



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.

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.

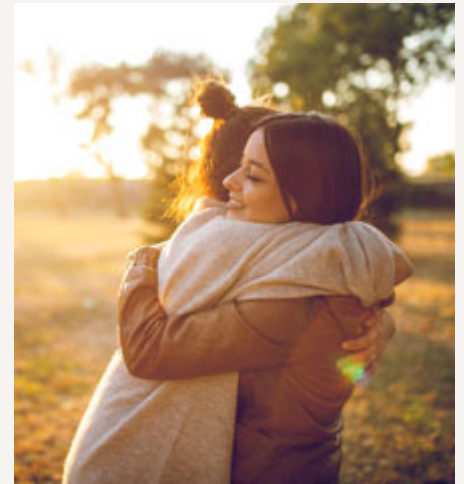


There are many benefits of custom orthotics, including:

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.

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.