



Happy
Holidays

...from our home
to yours!

You CAN Lower Your Stress... Naturally!

Every year about this time, we're able to do something remarkable for our patients! We don't want you to miss out!!

In addition to your already-busy life, now the holidays have you pulled in so many different directions.

And we know for some, the season isn't always filled with comfort and joy. You may be faced with health challenges, a family tragedy or a job loss.

We can't change what's happening to you on the outside, but you may find that Chiropractic care does a world of good for you on the inside!

KEEP GOING STRONG...ALL SEASON LONG!

We can help you manage your stress so it doesn't get the best of you!

A series of spinal adjustments can actually help balance your nervous system so you can better cope or "adapt" to the changing demands in your life.

Simply stated, stress is an adaptive response. How will you adapt to losses, family reunions, traffic jams, extreme weather changes, and/or the added expenses of the holiday season?

You'll know you're not adapting well when you feel tension in your neck and back, headaches, pain, fatigue, anxiety or depression. **Stress also takes its toll on your immune system, leaving you more prone to colds or allergies.**

Although the initial trigger may be long gone, your defense system can get locked into an over-stimulated "emergency mode."

Chronic stress will not only run you ragged, it will eventually put your overall health at risk!

If ignored, over time, it can contribute to serious heart disease, high blood pressure, ulcers and mood changes.

CHIROPRACTIC TO THE RESCUE!

By rebalancing your nervous system and improving your circulation, **Chiropractic helps decrease overstimulation of your body's stress responses.** One of the positive effects of realigning your spine is a stronger immune system.

Discover how reducing spinal nerve interference can help you return to a healthier and more relaxed state! *

What We Can Do For You!

WHAT STRESS DOES: Inhibits healing and health.

WHAT Chiropractic DOES: Improves circulation which aids in healing and health.

WHAT STRESS DOES: Taxes your immune system.

WHAT Chiropractic DOES: Enhances your defenses by decreasing overstimulation to your organ systems.

WHAT STRESS DOES: Creates muscle tension, joint stiffness and pain.

WHAT Chiropractic DOES: Increases range-of-motion and reduces painful nerve irritation.

WHAT STRESS DOES: Can lead to poor health and unhappiness.

WHAT Chiropractic DOES: Balances your nervous system which regulates organ function and mood.

WHAT STRESS DOES: Creates a sense of being overwhelmed.

WHAT Chiropractic DOES: Once you're calmer on the inside, you may find it easier to cope.

"TIS THE SEASON" TO BE HEALTHY!

No More Headaches!!

by Ryan Dean

My headaches got to the point where I was getting a really bad one every day that would last most of the day.

I decided to go to a Chiropractor as a friend suggested. It was the best thing I did! **Over time, my headaches became less and less frequent.**

Now, because I took care of the problem instead of just the symptoms, my headaches are completely gone! *

No More "Pinched Nerve"!

by Abell Smith

I first visited my Chiropractor because I had a pinched nerve in my neck that prevented me from turning my head without severe pain. It was horrible!

After my first adjustment, I could begin to feel the difference. By the end of my treatment plan, I was back to normal and felt great! *

What a Difference!

by Christina Tigert

During my fifth month of pregnancy I started having intense sciatic pain in my left hip and down my leg. At one point, it even took me 10 minutes to walk to the restroom because the pain was so bad.

From my first visit to my Chiropractor, I could begin to feel the difference they made. I felt so comfortable because they answered all of my questions and concerns during my treatment. *

No More Sports Injury Pain!

by Marc Grow

I used to have chronic muscle spasms in my lower back due to a previous sports injury. It would get so bad that I couldn't sit still. It hurt to bend over, and I would even have trouble breathing!

A friend suggested I visit their Chiropractor. After just a few visits, I was feeling a lot better. **I love the way I feel after visiting my Chiropractor and am now able to relax my lower back.** *

Complete Movement in my Neck is Back!

by Nathan Wall

I woke up one morning with a really bad headache and I could barely move my head or right arm.

I called my Chiropractor right away, and it's a good thing, too. I had a couple of vertebrae that were out of alignment.

Things improved a lot during my adjustments and when my treatment plan was complete, **I was completely back to normal!** *

SEASON'S GREETINGS...

Thank you for allowing us to help you maximize your health this past year. We'd be happy to do the same for those you refer to us! Please share this newsletter and the "gift of health" with your family and friends.