



# Season's Greetings

# Sleep Better & "Stay Well" This Holiday Season!

**Our goal is to keep your spine properly aligned and pain free so you can enjoy restful nights and more productive—and festive—days...naturally!**

Why feel "ho hum" for the holidays when you can have a **happier, healthier** holiday season!

Let's face it: you can't be sleep-deprived, sick, in pain, and feeling "weird" on sleeping pills or painkillers...and *still* feel like celebrating.

When it's hard to sleep or if you struggle in any way because of musculoskeletal pain, headaches, aching joints, or restless leg syndrome...**we can help.**

## Stop Tossing and Turning All Night!

Some 30 to 80 percent of people with chronic pain will have some type of depression. You could be feeling anxious or "blue" around the holidays for a lot of different reasons. After all, it's a stressful time of year.

However, if chronic pain is getting you down—or keeping you up at night—don't wait another minute to give us a call.

By addressing the structural cause of your pain, we can control it *naturally.*

Getting adequate sleep every night is essential to **regulate your stress hormones and to heal from an illness or injury.** Appreciate the value of every hour of restful sleep you get!

**Celebrate the season in good health. Call now!!**

# Season's Greetings... FROM OUR FAMILY TO YOURS

## "My Chiropractic Maintenance Makes a Difference!"



by Faith Etherton

As I have learned over the years, **Chiropractic maintenance makes a difference!**

After my maintenance visits, I feel immediate relief. Keeping up with them **keeps me pain free.**

I enjoy going to my Chiropractor. The entire staff is great. The office gives me a sense of comfort and peace. They fit me in anytime I need an adjustment. ❖

## "Chiropractic Healed My Whiplash!"

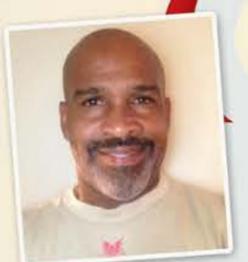


by Nicole Welsh

I started seeing my Chiropractor on a regular basis, and within about a month, I saw a significant change in my pain. **With regular adjustments, stretching and exercises, I got back on track.**

I couldn't be happier now! My Chiropractic experience gave me pain relief, and for that, I will always be grateful. **Anyone with problems like mine should try out Chiropractic.** ❖

## "I'm 95% Pain Free!"



by Stefan Cravens

After a thorough exam and x-rays, my Chiropractor started me on an adjustment program.

**Within a month, I was 95% pain free.** It was so much more than I had expected! **I can continue enjoying sports and being active, without the discomfort.**

I am so happy that I took a chance on Chiropractic treatment. **I continue with maintenance adjustments to keep me active and healthy.** ❖

## "It Really Worked!"



by Kraig Chiles

I assumed the pain was from sleeping on a soft mattress. But when the pain became persistent and started interfering with my daily activities, I tried Chiropractic.

**After the third adjustment, I was already feeling so much better.**

**I'd have to say that I'm 90% better.** I'm back to playing sports, exercising and fishing—none of which I was able to do before having my spine adjusted. ❖

## HELLO I am... your Spine

## ...And Here's My Holiday "Wish List"!

If I do say so myself, I am a remarkable combination of bones, ligaments, tendons, muscles and highly sensitive nerves. I make it possible for you to bend, lift, twist and reach. Try getting through the holidays without *those* moves!

So here's what tops my wish list...

### "Please don't tough it out!"

I may not talk, but I do communicate! **Pain is one way I tell you something's wrong.**

### "Give me a break!"

Sitting puts up to 90% more stress on my lumbar discs than standing. **If you sit a lot while working or traveling, please take frequent breaks.**

### "Prevent injuries!"

Warm up before exercising or working out. Unless you're a pro-athlete, don't push your limits. Use your arms and legs to lift bulky boxes and bags, keeping the items close to your body.

### "Don't skimp on your Chiropractic care!"

I know you're crazy busy. But perform everyday activities—like shopping, showering, and putting on shoes—I need regular spinal adjustments to keep you flexible and moving freely, not just for the holidays, but the whole year long!

Sincerely,  
**Your Spine**

P.S. You're welcome!