



Your Body Is The "House of Health And Wellness" – What Condition Is Your Body In Today?

How do you feel when you jump out of bed in the morning? Full of vim and vigor? Or are you sitting on the edge of your bed and counting all the aches and pains that are there and wondering "Should I just climb back into bed?"

Feeling healthy and mentally alert is how we should feel every day. Ready to meet the world head on. For the vast majority of us, the opposite is true. Yes, there are some of us that have true medical issues that bring on aches and pains, headaches, or physical maladies that we can't control. Look around – and see how many individuals, both women and men, are unfit, terribly overweight, and struggle to do just our daily tasks of living. Is there really an answer to these issues? And who would know about them? A great place to start is by talking to **Dr. Sean Felton of Hammond Chiropractic.**

Hard to believe that Sean has been a Prospector for 5 years now. We've seen him join as a small business owner himself with his own practice. Early on, he learned the business side traditionally on the West Coast. Sean has discovered he exists on both traditional and non-traditional beliefs. He said he became a better citizen and a better businessperson with his experiences he encountered. His roots were from two different worlds – pop culture / hippie / earth-

driven parents to Southern Bible-belt grandparents.

Sean found that being in business on your own has its list of challenges. After several years, he turned to several of those in the Prospectors that helped him by forming a Master Mind group. That led to him rethinking his business philosophy and finding a new partnership at Hammond Chiropractic, which has turned out to be a great fit for all involved.

There has been a new shift in today's healthcare. We have gone to masking our symptoms with the huge use of pharmaceuticals. Sean believes that way too many prescriptions are written as a simple fix to complicated health problems.

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Weekly Newsletter

www.prospectorsclub.com

June 25, 2015



**WE ARE AT DEER CREEK CC,
7300 WEST 133RD, OPKS;
MEET UP AT 7 AM; BREAKFAST
AT 7:25; SPEAKER AT 8 AM.**

SPEAKERS SCHEDULE

See Page 2

**REFERRALS, IDEAS,
SUGGESTIONS, AND
"POSITIVE
REINFORCEMENTS"**

**Rich Sirna of Sirna Brothers
Hauling**

See Page 3

THANK YOU'S
See Page 8



UPCOMING SPEAKER SCHEDULE

Here is a list of our upcoming speakers. Please note some events are evenings or away from Deer Creek CC.

ARE YOU INTERESTED IN JOINING PROSPECTORS?

Give Chris Pickering, our Membership Chairman a call at 913-647-9019 or email at cfp@pickeringlawfirm.com before you visit our group so we can make sure there are no category conflicts with our current members.

June 25th – Keith Steiniger of Proforma IDology Marketing Group at Deer Creek CC.

July 2nd – Meeting to Celebrate our Red, White, and Blue at Deer Creek.

July 9th – SPECIAL BREAKFAST AT Kevin York's home.

July 16 – TBA

July 23 – NO MEETING – T-BONES BALLGAME AND TAILGATE.

July 30 – Ed Hutchison of Frechin Pest Control at Deer Creek

August – all open dates

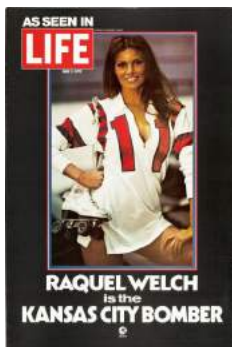


REFERRALS, IDEAS, SUGGESTIONS, AND “POSITIVE REINFORCEMENTS”

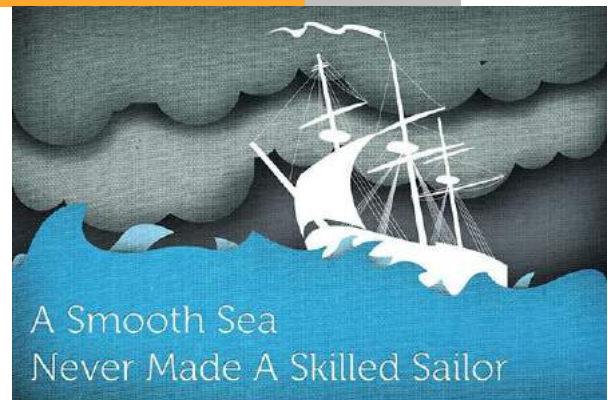
THIS SPOTLIGHT MEMBER OF THE WEEK is Rich Sirna of Sirna Brothers Hauling. *Let’s change our focus a bit* and give a member each week at least *one referral, or a suggestion or idea to help them improve their business*. Really try and give Rich the best information you can. New ideas, thoughts, or referrals. And Rich - *you be OPEN to accepting all the benefits we are ready to give you*. Here’s his info: - phone is 913-484-9564 and email is sirnabros@hotmail.com

Trivia Question:-

What sport was featured in the film “Kansas City Bomber” ?



