



# Chiropractic Miracles

Delivering You the Best Word in Wellness and Natural Health Care

## Frederick Chiropractic Wellness Center

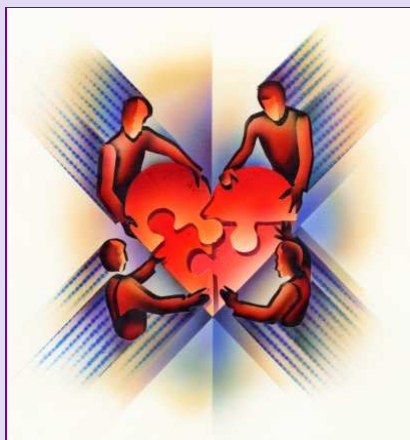
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Tips and Myths

Dear Patient and Friend,

The Valentine's Day season reminds us all of those we really care about – husbands and wives, girlfriends and boyfriends, and admirers from afar descend on card stores and candy-makers to come up with little tokens of our esteem.

But the best way for you to demonstrate how you feel may not be yummy sweets and heartfelt sentiments, as important as those things may be. True love means caring enough about someone to help them in ways they can really appreciate, like for example to help them improve their quality of life, their health and wellness.

Good health is among our most precious possessions, and you can make a difference in someone's life by helping them to discover how to develop and maintain better lifestyle habits, like eating well, sleeping sufficiently, exercising appropriately, and including safe, all-natural chiropractic care.

Why chiropractic? Every day, we walk, sit, and stand in gravity, the natural attractive pull of the earth. There's a constant downward pressure applied to our bodies, and as long as the mechanics are sound, we are designed to handle the force – our spines are arranged with curves that create a spring-like action to bounce with the movements of our bodies, and protect us from gravity's effect.

But if anything disrupts that spring-like action, like misalignments or faulty curves, gravity causes stress and wear-and-tear on our spinal bones, which can lead to arthritis, pain, and other related spinal problems, including damaging or interfering with the delicate nerves those bones are supposed to protect.

Common sense tells us that it's better to take care of such misalignments as soon as they occur, instead of letting gravity injure us due to our own neglect. That's why smart health consumers use chiropractic along with nutrition, exercise and other supportive lifestyle choices to have the best chance at longevity and wellness. It's no guarantee, but it's obvious that if you invest in your own health, it will reward you many times over.

You probably know someone who could really benefit from chiropractic care. Give a gift of health to someone you love, and let them in on the best-kept secret in wellness.

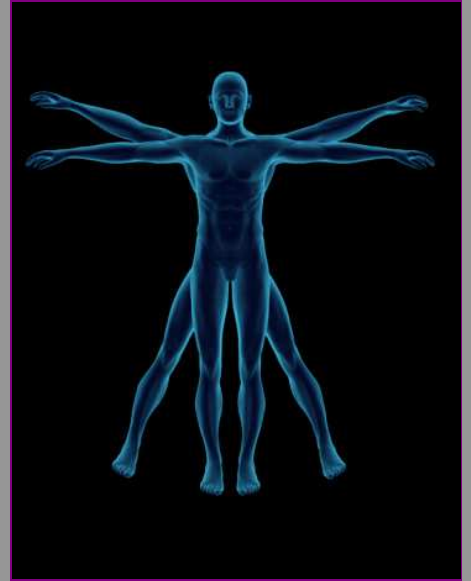
## Body Awareness

Many people sail through their lives without paying much attention to the most miraculous gift they've ever been given – the human body. Each of us gets one, but what do we do with it, and how can we learn to be more aware and support it so it can work for us longer and better?

Your body gives you clues along the way which can guide your focus to important aspects of your body's function – your weight, your ease in breathing, your ability to digest your food, how well you sleep and how refreshed you feel when you wake up, and many other simple observations can give you valuable feedback about your health and the condition of your body parts.

For example, if you (or someone you care about) are tired, parched when you wake up, prone to minor headaches or if you find that you are not as regular as you could be in the bathroom, it may be as simple as increasing your water intake – these are signs of dehydration. Could they relate to more serious conditions? They could, but try some water first, about eight glasses a day or more, and see if that helps.

If you (or those you care about) find that you are putting on weight, you may need to watch your food intake, exercise more, or if you are eating well and exercising but still gaining weight, you may need to consult some wellness professionals to find out how you could reset your habits so they work better for you. You may need to combine your foods differently or change your exercise routine.



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## Body Awareness

If you (or someone you care about) experiences stiffness, pain, muscle spasms, or trouble moving from one position to another, it often means that the muscles, bones and nerves are not working together as they should to provide smooth, comfortable movement and freedom from discomfort. In this situation, some chiropractic care may be in order, to reposition the bones that are out of alignment, and restore normal function to your nerve system, which then brings about normal control of the other body parts that need to heal.

In a more extreme situation, where the signals that come from the body are ignored or masked with medications, the body has to turn up the volume on such notifications, and more severe symptoms are the result. At this point, more radical intervention and treatment is often required, at greater suffering and greater expense.

Being aware of what's going on with your body takes a little practice to know what to look for, but it can save you tremendous unnecessary suffering and considerable expense by paying attention to what your body is trying to tell you and taking action early. An ounce of prevention is worth a pound of cure -- that's why smart health care consumers make sure that they and their families get periodic checkups to address any deviations from normal health before they get too unpleasant or destructive.

If you wear out your body, where will you live? Take care of yourself, it's worth it.

## Healthy Exercise Tips and Myths

Most of us realize that exercise has many benefits, but few understand the best way to exercise. See if you can identify which is a tip and which is a myth:

### 1. No pain, no gain.

MYTH! There is no relationship between how much you hurt during or after exercise and the ultimate benefit you receive. For most people, exercising moderately provides the desired healthy changes without unnecessary risk.

### 2. Weight training makes women bulky.

MYTH! It takes a program of significantly overloading muscles to dramatically increase bulk, and women can safely use weights to increase strength, tone muscle and increase lean muscle mass.

### 3. Exercise is good for seniors.

TIP! The weakness, loss of balance and osteoporosis that often accompany old age are actually improved by regular exercise. Exercise also boosts memory, helps to prevent dementia, and is a great social activity, too!

### 4. Exercise reduces stress.

TIP! Studies show that regular exercise, as little as thirty minutes three times each week, reduces stress chemicals in the brain and bloodstream.

### 5. It's too late for me.

MYTH! No matter what your physical and mental condition, there are suitable and beneficial exercises that match up to your current status. Even sick and disabled people can improve their fitness and wellness with an appropriate program of exercise.

Exercise is one of the hidden assets each of us could cash in on. You don't need to join a gym or invest in equipment – walking, dancing, yoga, t'ai chi or light aerobics can all be done in your home with a little guidance or instruction, which, if necessary, is usually available at little or no charge on the internet. Check it out, and get into exercise – it will reward you many times over!



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