**A family walking on a beach

Description automatically generated with medium confidenceBENEFITS OF ROUTINE CHIROPRACTIC CARE**

**TOTH CHIROPRACTIC AND WELLNESS 370 BROADWAY AVE STAR CITY, WV 26505**

**304 599-8228 TOTHCHIROPRACTIC.COM**

**CHIROPRACTIC AND HIGH BLOOD PRESSURE**

**MEET THE STAFF**

**YOUR IMMUNE SYSTEM**

**SLIPS AND FALLS**

**OUR GIFT TO YOU**

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**CHIROPRACTIC : FOR HIGH BLOOD PRESSURE**

**We are frequently asked if Chiropractic care can benefit high blood pressure. Your spinal column, made up of 24 independent vertebrae, is what allows your body to move, twist, and bend through every motion of your busy day. It also encases and helps protect the delecate central nervous system that controls the coordinates every muscle, tissue, and organ of the body. If there is even the slightest pressure on these delecate nerves it can caause all sorts of organic issues namely high blood prressure.**

**It is not uncommon for our patients under chiropractic care to experience a drop in high blood pressure as their nervous system balances. This occurs when two or more vertebrae are not functioning together properly, it is what many doctors refer to as a subluxation or a misalignment. These are actually joint dysfunctions that can casue you to experience pain, discomfort, or decreased mobility. Joint dysfunctions often go unnoticed and can cause miscommunication between your brain and body.**

**While there are many causes of high blood pressure the Chiropractic option has no side effects compared to powerful medications. It is our opinion and experience that the most simple and less harmful option need to be explored first. The first step in exploring this is a complete neurological, Chiropractic examination.**

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**JJ Virgins replace with VEGGIES**

**YOUR IMMUNE SYSTEM**

**Over this past year there has been much discussion rergarding the import of a strong immune system. This is especially important with the COVID situation still effecting the population. Several things can help boost your immune system to give your body the best fighting chance against COVID. While masks and social distancing can certainly be of benefit, of equal importance is your nutrition, vitimen intake, fluids and proper rest.**

**At the top of this list is a fully functioning nervous system. Why you may ask? Simply put your nervous system controlls everything in your body including its organs, breathing, blood flow, and its immune system function.**

**Chiropractors deliver a gentle, non-invasive, non-addictive therapy, known as a chiropractic adjustment. Chiropractic adjustments reduce joint restrictions or misalignments in the spine and other joints in the body in an effort to improve the function of your nervous system.**

**To see if chiropractic care is right for your condition, a consultation, examination and if necessarydiagnostic imaging such as x-ray. Based on the findings of our chiropractic exam and consultation, we will reccomend a plan of action to get this under control!**

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**YOUR CHILDS HEALTH**

**SLIPS AND FALLS**

**We are often asked why consider chiropractoic care for children? There are several answers to that. First and foremost many back and spinal issues in adults start forming at a young age. Slip and falls, sports injuries, some while minor are accumulative in nature. Just like a bank account if you make too many withdraws with out making equal or greater deposits, things start bouncing. The challenge is kids do not tend to experience symptoms as adults do, as such conditions build up over time.**

**Chiropractic care provides children with a safe, non-invasive, non-addictive alternative to prescription medications whcih are commonly prescribed. Chiropractic delivers a gentle, safe adjustment to reduce jont restrictions, or misalighments in the spine and other joints in the body in an effort to reduce inflammation and improve function of the effected joint and nervous system. By improving the function of your nervous system your body has the ability to better manage not only the sysmptoms but also the returning the body pain free and functioning normally.**

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**OUR GIFT TO YOU AND YOUR LOVED ONES**

**OUR GIFT**

**April continues our HEALTH PASS PROGRAM. This program entitles you, a family member, friend, or loved one to a first visit, including consultation with the doctor, exam, x rays if needed for the low investment of $25. To take advantage of this special program please contasct our office on receipt of this newsletter. This program expires April 31st.**

