



Chiropractic Miracles

Delivering You the Best Word in Wellness and Natural Health Care

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Dear Patient and Friend,

When was the last time you got a check-up to see how well your spine and nerve system are working? Many people don't yet realize how important it is to keep your spine healthy – it protects the nerves, which carry information to and from the brain so your body parts can work properly, and that's essential for good health.

How can you take better care of your spine? First, be aware of it, and avoid doing silly things that may injure or damage your spinal structure. Bend your knees when you lift something heavy, and don't lift things that are too heavy. Sleep on your back or side, not on your stomach – sleeping face down causes an unnatural stress on your low back, and also tends to keep your head turned to one side all night, which causes an unnatural stress on your neck. These stresses may not hurt you at first, but they can accumulate and eventually cause problems.

It's common sense to take good care of your spine, but most people don't realize that it may take more than just avoiding injuries or stress. The normal wear and tear, just from sitting, carrying things, and standing or walking may require that you actively keep your spine in good alignment, whether you have pain and symptoms or not. Smart health consumers include spinal care in their health and wellness routine, including massage, yoga, exercise, and of course, chiropractic care.

If you or anyone in your family has not yet had a chiropractic check-up, it can be one of the most valuable and health-inspiring things to do. Problems with spinal misalignment can be insidious, not becoming symptomatic or painful until reaching a more advanced stage, and then creating more issues and a longer recovery time, with more pain and expense. It's much more sensible to stay healthy than to let yourself get sick and then have to get well.

Those in the know, top athletes, entertainers, politicians and health professionals visit their chiropractor regularly, to get check-ups and to receive corrective care when necessary. It's quick, painless, and can save you or someone you love needless suffering. Make a time for you and your entire family to get an exam, and let your chiropractor reassure you that everything is fine – and if not, he or she can advise you on the best course of action to take good care of your spine.

Health is Wealth

When a high profile cultural icon like Steve Jobs, co-founder of Apple and creator of the iPod, iPhone and iPad dies as young as fifty-six years old, we all have to wonder – with all his billions of dollars and connections with people in high places, wasn't there more that could have been done to save his life?

He surely had the best advice available, but by the time someone's body gets sick or wears out, the chances of recovery decrease. All the money in the world can't rebuild even one body part that is diseased past repair, and that's why we must do everything possible to keep our bodies healthy, because in the final analysis, health is wealth.

There's no guarantee of a long healthy life, but there are certainly habits you can develop that make it more likely that you will be healthy. Some are obvious, like eating right and resting enough, while others may be less known, but not less important.

One common condition most people don't know about is dehydration, a fancy way of saying that someone is not getting enough water. The symptoms can be subtle and seemingly unrelated – fatigue, uneven digestion, skin problems, dizziness or headache, for example – and diagnosis can be elusive.

But the solution is very simple, so simple in fact that there's no need to wait around to become dehydrated – just include sufficient water in your daily intake, and that easy, inexpensive habit will make a big difference. On average, most people need about an ounce of water daily for every two pounds of body weight – so, if you weigh 128 pounds, you need about eight glasses of water each day, about a half gallon, and if you weigh 192 pounds, you need about 12 glasses of water each day, about three quarts.



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Health is Wealth

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Note that coffee, juice and soda don't count, as your body looks at these as food – only water is water, so drink enough every day.

Another common condition that most people don't know about is subluxation, which occurs when spinal bones go out of position and interfere with the delicate nerves your body uses as its wiring system. The brain uses nerves to communicate with the body parts, and any interference or disturbance in the nerve system can prevent normal healing and maintenance of your body.

To see if you have subluxations in your spine that are preventing your body from working right, you need to go to the doctor who specializes in correcting subluxations, your doctor of chiropractic. With a quick and painless examination, he or she can tell you if you and your family have good spine and nerve system health. Even if you are feeling well, getting regular check-ups is smart and responsible.



If health is wealth, then live a long, healthy life by keeping your body working at peak efficiency. Eat well, drink enough water, rest and sleep well, and visit your health and wellness professionals to get well and stay well.

Thanksgiving, A Time For Gratitude

Here are some easy action steps you can take to get into the Thanksgiving spirit.

Have fun thinking of things you are thankful for.

Accept people's frailties, celebrate their assets.

Pay for a co-worker's lunch.

Pick three people and write them thank you notes.

Yell your lover's (or dream lover's) name out the window.

Tell someone you care about that you appreciate them

Have a friend over for dinner.

Answer your phone or email with a cheery attitude.

Never act hastily in anger, pause to consider the other's feelings first.

Keep love in your heart.

Say something kind to someone who needs to hear it.

Give up an hour to help someone less fortunate.

Inspire a child to think bigger.

Volunteer your time occasionally, just because.

Invoke an old friend out for coffee or a drink.

Nurture an animal or plant with your love.

Get into the habit of saying please and thank you.



- *Never act hastily in anger, pause to consider the other's feelings first.*
- *Say something kind to someone who needs to hear it.*
- *Inspire a child to think bigger.*