QUOTE OF THE WEEK



The only Arab country that does not have a desert is Lebanon.

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A more holistic approach is to incorporate meditation, yoga, and deep breathing to give your body a chance to re-energize itself. All of these can help regenerate our nervous systems. There are three things that Sean says can help each of us stay healthier:-

- 1)- Breathing – it has been shown that proper breathing and exercises that are done on a regular basis helps control pain, depression, and anxiety.
- 2)- Posture and movement – our society is so much more laid back in getting up and moving because we are tied to our televisions, game monitors, or computers. We now have something called texting syndrome, which is a pain in the neck and upper spinal area from leaning forward so much as we text and use our iPhones and smart phones. We should try and get some form of exercise every day – even just 30 minutes of walking provides so many benefits to us.
- 3)- Water – half of our bodies is comprised of water. So, you should be drinking about one ounce of water for every two pounds that you weigh (200 pound

person needs to take in 100 oz. of water per day). Try to use a glass or stainless steel container to drink from, and buy bottled water or use a filter. Tap water has between 200 and 300 chemicals in it.

So his best advice is to watch what you put into your body. Ideally, if it has a label attached to it, DON'T EAT IT! If you can recognize what it is and know what it is, then you can eat it. Sean knows that is not realistic for most of us, but if he can at least get us thinking in that direction, any small changes will be greatly beneficial to us all.

Lots to ponder over – let each of us begin to take account for our actions by exercising and watching what we put in our bodies, and let's see what difference it makes. Take a chance – listen to Sean and you'll be thanking him in 6 months. If you need more information, take ten minutes and give Sean a call; he'll be glad to get you headed down a new road to great health and wellness.

HEY – DO YOUR PART –

MAKE SURE WE ALL SIGN THE THANK YOU SHEETS !!!

BE A PART OF THE BEST NETWORKING GROUP IN JOHNSON COUNTY – COME JOIN YOUR FELLOW PROSPECTORS THIS THURSDAY

UPCOMING EVENTS:-

Several After The Facts are being organized for the near future – watch for details soon.

T-Bones Family Night – (Tentatively) Thursday, July 23rd Game at approx. 7:05 pm with a Tailgate from Coach's before the game in parking lot. – BE SURE TO GET YOUR TICKETS PAID FOR EARLY.

PBC Annual Golf Tournament – Friday, October 2nd at Deer Creek CC. (There is no meeting on that Thursday, Oct. 1st). Tee times will be announced closer to date. Plan on joining us for a great After Hours at Coach's South after golf (around 5:30 pm).

**Christmas Party Saturday, December 5th, 2015 – SAVE THE DATE
At 1520 Grand on Downtown KCMO !!**

PROSPECTOR EVENTS / NEWS / CHARITABLE CAUSES

Village Flower Company is looking to expand our staff with an experienced retail sales person. Must have good verbal and written communication skills. Will need to be able to multi-task and use a point-of-sale terminal for orders. This is a part-time position. Average week would be 20-25 hours with more during the holiday season. Call Cindy at 913-722-1325 for details.

Prospector's Breakfast Club

Attendance and Thank You's

Meeting Date:-

June 18, 2015

PLEASE PLACE "X" IN FRONT OF NAME IF ATTENDING MEETING

Adams, Linda Sen Felton, Bradlee Twigg, Mike Kopplin, Heidi Stamm, Alan Goodheart, Alan Herzfeld, Eric Brown, Chris Pickens, Ken York,
 Airey, Douglas

Ashurst, Chase & Amy Chris (Jen), Mike M, Alan H, Erin B, Keith S, Neil S, Amy W.
 Beckner, Pat

Bell, Jim Alan H, Jeff M, JFK, Matt P, Neil S, Pat B
 Belzer, Dan

Boehringer, Kevin

Bovard, Zach Steiniger, Phoebe, Koko, Terstriep, Dettmer
 Brosseit, Mike

Brown, Erin Stephanie, Sheri, Das, Linda, Mike Darby, Matt Phoebe, Janine, Chase + Amy, Rich
 Cocherl, Stephanie