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**THANK YOU**

**A big thank you to all of our wonderful patients that refer their family and friends to us! We sincerely THANKYOU! We never know how something small can end up bring a big thing in a persons life. Our practices mission to help everyone we can to live a healthy, happy, pain and drug free life! WE SINCERLY APPRECIATE YOU!j**

**RELIEF/ RECOVERY / WELLNESS**

**INFANTS AND CAR SEATS**

**YOUR BIO**

**OUR GIFT TO YOU**

**Benefits of routine chiropractic care may include any of the following:**

* Improved Nerve Communication in the Body
* Improved Joint Motion and Coordination
* Improved Physical Function and Performance
* Improved Posture
* Relief from Back and Neck Pain
* Relief from Leg, Knee, Foot and Ankle Pain
* Relief from Arm, Wrist, Shoulders or Elbow Pain
* Relief from Stress and Tension Disorders
* Relief from Joint Discomfort
* Relief from Bursitis
* Relief from Arthritis
* Relief from Chronic Injuries

Chiropractic care promotes ongoing wellness by improving spinal and joint function often resulting in a healthier, more active lifestyle. With regular adjustments, chiropractic offers a host of preventative health benefits, and is vital for keeping your body balanced, flexible and functioning at its best. Everyone, from growing children to active seniors, can benefit from regular chiropractic care. With our convenient location and affordable wellness plans, choosing chiropractic care for the health of you and your family has never been easier.

A close-up of some fruits

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**Relief**

If you are experiencing aches, pains and or decreased range of motion, our licensed chiropractors will work to identify the source of the issue and eliminate joint restrictions, also known as subluxations. Subluxations can get in the way of proper nerve communication from the brain to the body–often resulting in pain and discomfort. While seeking relief, your doctor may recommend multiple visits per week, or until the pain is reduced. Your doctor will likely also recommend home therapies such as icing and/or stretching at home.

**Recovery**

Just because pain and discomfort begin to subside doesn’t mean you should stop receiving care. Muscle and other soft tissue damage may still be present even though the symptoms of pain are gone. Recovery care works to support the body’s ability to heal itself by maintaining proper communication throughout the entire body. During recovery, your doctor may recommend visiting one to two times per week as well as performing strengthening exercises at home.

**Wellness**

You’ve heard the phrase “no pain, no gain,” right? Well, chiropractic is a little different. Even when you are not experiencing pain or discomfort, you can gain from routine care. While routine chiropractic can help improve health and well-being; it can also serve as an early detection system for new problems. Once you’ve found relief and have fully recovered, your doctor will typically recommend maintenance visits along with a balanced diet and exercise regimen.

A picture containing person, indoor

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**Infants & Toddlers**

Time spent in the car seat is inevitable, but it should be limited as much as possible -- especially for little babies, who spend a lot of time either on their backs or being carried around in different contraptions. In fact, did you know that most car seat manufacturers state that your little one should not be in a car seat for longer than 2 hours in a 24 hour window?

Car seats are for a baby’s safety, but for extended periods of time they’re not ideal for their little spines. Lumbar spinal imbalances can result from the restricted postures the seat allows, and that can impact the development of your child’s spine. The tight fitting straps, while necessary, also add to the problem.

***Your Bio Goes Here***

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A picture containing text, person, indoor

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**OUR GIFT**

**AUGUST IS HEALTH PASS MONTH.** This entitles you, a family member, friend, or loved one to a first visit, including consultation with the doctor, exam, x rays **FOR $25!** Feel free to use it for yourself if it has been 4 months of longer since you have been in the office. To take advantage of this special program please contact our office on receipt of this newsletter and mention**!**  **HEALTH PASS!**

A big thanks you to all our wonderful patients that refer their family and friends to us! We sincerely **THANK YOU!** We never know how something small can end up bring a big thing in a person’s life. Our practices mission to help everyone we can to live a healthy, happy, pain and drug free life! **WE SINCERLY APPRECIATE YOU!**