


Health eNews

 2022 November Issue | [Archived Issues](#)

 Healthy news and information from HealthyWays Integrated Wellness Solutions.
 

What's Causing Your Headaches?



Frequent headaches may be common, but they aren't normal. If you suffer from them frequently, there are a few common causes that you should be aware of.

1. Dehydration: Dehydration causes your blood vessels to constrict, which can lead to pain.

2. Caffeine withdrawal: If you regularly drink caffeinated beverages and then suddenly stop, you may experience caffeine withdrawal headaches. These can be excruciating and may last for several days.

3. Skipping meals: If you go too long without eating, your blood sugar can drop, resulting in a headache.

4. Eye strain: Staring at a computer screen or other digital device for long periods of time can cause eye strain, resulting in a tense head and neck.

5. Spinal misalignments: Spinal bones that are out of alignment can cause pinched nerves and a host of health issues that often result in headaches. Find out how an adjustment can help by booking a visit with us.

Expressing Thanks This Holiday Season

As the holiday season quickly approaches, we thought it was the perfect time to get in touch with our grateful side. With so much to be thankful for this year, we wanted to share a few ideas for expressing gratitude as the year winds down.

- Show appreciation by taking the time to listen to someone when they need to talk, or offering them a shoulder to cry on. Just being there for someone can be the best way to show you care.
- Sometimes the best way to show your appreciation is to simply tell the person how much they mean to you. A heartfelt message can go a long way in showing someone how much they are appreciated.
- Make a difference in someone's life. This could be anything from volunteering your time to a worthy cause to lending a helping hand to someone in need.



We're grateful to serve you and your family.

7 Benefits of Custom Orthotics



Custom orthotics are designed to support your feet in a way that helps improve your overall alignment and reduces stress on your joints. By doing so, they can help relieve pain throughout your body and improve your overall mobility.

There are many benefits of custom orthotics, including:

1. Relief from foot, knee, hip, and back pain
2. Improved alignment and posture

3. Increased stability and balance
4. Enhanced athletic performance
5. Reduced stress on joints
6. Increased comfort while standing, walking, or running
7. Prevention of foot conditions such as bunions and calluses

Dealing with foot pain? Find out how we can help! We look forward to seeing you in the practice soon.

Feature Articles



Dr. Gabrielle Is Now Seeing Patients

Get to know our other chiropractor and find out what she's passionate about and proud of! Since she was 16, D... [read full post »](#)



Tips for Supporting Your Child's Mental Health

As a parent, you want your child to be happy and healthy. But just like adults, sometimes, children can feel overwh... [read full post »](#)



Plantar Fasciitis: How to Overcome the Pain

If you've ever experienced sharp, stabbing pain in your heel or arch of your foot, you may be suffering from ... [read full post »](#)

...  ...
ALWAYS
· GIVE ·
THANKS
IN
EVERYTHING
· HAPPY ·
THANKSGIVING

Congratulations to
Chris K. Our Candy Corn
Jar Guess WINNER!



There were 430 candy
corns. Great
Guessing- Enjoy your
Gift Certificate!

TOM THE TURKEY



Help Tom Earn His
Feathers



With Every New
Patient Referral
October 15th
through November
15th Tom Earns a
Feather and You
Earn a Chance to
**WIN a FRESH
TURKEY** for your
Thanksgiving Feast!



Congratulations to Brad B.

November's Patient of the Month!

We appreciate our practice family & want to
acknowledge each of you for your commitment to
good health. Brad has been selected as this month's
POM for his commitment to his treatment program &
new patient referral. He will receive a HealthyWays
and restaurant gift certificate as a Thank You!

Look for your name
in coming months!



Welcome New Patients!

Gerri P.

Bill M.

Erica C.

Mia C.

Pat S.

Trisha M.

Ben F.

Biana L.

Billy M.

Amy M.

Trent H.

Lou Z.

Parker J.

Jennifer L.

Tania M.

Thank You for Your Referrals!

Mary F.

John H.

Amanda J.

Patricia T.

Kevin S.

Bradley M.

David F.

Simple Fall Treat Recipe

Sweet Potato Chips

2 organic sweet potatoes

2 Tbsp olive oil

1/4 tsp sea salt

Preheat oven to 250 degrees F and position oven rack in the center of the oven.

Rinse and dry your sweet potatoes thoroughly and slice them as uniformly thin as possible.

Otherwise, use a very sharp knife to get these uniformly thin. Know that chips that are too thick in parts won't crisp up all the way. Still delicious, just not "chip" crispy. Toss slices in a touch of olive oil to lightly coat, then sprinkle with salt. Lay out in a single layer on a parchment-lined baking sheet and bake for about 2 hours, flipping chips once at halfway point to ensure even cooking. I also rotated mine for more even cooking (optional but recommended). Note: thickness of slices will impact cooking time. Check at ~15 minute intervals during the second hour of cooking to ensure they aren't burning.

Remove once crisp and golden brown. Some may feel a little tender in the middle but take them out and **let them rest for 10 minutes** or so to crisp up before sampling. Serve immediately

Immune Boosting Products

SPECIAL

**15%
OFF**

**Immunomax, Zinc Lozenges,
Lauricidin & Buffered C**

**Don't let cold & flu season get you
down!**

**Support a healthy immune system,
build & protect your health! Take
advantage of our Immune
Boosting Supplement
Special.**



Celebrate the Season with
Healthy Ways



12 days of Christmas Basket program begins

November 28th!

Earn Tickets and choose which of the 12 Baskets you would like to enter to WIN with your tickets!

- **20 Tickets for each New Patient Referral**
- **1 Tickets for Each Scheduled & Maintained Chiropractic Appt**
- **2 Ticket for Each Product Purchase**
- **2 Tickets for a Shockwave Treatment Appointment**
- **1 Ticket for your New Sock or Glove Donation going to Light of Light Mission in Pittsburgh**

You are Invited to Participate in some Holiday Cheer

**Plan to schedule an appointment Wednesday
December 21st! Enjoy the Holiday Party and Get
Healthy for the Holidays with a Health Boosting
Adjustment!**

**SATURDAY
NOV 26TH
9AM - 1 PM**



**SMALL BUSINESS
SATURDAY**

SAVE 15%

**ON YOUR SUPPLEMENT PURCHASE
WITH YOUR SCHEDULED APPOINTMENT!**

SAVE \$40 FOOD SENSITIVITY TEST
CALL OR STOP IN TO PURCHASE
AND SCHEDULE YOUR TEST

healthyways

integrated wellness solutions

CALL TO SCHEDULE

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*Like & Follow Us
Let Us know you are Following
HealthyWays and you will get a
\$5 Gift Card for the office!*



**SCAN ME FOR EASY
ACCESS TO OUR
SOCIAL MEDIA PAGES**