesn't everyone deserve this?***

If you would like to have greater health and vitality, if you would like to get in control of your health future - please allow us to become your health coach! I would consider it a true privilege to not only get your nervous system functioning 100%, but would love to be able to direct your exercise programs, your nutritional status and maybe even your life goals to the next level.

**Health starts today - what are you waiting for?**

# ***Welcome to The 8 Ways to Ensure YOU Have This!***

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# 1. The Family Placemat

Annual 2011 issue The Jamaica Edition

## The Spence Family

**A family that plays together stays together!**

Enjoying the beach and a Jamaican sunset. From left to right: Graydon age 4, Mom Celina, Levi age 5, and Dad Mike.



**Purpose**

**PREMISE** Having a family is an expression of God's master plan. A family is a right of passage that allows us to learn, grow and explore our full abilities. Our family is how we experience the full depth of love, joy and sorrow.

**VISION** Love, laughter and fulfillment.

**PURPOSE** To create abundant boys that create an abundant world.

**STRATEGY** Lead by example. Adhere to planning pyramid and Lifebook categories.

**CATALYZING STATEMENT** Each member of the Spence family lives their soul purpose and leaves a lasting legacy on the world.

### Family Rules

- HONESTY** Tell the truth and be willing to experience the consequences of telling it, good or bad. *Spence family saying: Suck it up muffin.*
- HONOUR & OBEY** Listen to Mommy and Daddy and respect the rules of the Spence Family House. *Spence family motto: Be the solution not the problem.*
- FAMILY NAME** We alone establish our family reputation and we guard it through our actions. *Spence family saying: Spence family doesn't quit.*

### Core Family Values

**LOVE** Unconditional.

**RESPECT** is earned. We understand that everyone has value and when given the opportunity it becomes apparent. *Family motto: Be around those that celebrate you not tolerate you.*

**INDEPENDENCE** "No one is coming to save you". We do what we can to be a valuable contribution to the family and the world. Self reliance is key.

**QUALITY RELATIONSHIPS** With everything and everybody. Quality over quantity.

**HEALTH & WELLNESS** Our bodies are a temple and will be treated as such. 3 dimensional approach to wellness is how we stay healthy. Our health is the foundation to all aspects of our life. Good daily decisions lead to lifetime wellness.

**HARMONY** Agree to disagree and work together towards mutual goals.

**TEAMWORK** The strength of the wolf is in the pack and the strength of the pack is in the wolf.

**PASSION** We allow ourselves to feel and express that which we believe in.

**ACCOUNTABILITY** We do what we say and say what we do.

**CRITICAL THOUGHT** We decide for ourselves what to think and to believe. Quality questions lead to quality answers and quality life.

**LAUGHTER & PLAY** Live in the moment and take every opportunity to enjoy it.

**EXCELLENCE** A never ending pursuit of knowledge and improvement. Mediocrity is not in our vocabulary.

**WEALTH** The world is abundant. We create value and are rewarded for it. Wealth education and discipline are practiced.

**DISCIPLINE** We approach all life's tasks as if failure is not an option. We understand that through discipline we will achieve our goals.



### Family Rhythms

**DAILY (Include 2)**

- 5:30 am Producer Power Hour
- 6:45 am Breakfast
- 7:00 am Journal & Books

**WEEKLY (Include 3)**

- Saturday 11:00 am Family Meeting
- Sunday 9:00 am Meal plan & Groceries
- Sunday 8:00 pm Lifebook M&C
- Sunday 8:30 pm Weekly Plan
- Monday Chiropractic Adjustment

*Be Fit. Eat Right. Think Well.*

*"Some pursue happiness – others create it."*  
Anonymous

Maybe you are wondering, what is a Family Placemat and where did this idea come from? I am going to start with the later because I think that it is critically important that you understand WHY my family spent the time working on this project. I will then make you aware of exactly what this entails.

My mother in law drove me to it ... that is the first part. The second part is I was tired of hearing that I couldn't have it all. I had heard one too many times that being a Mom and a chiropractic business woman meant that I would most likely fail or only be average in both arenas...I don't think so!

Let's begin with my mother-in-law, Ruth. She is a formidable force and has been through the trenches of raising three boys.



The middle one Mike, is now my husband. I am forever grateful to her and Bill, my father-in-law, for the amazing man they created and nurtured who is now my best friend and the father to my boys Levi and Graydon. What I have realized though, is that women are territorial, very territorial! Seriously, some of you may be saying "no kidding" right now, some of you may be laughing nervously, and some of you may have just had an "a'ha" moment thinking, *"you know she might be right"*. However, my mother in law takes the cake! It is her way or the highway. I "may" (ok I am worse than she is) also have a few of these characteristics, so the combination of the two of us is explosive. Mike and I were doing a self-development course, which has you write your own destiny basing it on 12 Life categories. We got to the parenting category and something in me snapped, changed and lit up. How was Ruth ever going to understand my family values, purpose, premise, passion and strategy that I had in my head if I did not have them clearly articulated ... on paper? I fancied myself a competent business woman, but did not feel the same confidence or competence at home. The moment of clarity was

this, "What if I did a family business plan with the same intensity, passion and love that I did for my company Well Within Chiropractic?"!

Man, I LOVE moments like this when you absolutely know with every fiber of your being that you are onto something huge and that lives, specifically your own, will be changed forever. This then led to my second "mind melt" which is that I knew all along I could have both a career and be an amazing mother without having to sacrifice time and attention to either.

So, I got into one of my hyper focused states and did a Spence Family Planning Pyramid based off of the gazelle planning pyramid and the Rockefeller habits. I shared it with a friend and mentor that had introduced me to the business planning pyramid and he loved it. He encouraged me to use the content and build a family placemat for the Spence Crew—I was hooked! I went back again into a hyper focused state and less than 24 hours later, Mike and I had the entire placemat articulated and had it created!

Now that I shared my WHY with you, I would like to make you aware of what a Family Placemat is, how to create one for yourself, and finally, the enormous benefits that your family will experience as you begin and complete this process.

