



Health eNews

2023 January Issue | [Archived Issues](#)

Healthy news and information from HealthyWays Integrated Wellness Solutions.



New Year's Resolutions To Reduce Back Pain



The New Year is the perfect time to start making positive changes to your lifestyle and reduce back pain. Here are some ideas for New Year's resolutions that will help you take better care of your back:

Improve your posture – Be conscious of how you're sitting and standing throughout the day. Poor posture can lead to increased strain on your spine.

Exercise regularly – Exercising can help strengthen your back muscles, improve flexibility and reduce any inflammation or pain.

Stretch daily – Stretching can help to improve the flexibility in your back muscles and reduce any potential pain.

Get adequate rest – When your body is tired and overworked, it can be more prone to pain and inflammation.

Visit our practice – We'd love to help you with a custom care plan designed to help get you out of pain and into life.

Smile More This Year

As your partner in natural health, it's no secret that we want you to feel great-and that goes far beyond just relieving your pain. One of the best ways to ensure you smile more in 2023 is to engage in smile-inducing behaviors.

Here are 10 things you can do to make yourself (or someone you love) smile:

1. Give someone a compliment
2. Make a snack you loved as a child
3. Call a friend
4. Watch a sunrise or sunset
5. Clear your inbox
6. Listen to your favorite song
7. Give a hug
8. Celebrate your victories
9. Ask a friend to tell you a funny story
10. Play with a pet

In the new year, we wish you nothing but reasons to smile!



Easy Healthy Habits to Add to Your Day



Adding small, healthy habits into your day is an easy way to take better care of your body and improve your overall health. Here are three simple yet effective ways you can start taking care of yourself, reducing strain on your back and improving flexibility:

- **Take short walking breaks.** A 10-minute walk can help to release tension and stretch out your spine, reducing any potential pain.
- **Drink plenty of water** – Dehydration can cause increased muscle tightness which may lead to more severe pain. Make sure you drink at least eight glasses of water a day.
- **Sleep on your back** – It may be difficult to adjust to sleeping on your back, but it can reduce pressure on your spine and help you wake up feeling more rested. Invest in a good quality mattress and pillow that will provide you with the right amount of support.

Feature Articles



Friluftsliving: No, That's Not a Typo
Friluftsliving: No, That's Not a Typo With the New Year upon us, now's a fantastic time to embrace new ... [read full post »](#)



How Chiropractic Could Boost Your Athletic Performance
Whether you want to shave a minute off your mile, add more steps to your day, improve your golf swing or have anothe... [read full post »](#)



How Chiropractic Care Helps Improve Posture
Bad posture is more than just a cosmetic issue – it can lead to serious health problems. That's where c... [read full post »](#)

CONGRATULATIONS

TO OUR BASKET WINNERS

Heather P.	Dana L.
Heather T.	Braden B.
Linda B.	Kathy D.
Dana G.	Gary D.
Kelli W.	Heidi A.
Joe W.	Angela D.

Thank You to all who participated in our 12 Days of Christmas Program and hope that all the winners Enjoy!

January Patient of the Month

GINA L.

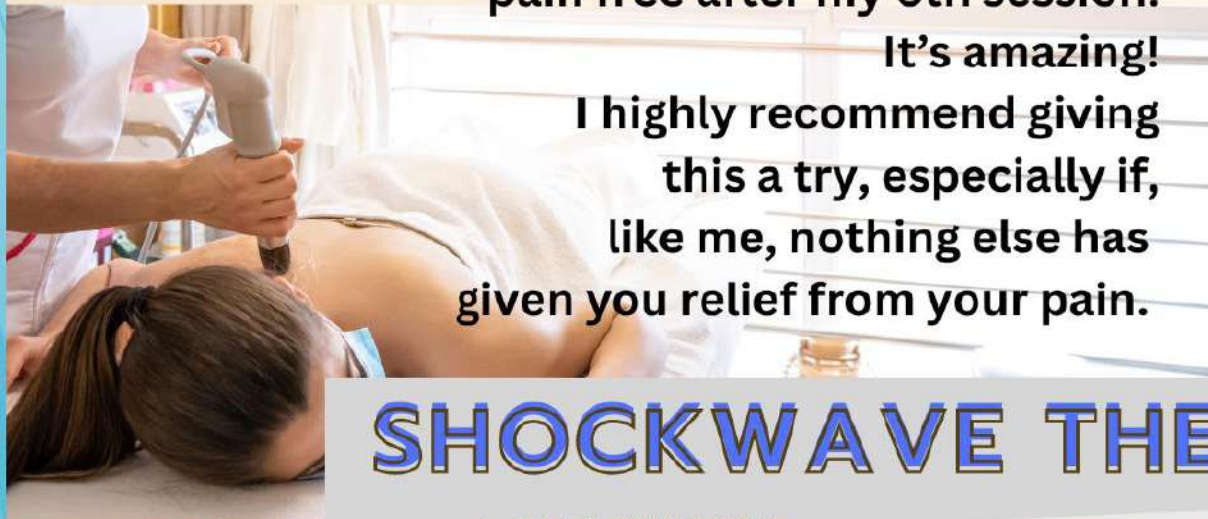
We are pleased to name Gina as our patient of the month! She will be awarded a restaurant and HealthyWays Gift Certificate to thank her for being an exemplary patient. Look for your name here in coming months.

