



Chiropractic Miracles

Delivering You the Best Word in Wellness and Natural Health Care

Frederick Chiropractic Wellness Center, Inc.

Dr. Deborah Morrone

425 E. Patrick St. Frederick, MD 21701

301-695-0032

www.FrederickChiro.com

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Dear Patient and Friend,

It's easy to understand why a child would need periodic checkups – listening to the heart, looking in the eyes and ears, taking blood pressure and looking at the skin are common occurrences in every family, usually performed by the family doctor. Committed parents will do whatever is necessary to safeguard the health and wellness of their children, and getting the appropriate examinations is part of the normal routine of most families.

Yet, most family doctors do not include an examination of the spine and nerve system, other than tapping reflexes with a hammer, which turns up only the most major nerve system problems. The education and training a pediatrician or family doctor receives does not emphasize the thorough examination of the posture, spinal alignment, and nerve system – they are simply interested in other aspects of body function, more consistent with their approach to caring for their patients.

That's why, to be sure of your child's spine and nerve system health and wellness, you need to have a spine and nerve system specialist examine your family, and your neighborhood spine and nerve system specialist is your doctor of chiropractic.

Chiropractors take extensive training in the examination and evaluation of spine and nerve system function, performing specific tests and interpreting them as only a chiropractor can. Analyzing the alignment and movement of

the spinal bones, and the effect that that alignment and movement has on the delicate nerves the spine is intended to protect, is unique to the doctor of chiropractic, and the value and benefit of doing so can be significant, either to reassure parents that their kids are fine, or to detect spine and nerve system problems early enough so they can be addressed before serious symptoms, pain or discomfort begin. It helps you to spare your child any unnecessary suffering.

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Every child is different, but there are patterns you can look for that may tip you off about any impending problems. Uneven or too-rapid shoe wear, hips or shoulders appearing slanted or rotated, head tilt, standing with the weight shifted to one side, or awkward stretching movements of the neck or torso can be signs that something is out of balance in the structure.

If a child complains of headaches, neck pain, or back pain, these are often signs of more advanced issues with the spine and nerve system, as children

are usually so flexible and resilient, these problems don't surface easily. If your child complains of such symptoms, get him or her to your family chiropractor as soon as possible.

But most of the time, there are no overt symptoms, just subtle changes that only a trained professional will notice. That's why periodic examinations are so essential – an ounce of prevention is worth a pound of cure.

Ask your doctor of chiropractic about his or her recommendations for your kids – it could make a world of difference in your family's future health and wellness, and probably spare your children from suffering needlessly.





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Ten Health Benefits of Drinking Enough Water

1. Drinking enough water gives you healthier skin with fewer blemishes or wrinkles
 2. Drinking enough water gives you a healthier mind and body with better nutrient absorption and more efficient chemical reactions in the body for better overall health, including proper brain function and improvements in memory.
 3. Drinking enough water gives you more energy, since water is the medium in which all energy reactions take place.
 4. Drinking enough water gives you a healthier digestive system, with better processing of food, better bowel function, and fewer digestive complaints. Drinking sufficient water helps the body process and transport nutrients and get rid of any waste products.
 5. Drinking enough water reduces fatigue by making your body's chemistry work more efficiently. If you become dehydrated you will become lethargic, experience cramping and endurance and strength performance will suffer.
 6. Drinking enough water helps you lose weight. Water is a natural appetite suppressor and increases the body's ability to metabolize stored fat. Studies have shown that a decrease in water intake will cause fat deposits to increase, while an increase in water intake can actually reduce fat deposits.
 7. Drinking enough water gives you healthier, stronger joints, since the fluid in your joints requires water to keep them lubricated and moving properly.
 8. Drinking enough water reduces joint pain. Back pain can be improved with hydration, since water lubricates the joints. Cartilage found at the ends of long bones & between the vertebrae of the spine hold a lot of water, so increasing water intake replenishes the water in these tissues. When the cartilages are well hydrated, the joint glides freely, and friction damage is reduced. Not enough increases the rate of "abrasive" damage, leading to joint deterioration and increased pain.
 9. Drinking enough water helps in weight loss, reduces fluid retention, helps build muscle, and increases muscle tone. Preventing dehydration will also help prevent sagging skin, since water will fill out the muscles, resulting in clear, healthy and resilient skin.
 10. Drinking enough water reduces the risk of disease. Studies have shown that increasing daily water intake has shown to decrease the risk of colon cancer by 45%, reduce the risk of bladder cancer by 50% potentially even reduce the risk of breast cancer. It is also believed that water may prevent many kidney stone and urinary tract infections.
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Chiropractic and Peak Performance Athletes ...

What do Michael Jordan, Wayne Gretsky, Joe Montana, Martina Navratilova, Barry Bonds, Tiger Woods, Lance Armstrong, Bruce Jenner, Mary Lou Retton, and Muhammed Ali have in common?

If you said "all-time great athletes," of course you'd be right, as each of these individuals have risen to the top of their respective sport.

But there's something else they share – all have relied upon the miraculous healing power of chiropractic to improve their game and recover quicker from injuries.

A research study designed by Drs. Anthony Lauro and Brian Mouch (Journal of Chiropractic Research and Clinical Investigation, 1991) demonstrated that chiropractic care can improve athletic performance by 16% or more over a two week period. Their report stated that athletes who include regular chiropractic care in their training program have faster reaction time, better coordination, and improved fine motor skills, all necessary for the winner's edge in top flight athletes.

Here are some comments from other major sports figures who are chiropractic enthusiasts:

Dan O'Brien, Decathlon - "You obviously can't compete at your fullest if you're not in alignment. And your body can't heal if your back is not in alignment. It was the holistic idea that I liked about chiropractic and that is what track and field is about. Every track and field athlete that I have ever met has seen a chiropractor at one time or another. In track and field, it is absolutely essential. Chiropractic care is one of the things I think that no one has denied or refuted -- if it were not for Chiropractic, I would not have won the gold medal."

Evander Holyfield, Boxing - "I have to have an adjustment before I go into the ring. I do believe in chiropractic. I found that going to a chiropractor three times a week helps my performance. The majority of boxers go to get that edge."

Arnold Schwarzenegger, Bodybuilding – "Chiropractic doctors are really miracle workers -- bodybuilders and fitness people have been using chiropractic very extensively in order to stay healthy and fit. I found it was better to go to a chiropractor before you get injured. We are a perfect team - the world of fitness and the world of chiropractors."

Needless to say, if these extraordinary athletes take care of their finely tuned bodies with chiropractic, shouldn't you consider doing the same? Whether you are a dedicated athlete, a weekend warrior, or if you prefer to watch and cheer for your favorite team or player, chiropractic adds years to life and life to years! Don't miss out on what these thoroughbreds have discovered – chiropractic helps you get well and stay well naturally.