The Family Placemat lay out is a beautiful visual of the purpose, premise, vision and strategy of expectations that Dr. Mike and I have for our family. The family place mat is the way we make insanity turn sane! We actually use the placemat to EAT on! Seriously though, we use it as a daily affirmation and goal setting exercise to plan the life of our family. It is our anchor to each other and our commitment to being our ideal version of the Spence Family.

At this point, I am sure you are beginning to get excited by the concept of the Family Placemat because it really brings everyone together. Please keep reading as I want you to completely understand the depth of the benefits that you have the potential to experience.

## **BENEFITS**

The impact that the placemat has on our family has been profound to say the least. With our

Spence Family rules, rhythms and rituals laid right out for us to see 3 times a day, it makes life fun and fulfilling. It has eliminated so much chaos as we know “why” we do what we do and we each know “what” to expect. ***Isn't this something everyone craves in their life?***

I would be remiss if I didn't give my mother in law Ruth some serious credit here. When we showed her the placemat, she looked at it for all of about 30 seconds and instantly recognized that she loved it and wanted her other two boys to have one for their families. I have never loved her more than that moment when I realized that she loved her boys as much as I love mine, and that she shared my passion for something that I had created.

She reads or looks at the placemat every time she comes to the house. I am not sure she even realizes that she does it. It brings joy to my life because she is learning who her son and daughter in law really are and what we stand for. She has embraced and respected our values even if she has values that differ ... ***I couldn't have asked for more!***



## ***Where to Begin?***

If you are like me, you are yearning to learn the necessary steps in order to make this a reality because this Family Placemat almost sounds too good to be true. Therefore, please follow the steps below...

1. Review our placemat: Use this as a baseline and assess areas that you enjoy and others that you do not resonate with as much ... instantly capture that in writing. Your brilliance has already started!
2. Go to **www.familyplacemat.com** and check out a few examples. You will see the Spence Family there.
2. Google: core values and pick 5-7 that resonate with you and your family or later in this book there is a whole section on how to choose and define your values!
3. Write down the sayings that you say (most likely things your parents said that you said you would never do) and put them in quotations.
4. Think of a Family Tag Line: Nike – Just Do It. The Spence Family: Be Fit. Eat Right. Think Well.

5. Put 3-5 of your favorite pictures together of your family, family vacations, dream locations or whatever inspires you to be a better family.

6. Scrapbook your ideas, cut and paste, create it on a mac document ... and laminate one for every family member! If resources permit, take your ideas to a graphic designer and enjoy the results.

7. Submit your placemat to the [www.familyplacemat.com](http://www.familyplacemat.com) to immortalize the amazing process that you have just gone through. You just got amazing!

It has been stated that those who achieve the greatest success have to have some level of accountability to others. Mike, Levi, Graydon and I are now a lifetime accountability group. We hold each other accountable to our values, our mission and our purpose. Trust me, if I deviate even a millimeter away from the direction we are to be going, the boys call a family meeting to set me back on course. I love this.

***Who better than loved ones with matched values to call you to something greater!***

## 2. Personal Core Values

A personal core value is one of the most important things you can identify to help understand YOURSELF! If you can't understand yourself there is NO WAY you can understand others, especially the ones closest to you, like family and friends. A core value is how you perceive your world. Your values will appear as positive, indifferent

or negative to every situation. Your values will be molded through your experience with your mother, father, teachers and or preachers. At a very early age we are exposed to certain beliefs (good and bad) and our values are created around this influence and experience. Core values are what determine which aspects of life we regard as important and greatly affect how we deal with day-to-day situations. We each have many values and

1. Positive Attitude
2. Respect
3. Compassion
4. Growth
5. Learning
7. Passion
8. Determination
9. Courage
10. Self-confidence
11. Innovation
12. Open minded
13. Responsible
14. Committed
15. Professional
16. Humble
17. Loyal
18. Loving
19. Trusting
20. Optimistic
21. Affluence
22. Adventure
23. Ambition
24. Balance
25. Benevolence

26. Belonging
27. Bravery
28. Charity
29. Clarity
30. Cheerfulness
31. Consciousness
32. Creativity
33. Decorum
34. Dependability
35. Discipline
36. Endurance
37. Enthusiasm
38. Fairness
39. Fearlessness
40. Flexibility
41. Focus
42. Generosity
43. Grace
44. Gratitude
45. Happiness
46. Harmony
47. Health
48. Honesty
49. Independence
50. Inspiration

51. Intelligence
52. Kindness
53. Leadership
54. Liberty
55. Maturity
56. Mindfulness
57. Motivation
58. Obedience
59. Organization
60. Peace
61. Perseverance
62. Philanthropy
63. Pleasure
64. Power
65. Punctuality
66. Reasonableness
67. Recognition
68. Religiousness
69. Resourcefulness
70. Self-control
71. Sensuality
72. Silliness
73. Sincerity
74. Strength
75. Sympathy

76. Teamwork
77. Thankfulness
78. Tranquility
79. Trustworthiness
80. Uniqueness
81. Understanding
82. Vitality
83. Warmth
84. Wealth
85. Willingness
86. Wisdom
87. Winning
88. Youthfulness
89. Justice
90. Joy
91. Excellence
92. Rationality
93. Rootedness
94. Risk-taking
95. Safety
96. Intuition
97. Wellness
98. Equality
99. Discovery
100. Inner peace

those values are maturing and or changing as we mature and change. While some of these values may be 'superficial', transitory, or fitting solely to the moment in which we find ourselves, others are deep-rooted within our being. These deep rooted values are called "core values" and stay with us throughout our life.

One of the most amazing things that I discovered when I articulated my core values was that I was able to relate

*"Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition inspired, and success achieved."*

*- Helen Keller*



and understand my husband significantly better. I gained a deeper level of respect for what he stands for and as a result, I fell even more in love. His values became an extension of our relationship and as a whole made us greater than our individual parts. The respect, understanding and joining of our values are the foundation for our family. We look forward to having the boys identify and grow their values so that we can yet again grow as a team.

