

..... July 2017

STUART CHIROPRACTIC

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Patients of the Month

Izaak & Sofia

Success Stories: Izaak came to see us with chronic breathing difficulties and eczema. Sofia started Chiropractic care for neck pain after seeing her brothers skin clear up and his breathing and sleeping improve! Learn how Chiropractic can help common childhood conditions like Eczema, asthma, constipation, ear infections. **Here is a hint** – the Central Nervous System (master controller) travels through the spine!



Your Grip Says a lot about your health!

Grip Strength is a biomarker for the aging process and can predict mortality and cardiovascular disease. In the elderly, the ability to hold onto something to prevent a fall, support yourself with a cane, walker or getting out of a chair is vital. Its never too early or too late to start improving your grip strength.

Purchase a grip strengthen at any sporting store and ask us to test your baseline strength!

Ayurvedic Medicine Management of Blood Sugar Levels

Are you a diabetic? Want to prevent diabetes and live a healthier life? Try this proven method for management of your blood sugar levels. Take two raw ladies finger, wash them. Cut the ends of the ladies finger and slit the ladies finger lengthwise without separating the 4 slits at the broad base. Immerse the ladies finger in a glass of water. Cover the glass such that the ladies finger gets immersed. Leave it overnight. In the morning remove the ladies finger from the water and drink the water on empty stomach. The water will be slimy with the addition of the mucilage sticky content of ladies finger. **Repeat this method for 2 weeks and then do a sugar test and check sugar levels.**



Quote of the Month

“ Give yourself permission to allow this moment to be exactly as it is, and allow yourself to be exactly as you are.

- Jon Kabat-Zinn -