Cunningham, Rick Phil G, Neil S, Alan H.
 Cussen, Kathleen

Darby, Mike Keith, Jeff, Das, Jenny, Rick, Erin, Matt, Chris, Stephanie, Kevin Janet, Mike Brosick, Neil, Prospectors Board, Rod Foster, Rich Simon

Dayal, Vivek Das H, EBH, Cliff OB, Rich S, Chris P, Kevin Y, Matt P.
 Douglas, Kyle

Eckinger, Bill

Eidson, Ken

Emerson, Bill

Felton, Dr. Sean Neil Stamm, Rich Simon, Brad Twigg

Foster, Rod

PLEASE PLACE "X" IN FRONT OF NAME IF ATTENDING MEETING

Giordano, Phil Damon B, Mike M, Rick W, Rick C

Sherrill M, Jeff M
 Goodheart, Alan Adams, Edison, Shelton, Stone

Goodheart, Bruce _____

Hardin, Das Mike D, Barto, Christ, Alan H, Vank D, Rick S, Mike B, Ken E, Eric B.

Hawkins, Darryl NEIL S, KEVIN Y, BRYAN R.

Heriford, Alan BILL E, Rick S, Rick C, Ashurst, Kevin Y, Das H, Jen S, Jim B, JFK, Keith S, Kevin B, Linda A, Matt P, Mike D, Pat B, Rick W, Phil F
 Holk, Dan _____

Holland, Ed _____

Hutchison, Ed Mike D, Keith, Linda, Rick

Kennedy, John F. _____

Kopplin, Mike Linda A, Neil Spencer, Kevin York
Eyle D

Mellott, Mike Giordano, Wolkstein

Morgan, Jeff Mike Mellott, Dan Holk, Janet Sma, Mike Derby, Linda A,

Mortko, Sheri Keith, Rick, Erin, Janine, Jen, Linda, Stephanie

O'Bryan, Cliff Y. rok Dayal, Kevin York.

Oettmeier, Dr. Bert _____

Phar, Matt Zach, Keith, Rick, Kevin Y, Janet Erin, DAS
Alan, Mike Derby, Jim B

Pickering, Chris HARDY, Bill, SHELTON, ASHURST, STEINIGER, BROWN, BOUATS
BOARD, JIMMIE

Rapp, Bryan Janine, Rick Wolkstein, Chad, Mike Derby, Zach Board, Darryl

Runyan, Joe _____

Ryan, Pat _____

Shelton, Jennifer Mortko, Wilkinson, Teustrip, Ashurst, Steiniger, Sirna,
Derby, Pickering, Kristof, Adams, Goodheart

Sirna, Richard Heriford, Goodheart, Yolk, Conner, Stenger, Stone, Mortko,
Payal, Foster, Pruey Bell, Foster, Buelow, Mellott, Truitt, Holsvold

PLEASE PLACE "X" IN FRONT OF NAME IF ATTENDING MEETING

X Spencer, Neil Chase Ashurst Jim Bell Rick Cunningham Mike Darby Sara Felton Daniel Hawkins,
Alan Herford, MIKE KOPUN, Janine Terstriep, Rick WOLVERTON, Kevin York

X Steiniger, Keith Wolverton, Darby, Phoebe Adams, Ashurst, Hodgkinson, York,
Terstriep, Mortko, Giordana, Bell

X Stone, Janet Kevin Y, Jeff M, Alan G, ANN, Bev, Mike D,
Rich S

Terstriep, Janine Rick, Neil, Sheri, Stephanie, Erin, Linda, Kati,
Zack, Carol Jean

X Trondson, Chad R. Foster, R. Wolverton, B. Rapp, A. Goodheart

Twigg, Brad Sean Felton, Jeff Morgan, Linda Adams

Webb, Tyler

X Wilkinson, Ann Dwayne Skilton, Chase Ashurst Janet Stone,
Mike Rossiter, Kyle Ashurst, ~~Mike Ross~~ Mike Ross

Williamson, Beverly

X Wolverton, Rick ED H. KEITH S. SITERI M. ALAN H. BRYAN R. COOPER JENN
CHADET. MIKE M.

X York, Kevin Vivell S, Mike K, Keith S, Mike D, Matt P, Jeff M,
Janet S, Neil S, Alan H, Cliff Darian

GUESTS

Name	Name of Business	Your Position (owner, sales, etc.)