### *Okay, I'm in! How Do I Discover My Core Values?*

This happened to have been a question that I asked myself when first beginning this exercise a number of years ago. The concept of a CORE VALUE seemed abstract at the time, but once I followed the steps below, I instantly connected with these concepts and gained more clarity in my life. *Therefore, here are the steps that I followed:*

- 1.) Use the 100 Core Values Chart that I provided and circle 6 to 10 that reflect what you value most and feel free to add some that are not there.
- 2.) When you have chosen your core values, write them down and rank them in order of importance to you.

3.) Define what each value means to you (aka Why is this important?)

4.) Place the list on your vision board or other areas that you look at often during the day. (Hang this everywhere!)

5.) Do this exercise with a loved one and share the experience with them. It is amazing the things you will learn about yourself and others by doing this. Have Fun!

At this point, I am a living example of someone who has clarity regarding their CORE VALUES and I base all of my decisions in my personal and professional life around the areas that are most important for me. Everything from what I purchase at the grocery store, to who I will work with at a professional level, is assessed against my CORE VALUES. This allows me to exist at the highest possible level of congruency. My soul purpose is to BE, FEEL and ENJOY so that I may inspire the world to BE, FEEL and ENJOY. So simple, but yet it is everything. Therefore, I thought it was only fair if to be transparent with all of you and offer you the chance to read my core values:

**FAIR EXCHANGE** – I give life everything I have and in return life will give me what I deserve.

**HEALTH** – I have committed my life to the knowledge and expressions of three dimensional health. I will work to remove all contradictions for extraordinary results.

**ACCOUNTABILITY** - I do what I say and say what I do with no exceptions.

**QUALITY RELATIONSHIPS** – I surround myself with those that celebrate me. I focus on living “present time consciousness” with every individual I am in contact with. My family, friends, colleagues and community see my authentic being.

**PERSONAL GROWTH** – I am my greatest competitor. I will never rest with where I am. I will pursue all growth of academic pursuit, physical health, life wisdom and spirituality.

**CREATIVITY** – I embrace the energy of innovation and solving difficult problems. I rely on my subconscious genius and pursue the opportunity to make dreams reality. Failure is not an option.

**VALUE** – I appreciate value creation and the expression of it in every aspect of my life.

**ORDER** – Structure for simplicity. I appreciate clean lines, geometry and rhythm so that I am ready for opportunity when it presents itself.

**EXCITEMENT** – I pursue the opportunity to create excitement in others to achieve their full potential. I pursue laughter and love through life participation. I thrive on the opportunity and excitement of finishing that, which is worth starting.

**RECOGNITION** – I recognize others for their greatness and celebrate their accomplishments. I enjoy being recognized for my efforts, which may come in the form of action, mentoring, coaching, awards, and friendships.





### ***3. Surround Yourself With Those Who Celebrate You, Not Tolerate You***

*"Associate yourself with people of good quality, for 'tis better to be alone than in bad company"*

*-George Washington*



I have a friend and colleague who has been a true blessing in my life. All I have to do is spend about 10 minutes with her on the phone and I feel like I can save the world and that I need to because I have gifts that others do not. I am not saying that this is true, but she calls me to something greater than I already am – EVERY time I am around her. The funny thing is that no matter how much I try to do for her, I always feel like I could do more. She leaves me full without any emotional debt. What is really cool is that she lives in another province. The time that I spend with her is pure quality. We get together about

3-4 weekends per year and speak periodically in between. It is perfect. Those that celebrate you do not have to be with you every day ... they just have to be in your head and in your heart every day.

*Celebrate versus tolerate:* the concept is really very simple. Those who tolerate you do the following: suck every living morsel of energy out of your body. They drown your dreams. They make you feel small and insignificant. They bring out the worst in you (gossip, anger, jealousy to name a few). Ultimately they are life saboteurs!!! Here is the kicker, you may be living with these people, on a team with or working with these



people. Heck, these people may have even given birth to you! *Who do you know that is a living energy brain sucker? What is the first name that comes to mind?* I know you know at least a few. These individuals are the ones that you screen their calls, procrastinate getting to their house for supper and become irritable at even the thought of having to be around them. Be careful however, sometimes the "tolerators" come hidden and are disguised as "celebrators". These are the worst kind and will seriously undermine your confidence and ability.

Now, those that celebrate you, they are unique and a true pleasure to be around. The "celebrators" are the ones that leave you uplifted. They identify you as special and someone who is on this planet with a larger purpose. They bring out the absolute best in you and push you towards it. They love you enough to point out how you may improve without making you feel bad for trying. They leave you wanting more time with them long after they are gone. *Who are these people in your life? Who has you pushing your limits in a positive manner? Who has encouraged you to leave your legacy on this earth?*

As always, here are the action steps to a better you:

- 1.) Identify someone that leaves you with more energy than when you started**
- 2.) Identify the person or people who bring out the best in you**
- 3.) Identify the "brain suckers in your life" and write a plan to minimize time with them**

The easiest thing in the world to do is to identify those that celebrate you. Being around these individuals is like an immediate energy burst. You feel capable, strong, loved and can't wait to spend more time with them. They call you to something greater that you already are. Being around individuals that celebrate you helps you grow much like fertilizer helps a plant grow! Yes, the analogy is intentional as I feel that true celebrators are the good sh.. in life.



## ***4. Work Daily On Removing Contradictions In Your Life***



What I am about to share with you is one of the most important lessons that I have learned in my life and I hope to give you this gift as well. Because a contradiction is something that goes

against what you say, feel or know to be true. Living a life that has contradictions leads to chaos, stress, frustration and a desperate sense of futility. It leads to a life of unfulfilled dreams. The most difficult aspect of a contradiction is that they appear in life in all forms and start off as tolerations. We tolerate a behavior or action one or two times, often based in fear of judgment from someone else or fear of hurting someone's feelings. This once or twice acceptance turns into a habit ... which becomes a contradiction.

