

Chiropractic

NATURAL HEALTH™

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This ONE "New Year's Resolution" Can Revitalize Your Whole Life!

Gear up for feeling great in 2016...and beyond!

Routine spinal care, along with our advice on nutrition, exercise, and healthy lifestyle choices, can improve your well-being and longevity!

William M. Sears, M.D., studied the secrets of people who've lived 100 years or more.

He found that, in addition to healthy habits, they had something else in common. They made their health—*their hobby*.

This year, why not focus on making your health your hobby too, with your personalized Chiropractic Wellness Plan. The lifelong rewards are immeasurable!

Imagine how much more productive, meaningful, and enjoyable your life can be...

living pain free and in good health. We can help make that happen.

Why You Need Us!

Even if you have no symptoms, you can't be totally healthy when your spine is out of alignment or fixated (stuck)!

Your cells, organs and bodily systems rely on properly functioning nerves and joints to express your full health potential.

Your nervous system travels through your spine, which plays a vital role in your physical and emotional well-being.

A series of Chiropractic spinal adjustments **can help ward off pain, stress, and potential health problems.**

"Get Well" and Stay Well!

Let's face it: When you're in pain, woozy from pain meds, or feeling sluggish—you're not as "well" as you could be!

Our patients typically see us, initially, for pain relief but stay for the lasting health benefits!

One study of an insurance database compared individuals over age 75 receiving Chiropractic care with non-Chiropractic patients.

The Chiropractic patients reported better overall health, spent fewer days in hospitals and nursing homes, used fewer prescription drugs, and were more active than non-Chiropractic patients.

**Live a fuller life—
now and down the road.
Call today!**



Stop Your Pain! Feel Healthier!

Your 3-part program of Chiropractic care can enhance many aspects of your health, including natural pain control, slowing down disc degeneration, and strengthening your immune system!

1 Initial Intensive Care

2 Rehabilitative Care

3 Wellness Care

Initial Intensive Care

This acute phase of care is designed to **get you feeling better and resuming a more normal routine** as quickly as possible by:

- Reducing inflammation
- Providing immediate pain/symptom relief
- Restoring more normal joint movement

As improvement is reached, you'll likely need less frequent treatments. However, you may require ongoing care to fully recover.

Rehabilitative Care

The second phase of care is provided for chronic or recurring issues. Rehabilitative care is intended to **alleviate your symptoms and restore your highest possible level of function.**

The goal of this stage of care is to:

- Facilitate your body's natural ability to heal itself
- Improve circulation
- Stabilize injured or weakened areas

Your completed rehab program can help you:

- Continue your activities of daily living
- Halt further disability
- Slow down spinal degeneration
- Stand/sit/walk with comfort
- Sleep better
- Stay employed/active
- Avoid drugs and surgery
- Enhance the quality of your life

If your condition has developed over several years, it will take time to correct the underlying structural abnormality and fully heal injured tissues.

We urge you to stay with your ongoing program of care—even if you're not having symptoms—to ensure a more complete healing and avoid re-injury.

Wellness Care

This level of care will **help prevent future problems** from occurring and **help you maintain the progress you've achieved.**

We'll help you maximize your health through:

- Routine spinal exams and preventive care
- Chiropractic spinal adjustments
- Manual therapies
- Diet/nutrition counseling
- Lifestyle coaching

Preserve your spine, your health, and your money!

Make the shift from reactive "sickness care" to proactive "wellness care" now!!



That "TINGLE" in Your Hands... May Not Be What You Think!

small fingers, pain in the forearm and/or weakness in your hand.

But it's not just about flexed elbows while using cell phones.

The nerve has little padding so just leaning on your arm on a hard surface or sleeping with your arms bent can compress the nerve. Some people are born with a little extra muscle that traps the nerve.

Get Expert Help Now!

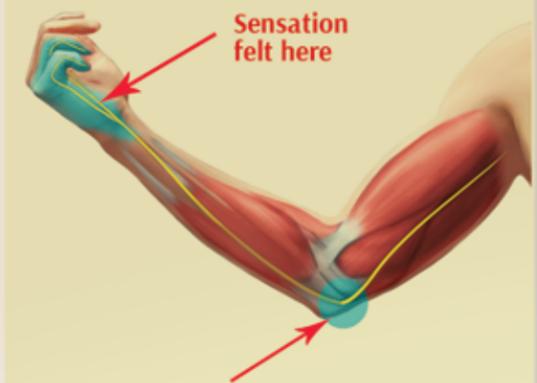
Cubital Tunnel Syndrome is not to be confused with tennis or golfer's elbow, which are forms of *tendonitis*. And it's completely unrelated to *Carpal Tunnel Syndrome*—caused by an irritation of the median nerve.

We specialize in balancing your musculoskeletal and nerve systems, *naturally*.

If you're experiencing any type of pain, numbness, weakness in your neck, shoulder, arm or hand, and to avoid surgery and the potential risk of nerve injury...

Give us a call TODAY!

Cubital Tunnel Syndrome



Sensation felt here
Compression of the Ulnar Nerve in the Cubital Tunnel

The ulnar nerve passes through a groove on the inner side of your elbow.

Keeping your elbow bent can choke off the blood supply to the nerve and cause inflammation. The resulting swelling creates less room in the "tunnel" and puts additional pressure on the nerve.

Spread the Word!

It's amazing how many people still don't know about the benefits of Chiropractic care. Please share this newsletter with your friends and family!

Wishing you a Happy, Healthy, Prosperous New Year!



"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.

I wouldn't dream of missing a visit, and I tell everyone I know who is in pain to try my Chiropractor! ❖