HealthyWays Patient Testimonial- Amy P

I had so much pain in my neck and shoulders. I had tried just about everything- icy hot, cbd cream, even lidocaine injections. Nothing has come close to relieving my pain, until I tried the Soundwave Therapy recommended by Dr Joe. I felt relief after the first appointment and am now pain free after my 6th session.

It's amazing!

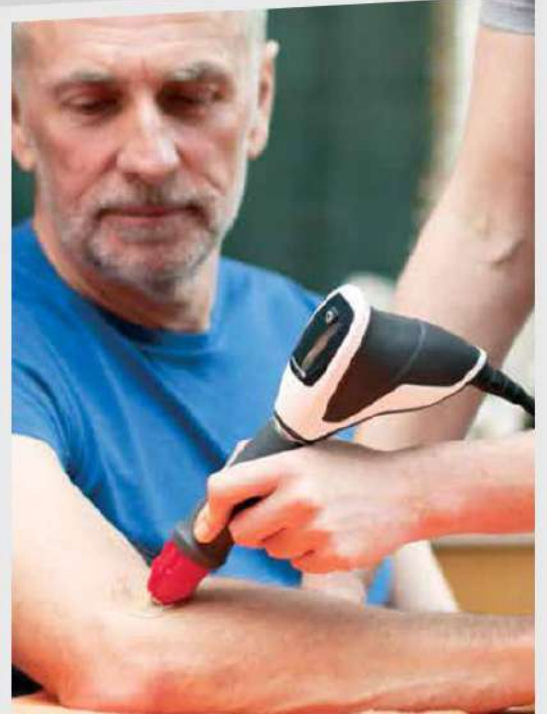
I highly recommend giving this a try, especially if, like me, nothing else has given you relief from your pain.



SHOCKWAVE THERAPY

A NON-INVASIVE TREATMENT METHOD THAT USES ACOUSTIC PRESSURE TO REDUCE THE PAIN AROUND THE ELBOW AREA.

THE ACOUSTIC PRESSURE PROMOTES THE REGENERATIVE AND REPARATIVE PROCESSES OF THE SOFT TISSUE TO INDUCE TISSUE REPAIR OF THE TEARS. THE STIMULATION ALSO ENCOURAGES BLOOD SUPPLY WHICH FACILITATES THE HEALING PROCESS TO RESTORE RANGE OF MOTION



ARE THE FOODS YOU ARE EATING MAKING YOU SICK?

DO YOU SUFFER FROM:

HEADACHES - MIGRAINES -
INDIGESTION - BLOATING -
GASTROINTESTINAL DISTRESS -
JOINT INFLAMMATION - SKIN
ISSUES - FATIGUE -
DEPRESSION/ANXIETY -
FREQUENT ILLNESS - SUGAR
CRAVINGS



this month
**Save
\$40**
on the
FIT Test

HealthyWays is offering Food Sensitivity Testing that measures sensitivities up to 176 different foods, coloring and additives using a simple Food Inflammation Test!

**Schedule Your Personal FIT Test
Today to Start Feeling Your Best!**

2023 New Year
New You!

HealthyWays' Product Special -
designed to help you succeed
with weightloss!

**TRILEAN FORTE
BUNDLE**

only **\$31**

Tri-Lean Forte is Our Specially formulated Natural Supplement Combination that works together for many natural benefits including weight loss, appetite suppressant and energy boost. If you are looking to lose a few to many pounds, our Tri Lean Supplements will help get the job done! Get yours today!



**PUT YOUR
METABOLISM
TO WORK**



Know Your

**Resting
Metabolism
Rate**

Schedule a RMR
Test TODAY for

ONLY \$60

**Do You Know How
Many Calories Your
Body Burns Just
Existing?**

Your metabolism naturally
burns calories. **Want to
lose weight?**

Find out your metabolism
rate then learn what to eat
to increase calorie burn!