*"The greater the degree of contradiction in your life the greater degree of destruction you will experience. However, the greater the degree of congruency in your life the greater the degree of success and fulfillment."*

*Dr. Celina*

Once Mike and I took the time to objectively analyze our lives and then take ACTION based on what we found, our world became CLEAR, ABUNDANT, and FULL OF OPPORTUNITY. We started by identifying what our values are. We understand that our values together are complimentary and together we achieve more than we could have on our own... a true SYNERGISTIC team. Identifying our values keeps each other accountable to living a life without contradictions. Mike and I both have health as our number 2 value (his number one as family and mine as fair exchange). This keeps us focused on eating well, encouraging others to exercise, supporting each other in exercise, doing our supplements, getting adjusted and the list

goes on. As we became clear on our values, we were able to remove things like junk food, or watching TV or dining out on a regular basis because these choices represent contradictions.

The boys also love when we live with congruency. It gives them clear boundaries to play by. Let's face it, a child's job and responsibility is to push the boundaries...it is how they learn. Life can be pretty confusing as a child if the boundaries are fuzzy. Life for a parent is downright miserable if you are living a life of contradiction, but expecting your children to do otherwise. Do as I say and not as I do just does not cut the mustard. Children learn as much from what we don't do as what we do. Remove the contradictions and it is one less thing to negotiate, "un-teach" or fight with your children about.

*"Okay, this is exactly what I need to do, but where do I begin?"*

The rock band LMFAO (yes I know what it stands for) has a line in a song that says, "Every

day I'm shufflin'" and that is how I negotiate life's contradictions. *The steps to removing contradictions are as follows:*

- 1. Identify your values*
- 2. Live present time consciousness and identify what contradictions may be present*
- 3. Ask someone you know and respect (and who celebrates you) if they see any contradictions in your life.*
- 4. Remove the contradictions*
- 5. Start over again ... every day of your life.*



## 5. Wellness Supplements and Clean Eating

Let's face it. Supplements do not replace healthy eating and the vitamins, minerals and nutrients that we get directly from our food sources. Supplements do however ensure optimal amounts of the necessary nutrients and make up for the deficiencies that do exist!



I have a golden "7" supplements that I take daily and recommend. These 7 supplements are the essentials for optimal health. It is not just the recommended daily intake (RDI) which

*"Go as far as you can see and when you get there, you will always be able to see farther."*

*Zig Ziglar*

is the bare amount the body needs to keep you from diseases like rickets and scurvy. The supplements I recommend are for optimal human body performance. Combined with the chiropractic adjustment this becomes a very powerful combination.

The golden "7" are as follows:

- 1.) *Multi vitamin - manages body's structure, immune and gastrointestinal systems*
- 2.) *Co Enzyme Q10 - Plays an important role in cardiovascular health and energy production*
- 3.) *Opti EPA - Essential for brain and vision development, and supports fetal brain growth through pregnancy; your omega-3 fatty acids, decreased inflammation*



- 4.) *Ca/Mg - maintains healthy bone structure and function*
- 5.) *Vitamin D - key hormone for calcium and bone metabolism, not to mention the product that naturally assists in not getting the flu!*
- 6.) *Probiotic - beneficial organisms for nutritional health and wellbeing,*
- 7.) *Digestive Enzyme - aids in digestion and absorption of food*

Outside of the Golden 7, clean eating is at the FOUNDATION of optimal health and will help lead to a life filled with vitality. This area of your life, like everything else, needs to be in direct alignment with your CORE VALUES. In my household, this means that three criteria MUST be met... LOCAL-ORGANIC-FRESH! Let me define what I mean by this:

**Local:** This helps to reduce the carbon footprint of emissions that we will leave for our children. It supports the local business owner and farmer's families that provide a valuable resource for our family. Our food has great



nutrient density as "ideally" you will eat your fruits and veggies within hours of leaving the ground or source they are grown from. At the longest, 5 days. This is pretty tough to do if you are eating food from international sources and thousands of miles away.

**Organic:** Food free of herbicides, pesticides, genetic modification and chemicals in the form of preservatives, fillers or flavor enhancers. Each one of these substances interferes with

our body's ability to heal and perform at our highest potential.

**Fresh-** If it runs on the ground, swims in the sea or comes from the ground then it is safe to eat! If it comes in a box, there is a good chance the box itself is healthier for you to eat than the product inside!

One of the challenges that people often face is that their children do not want to participate in clean eating. The world around them is so polluted with the types and quality of food and this happens to be what they are exposed to most often. With this being said, our family was no different, but now everything flows together with how we choose to operate the Spence Family. The Spence Family Placemat states that our tagline is to Be Fit. Eat Right. Think Well. We have explained to the boys the importance of healthy food at every meal. We "leverage" yes, "leverage" our children with how they will have more out of their life by eating healthy. (Examples of this are: if you want to be smarter, build advanced Lego sets, big-

ger muscles like Daddy, not get sick, have better karate kicks... you need to eat healthy). We find a way to show them the impact of what they eat on their future.

That being said we let them make choices as well. They are allowed to have "treats" and understand that this is not the norm, but an exception. We will offer healthy alternatives, but they still get to choose. We feel this is very important in teaching them the skills they will need to have when they grow up and leave home.

***Also, we eat what they eat ... all the time!!!***

Although choice is important, we have set the foundation with some ABSOLUTES:

***No pop and No fast food (McDonalds, Burger King, A&W etc) ever!***

This may seem restrictive, but our boys know that these are our rules and there are no exceptions to these rules. We then honor this ... if we "give in" it goes against the Spence promise.

*"I want to give this a shot, but what are some good foods?"*

We love food and have quite the relationship with it! As Canadians we celebrate all occasions with food, right from birthdays to funerals. That being said, one of our favorite family meals is a chef salad. We create a number of different choices to put into the salad and then we each make our own salad. Tons of organic vegetables, free range meats, free range eggs, olive oil for dressing and then some strange and unusual items like craisons or sunflower seeds or strawberries. We each enjoy seeing what the other chooses to eat. Mike and I are blown away how the boys will eat things and choose things they proclaim to "hate" and eat them with zeal and enjoyment.

In addition, my favorite healthy dessert is a flourless dark chocolate cake with raspberries, strawberries and blueberries on the side. **Rule of thumb** ... once a week, enjoy and eat something that you may feel you are depriving yourself from. What you will find is when you begin to limit your "indulging," your taste buds will become more sensitive to items which are very sweet or salty, and they are not nearly as good

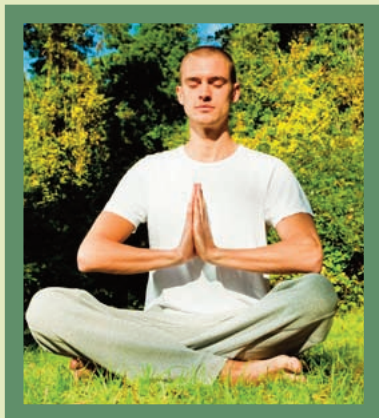
as you remembered! What I don't want you to do is to get "STRESSED" which is just "DESSERT" all mixed up... this is why sometimes I just eat chocolate chip cookies.

My final thought on nutrition is a fallacy that I feel obligated to address. We need an appropriate balance of carbohydrates, healthy fats and protein. Depletion in any one of those areas minimizes the performance of the human body. I once had a staff member who lost an amazing amount of weight while on the Atkin's Diet. What I learned through my research and studies is that it is extremely challenging to associate with people who are not "feeding" their brain. It is comical in retrospect, but she starved her brain of the necessary glucose to the point where she couldn't remember or recall our names, what day it was, what time it was, or even where she worked! She would answer the phone with the script from a business she had worked for 7 years earlier! The success of her initial weight reduction was not worth the loss of quality of life and brain function that she experienced. So, we intervened ... I gave her an orange ...and she remembered who I was!



## 6. *Daily Power Hour*

A power hour (or often a power 20 minutes) is time dedicated every morning to developing you. It is done every day for the rest of your life! It involves a triad of affirmations, exercise and intentional learning. The concept of 20 minutes per day of exercise is simple: move the body. Intentional learning is also simple: read stuff that feeds the mind and pulls you towards your purpose. Affirmations, visualizations and meditation....this is the MOST difficult thing I have had to learn how to do! It is also the foundation of my day and if I don't do it EVERYDAY ... life is chaos not harmonious, trust me!



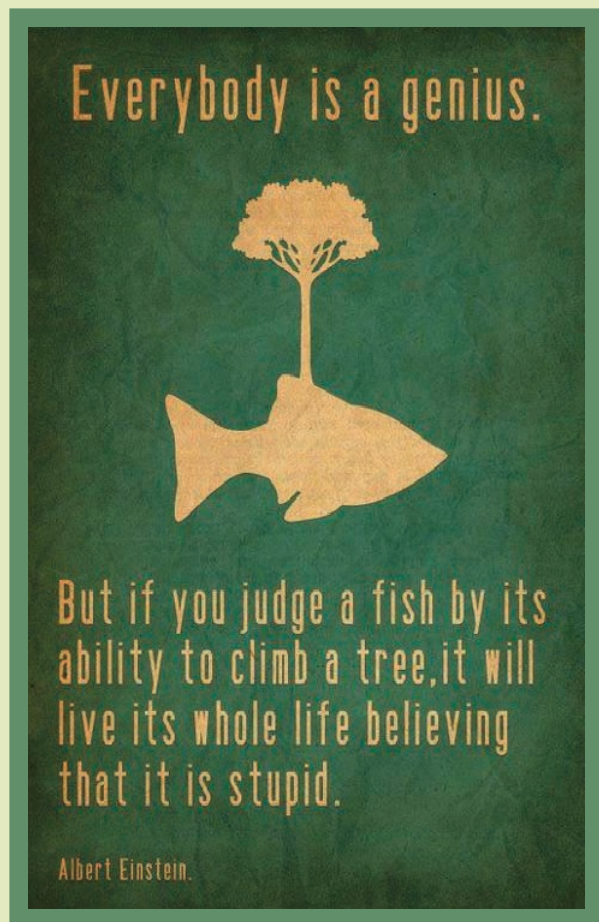
One of the most significant challenges I had with Affirmations is that I really did not understand what they were and also how to create them for myself. Therefore, I took the time to define this abstract concept and it became EXTREMELY real for me. Affirmations (or talk-

*"The difference between winners and losers... is one more step" –Dr. John Donofrio*

ing to myself) is how I, day after day, week after week and year after year, have reprogrammed myself to the concepts, visions, attitudes and belief systems that ultimately change my life for the better. I do affirmations daily. I write specific goals and monitor them regularly. I spend time every day visualizing what I want exactly as if it were already mine. I have learned to meditate in order to slow my left brain and utilize the unlimited power of creation that is my right brain.

Now I have to caution you ... many of you right now may have an issue you may not even know about. Let me frame it up for you, if you talked to your friends the way you talk to yourself...you would have NO friends. If you don't believe me, try the following: tell your friends that they are looking a little fat today, that

they are having a bad hair day, that they can't do anything right and they "SUCK". I have worked with thousands of people and let me tell you this is the norm, not the exception. What we say to ourselves can be devastating to our life success. Talking to yourself is NOT CRAZY "unless" what you are saying to yourself is negative and self-defeating.



## THE POWER OF TALKING TO YOURSELF

Self-talk is what you think and say about yourself, both in your head and aloud each and every morning of your life. Affirmations are a method of helping you feel good about yourself and to pepper your sub-conscious mind with thoughts and emotions that you want to imbed, so that when the time comes you can reference and express them with sincerity and conviction.

*The self-talk I am speaking about is the MIND CHATTER you use to:*

1. *Simply program your brain to attract what it is you want to create in your life or*
2. *To overcome adversity and turn your thinking process around to something more productive*

Okay ... time to get a little uncomfortable. Start talking to yourself RIGHT NOW! Pepper your mind with the thoughts you want to imbed. Say your daily affirmations out loud and with enthusiasm. Enthusiasm is the emotion that opens the door from your conscious mind to your subconscious mind. Do this again and again and again. The rule is

RRR: Repeat, Review and Regularity (not talking about going to the washroom!). The intention is to do this until what you say or think sticks and you become who you want to become.

## VALUE OF SELF-AFFIRMATIONS

Affirmations are healing, positive self-scripts you tell yourself to counter all the negative thoughts that you have been programmed to believe or have repeated to yourself over and over again. They are vehicles by which you can free yourself from the overdependence of other's opinions, attitudes or feelings about you and to begin to feel really good about yourself. They are the thoughts that enable you to let go of negative emotional baggage that you may be carrying or limiting beliefs, which may be keeping you from achieving your full potential. Affirmations are how you give yourself permission to grow, to evolve, to take risks, to rise up AND



to create a healthier, happier and more fulfilling life for yourself. Affirmations are pivotal, self-expressions that help you regain control over your own life. Most important of all, self-affirmations are success prophecies that when visualized, imagined and believed—come TRUE!

## HOW TO PRIME YOUR MIND WITH AFFIRMATIONS

1. *Speak with emotion and say them "out loud"*
2. *Slow normal cadence of speech (take your time saying and feeling it)*
3. *Emphasize "I can", "I will" and "I am"*
4. *Do your affirmations at the start of your morning power hour or at any time during stressful or critical times.*

## 7 AFFIRMATIONS TO GET YOU STARTED

Try these 7 out until YOU create ones that work for you.

**I can do anything I want to do!**

**I am magnetized to abundant health!**

**I take full responsibility for me!**



I am worthy!

I am abundance!

I am peace!

I am love!

Finish with: YES, I CAN! YES, I WILL!

YES, I AM!

## MEDITATIONS

The practice of doing a simple daily meditation allows you to slow down your “screaming” left brain, which ties you to your past. Meditation allows you to experience more inner peace. It opens you up and allows you to use intuition and creativity, which creates greater balance in your life. Meditation builds concentration, focus and mind discipline. A disciplined mind is a tool you can and SHOULD use. An undisciplined mind uses YOU as the tool!

## HOW TO GET STARTED WITH MEDITATION:

While there are numerous forms of meditation, I would recommend that you start off easy, with the intention of building your confidence.

1. *Sit down or even lie down and close your eyes.*
2. *Take a few (that means at least 3) really deep breaths. Inhale through your nose and exhale through your mouth.*
3. *Purposely focus on relaxing any tension that is in your body. (keep breathing .. it makes life easier!)*
4. *Be patient with your mind. Slowly count backwards from 10 to 1 and with each number try to relax more and more.*
5. *Stay focused on releasing tension and keep your mind open for inspiration. If your mind wanders ... welcome to the club – it happens to everyone. Acknowledge that your mind has wandered and reset. As you do this more often it gets easier and easier!*



There is no right or wrong way to meditate. As you make this a part of your daily rhythm you will begin to tap your inner potential: better health, more fulfilling and loving relationships and maybe even a prosperity consciousness with the ability to attract all that you want with effortless ease!

### VISUALIZATIONS

Visualization is the process of holding a thought in your mind until that thought creates a mental picture or image that allows you to "be in the picture" and "mentally experience" the thing you are thinking about. Visualization has been referred to as "applied imagination," that is, using one's imagination in a specific way to facilitate the creation of a desired result. The difference between affirmations and visualizations is that affirmations are deliberate thoughts you choose to imbed in your subconscious mind. A visualization is a moving picture of what you are attempting to create.

Ideally you should see your visualization in "color" and see it "move" in order to maximize the impact. This generates an energy and belief that begins to attract into your life all

the people, places, circumstances and things that you desire.

### THE STEPS TO VISUALIZATION

- 1. Sit down and close your eyes. Take a few breaths. Tilt your head up as if you are watching a movie at the theatre.*
- 2. Imagine a theatre screen with drapery around the edges. Imagine your movie and you as the director with the ability to direct the outcome ... so cool!*
- 3. Example: If you are not as fit as you would like to be, picture yourself with the ideal body, ideal outfit that flatters your body, imagine the strength, energy and vitality you have with that body ... who is watching you as you walk past and wishing they had that body? Have fun with this, you are the A-List actor/actress of your visualizations!*

Maxwell Maltz in his famous best-selling book *Psycho-Cybernetics*, says, "the human mind cannot tell the difference between an actual experience and one imagined in great detail." OOOOh the potential with this is HUGE.

So there you have it, the “how to” for an amazing power hour! Simple: 20-20-20 rule:

**20 minutes of Exercise**

**20 minutes of deliberate education or learning**

**20 minutes of mind blowing affirmations, meditation and visualizations.**

***WHEN NONE OF THIS WORKS ... REALIZE YOU ARE HUMAN AND ENJOY THIS PERSONAL SHARE FROM A BLOG POST IN 2010 at [www.DrCelinaTalks.com](http://www.DrCelinaTalks.com):***

**Slept through my Power Hour: It was my best one yet!!!**

*By Dr. Celina Spence on September 7, 2010*

Unconventional truly should be my middle name... but alas, it is Celina!

Today I spent 58 of 60 minutes sleeping through my producer power hour and I feel more balanced and ready for the day than I ever have. What happened? I am so glad you asked, but let me give a little pre-amble as to what happened over the past 12 hours to set the stage.

Last night my husband, Mike, and I reviewed

the presentation by Bruce Lipton, “The Biology of Belief – Lite”. I am getting ready to share this information with up to 200 patients and friends on Wednesday. So as we are watching my stomach starts to get “tight” and I start to squirm. There is that word again – EPIGENETICS! My mind starts to race and I start to beat myself up about all of the things that I have not done with my boys; who are 5 and 3. What? Most of their programming will be set by the time they are 6! So, as usual, I am brutally honest with myself about the things that I have not done. I am working myself up as I discuss all of the changes that “we” (it is in the marriage contract) are going to have to do in order to become better parents.

I mention that I am particularly concerned about Graydon, my 3 year old. He is obstinate and it is truly his way or the highway. I am terrified that society will label him as difficult because he isn’t like other children. To me he is exceptional – he knows what he wants, he communicates what he wants and he will go through whatever emotional or physical pain he needs to get what he wants. The best part though, when he gets what he wants, he relishes in it. He loves every



minute of his accomplishment. Isn't this what every enlightened adult strives for? I am sure it is, but at 3, Graydon is in for a rough ride.

So Mike and I head off to bed, not really saying a lot because my mind is still racing. Our routine before bed is to say what our "high" for the day was. Mike's high was letting Levi go around the block by himself for the first time as well as Levi riding his bike without training wheels for the first time. I struggle with my high as I am still "bothered" about the things I haven't done. I then say my high is that I have done some things right with Graydon as his Mom. I encourage him to go for it, even when he might fail. I laugh when he is funny, even when I shouldn't because invariably it is because he had done something wrong. I love him for being him and I truly don't want him to change.

We then go to bed and I fall asleep committed to being an even better Mom to my boys. I feel light with the knowledge that I am doing a good job being present. I am ready to receive the messages that God and the Universe are sending me.

*.....here is the part where I sleep through my power hour.*

It is 5:29AM and I hear from Graydon's room, "Momma, can you come play with me?". It was too early for him to be awake so I go into his room and see that he is uncovered and cold. I snuggle into him, pull the covers over us and he promptly goes back to sleep. So, it is decision time. Gray's face is resting on mine, he is wrapped around me for all he is worth and I can't imagine being any other place on earth more rewarding than this. I start my gratitude journal in my head and I FALL ASLEEP. He gets up for breakfast one hour later and as he is eating and without prompting he says, "I love you Momma, you're the best." I don't know if I have influenced his epigenetics – but he has changed mine.

So, I miss my power hour and guess what happens? I am behind, I am rushing, I don't accomplish 1/3 of what I intended to get done (all of the things that happen when you ignore your power hour). However, I am happy, I am fulfilled and I know both consciously and sub-consciously, I have done the right thing – I slept through my power hour!

My call to action for you – listen to yourself, be unconventional, embrace the consequence and love for the sake of loving.

From Within,  
Dr. Celina

*PS You will get a kick out of this: I have not proof read this blog. I ran out of time because ... I didn't do my power hour. Read it anyway – perfection is getting it done and sharing not grammar and spelling:)*

*PSS Epigenetics huh? I just figured out why Graydon loves ACDC ... it is all I listened to while I was pregnant! Nothing like 80 s rock and roll to stimulate an embryo!*



# 7. Leverage Yourself To Exercise

*"The greatest accomplishment is not in never falling, but in rising again after you fall." -Vince Lombardi*

Leverage is one of my personal strengths. It is sad to say but I often HAVE to leverage myself to exercise. Yes, I have a physical education degree, a chiropractic doctorate and I played university sport but I still have to leverage myself to exercise!

One of the ways I have done this is by making exercise a work project and if you are in the Truro, Nova Scotia area I encourage you to join us (all of the information is located at [www.well-withinchiropractic.net](http://www.well-withinchiropractic.net)). I organize run clubs, yoga clubs and boot camps as much for me as for my patients and community. I will NEVER skip work or put work off to a more convenient time and this way it forces me to participate. It never ceases to amaze me what I will do for others and what I won't do for myself. I have learned that I am not alone with this belief.

One of the challenges that I have seen with thousands of people who have approached me over the years with questions about exercise is not a lack of a desire, but actually a lack



of awareness with regards to what they should be doing for exercise. I think it is important to mix up the muscles and keep them guessing and adapting. Exercise should be done every single day for

one hour ... yes every day! Yes, cardio and strength training are important, but how you incorporate them is totally up to you. I think full body workouts are the best. Bootcamp programs, Crossfit exercise, P90X are all great. I love to play competitive sports like basketball that use both cardio, speed (although I am not as fast as I once was), power, endurance and strategy. It is a combination of everything my body needs. Adding a yoga class is great for activity that takes the body

out of just bi-planar activity into all the planes and ranges of motion. This is equally good for the brain and the body, as it helps to stimulate more areas of the brain.

In addition, many parents ask me when the best time for their child to begin exercising, and my response is simple, "in utero!" We are designed to move and should do so as much as possible at every opportunity possible. Children learn through movement. I would love to tell you that exercise will tire them out and make them easier to "manage," but here is the reality ... the more fit they get, the more exercise they need to wear them out! What an amazing problem to have, a child that is too healthy to wear out ...I love it!

Living in a house of men (Levi, Gray & Mike), and having a personal competitive streak a mile wide, means that we search for activities that express these attributes. In our house, we do family "**smack down**". Imagine four corners and four Spence's ready to do what it takes to pin the other one down. We wrestle hard until there is a champion. It is so fun

and we get to hold each other, work up a sweat and learn how to win and lose and to play by the rules. Side story, we are still working with Gray as he has learned early to fight dirty to make up for being the youngest. He is a little scrapper and has already learned to use his brain to accomplish goals; in the meantime Mike and I have had to deal with the "**cheap shots**" from our youngest son ... too funny!

Exercise does not mean having to go to the gym and or being miserable. It can be a family walk, waterslides, rock climbing, family yoga or just about anything else you can imagine. On the East Coast "**clam digging**" can be a family exercise event.

The goal is to do something together, preferably outdoors involving movement.





***"I am willing to exercise, but how can I make this fun?"***

The best exercise is exercise you don't realize you are doing! It should feel like play. Involve your favorite people. Laughter yoga is considered exercise and all you do is laugh your butt off ... nice side effect. Zumba is considered exercise even if it resembles what you look like after having had one too many drinks. Go shopping ... walk the hallway, take the stairs, park at the end of the parking lot and try everything on! Mow the lawn, stack firewood, wash the car ... do things that you enjoy but do not "mentally feel" like exercise.

The best way to stay motivated is to make it a part of your DAILY routine. Just like brushing your teeth (I hope you are doing this daily) and eating. A colleague of mine made me laugh when he said, "I exercise every day because it is easier than every other day. Can you imagine trying to eat every second day? Just exercise every day!" It has been said it is easier to have a habit 100% of the time than 90% ... there is some definite wisdom in sarcasm!

Other key motivators are **SMART** goals set around fitness; *Specific, Measurable, Achievable, Realistic and Time sensitive*. I also love to go from event to event. I may plan a 5 km fun run or plan to hike a 10km on a vacation or to look my very best at a family reunion. Little motivators to keep me engaged.



**"THE DOCTOR  
OF THE FUTURE  
WILL GIVE NO  
MEDICINE,  
BUT WILL INSTRUCT  
HIS PATIENT  
IN THE CARE  
OF THE HUMAN FRAME,  
IN DIET AND  
IN THE CAUSE  
AND PREVENTION  
OF DISEASE."**

**THOMAS ALVA EDISON (1847 - 1931)**


© WORDS & UNWORDS

## 8. The Best Kept Secret - Chiropractic

*"The definition of insanity is doing the same thing over and over and expecting different results" - Buddha*

The body is a self-healing, self-regulating organism. In order for the mind and body (a form of universal intelligence) to have optimal healing and function (matter) you need to be free of interference which comes in the form of an adjustment (force).

I have now been getting adjusted for over 30 years (amazing considering I am still only 29) and I have to tell you, I CANNOT imagine life without it! Getting adjusted removes "nervous system interference," which limits the body's ability to either heal or perform. Getting adjusted also has the best side effects in the world ... **check it out:**



### Chiropractic Adjustment Fact Sheet

<b>Active Ingredient</b>	Innate Intelligence (270 mph)
<b>Purpose</b>	Optimal health and wellness
<b>Uses</b>	
Eliminate Acute/Chronic Subluxation Syndrome (ACSS) caused by: •Physical stress •Chemical stress •Emotional stress	
<b>Warnings</b>	
Tell your friends and family <i>immediately</i> if you notice: •Increased energy •Decreased stress levels •More restful sleep •Improved concentration	
Tell your medical doctor and/or pharmacist: That they'll probably be seeing less of you in the future.	
Chiropractic care can may cause you to experience: •Elevated mood •Persistent positive attitude •Reduced drug use •Sudden interest in proper nutrition •Increased productivity •Exercise Induced euphoria •More stamina •A rapid increase in quality of life	
If pregnant or breast feeding: Don't worry. Chiropractic care is extremely <b>safe</b> and <b>important</b> for you and your baby.	
<b>DO NOT</b> keep out of the reach of children: Chiropractic care is extremely important for children too.	
Be careful when operating a motor vehicle: Other drivers may be under the influence of pharmaceutical drugs that can impair their ability to drive.	
<b>Directions</b>	
Adults and children 12 years and older	Use as directed to restore and preserve health
Children 6 years to under 12 years	Use as directed to restore and preserve health
Children 6 years and under	Use as directed to restore and preserve health
<b>Other information</b>	
Persons under chiropractic care often experience an overwhelming urge to share chiropractic benefits with family, friends and loved ones. This behaviour is encouraged and might be the answer to their prayers.	
<b>Other common side effects of Chiropractic Adjustments</b>	
Neck and back pain relief.	

**Be Fit. Eat Right. Think Well.**  
68 Robie Street, Truro, NS B2N 1L2 P 902-843-3445 F 902-843-3301 [www.wellwithinchiropractic.net](http://www.wellwithinchiropractic.net)

Personally, I get adjusted at least once per week. The usual is 2 to 3 times per week. My boys get adjusted at least once a week and they get checked for vertebral subluxation



daily. It is a much a part of my life and my rhythms as brushing my teeth. I CANNOT imagine my life without the power of the adjustment. After all these years it still amazes me that I can already "feel" great and then get adjusted and "feel" 10 times better than I did before. My husband is grateful as well because the adjustment can take me from being "cranky" to happy ... instantly! Funny, he never says he is too busy or not interested in getting me adjusted!

***"Chiropractic sounds awesome, but when is the right time for my child?"***

It has been said that "as the twig is bent so grows the tree". I know that the boys are experiencing optimal health and wellbeing and that Mike and I are providing them with advantages in life because of our chiropractic lifestyle. They are healthy, active (sometimes too active) and vibrant because they get adjusted.

A perfect example of the power of chiropractic took place when one of the boys had a fall and had a concussion. Within an hour he started having a belly ache and complained of having a headache. He didn't eat supper and started getting really "crusty".

My husband adjusted his neck and the results astounded even us! Within 2 to 3 minutes, his appetite was back and about 10 minutes after that he was back to his normal happy self. It really took me back, even after all these years and all my training, at how massive the results and response to the adjustment can be. What made this even more powerful was the thought of what would have happened if we had not adjusted him ... too scary to think about!

## *My Final Thoughts on Chiropractic...*

As you know, I believe everyone should be under regular chiropractic care, but just as important as the adjustment, is the person providing the adjustment. Therefore, find a chiropractor who shares your values. Ideally you want to be with a chiropractor who helps you understand how you heal and what gets you to your greatest health potential. The chiropractor must speak to you in a way that makes sense to you. Most importantly, be around a chiropractor who celebrates YOU, not tolerates you. It is your life and you get to choose how you want to live it.



"A Year  
From Now  
You Will  
Wish  
You Had  
Started  
Today."

Karen Lamb

[www.facebook.com/LiveStrongLiveLean](http://www.facebook.com/LiveStrongLiveLean)



# ***THANK YOU***



*So there you have it! I have made fun of my mother in law, admitted to eating chocolate chip cookies, sleeping through my power hour and that I have to leverage myself to exercise...all done to inspire you to become the 8th wonder of the wellness world.*

*My soul purpose is to be, feel and enjoy so that I may inspire the world to be feel and enjoy. My deepest wish is that YOU have found little tidbits of information in this e-book that help you do the same.*

*Thank you for taking your precious time to help me share my purpose. I look forward to meeting you in the cyber world or in person very soon.*

*From Within,*

*Dr. Celina*