



How Can I Get My Spouse To Come In?

Since you've experienced great results from care in our office, it's only natural to want someone you love to benefit too. Here are some approaches you may find more helpful than threats.

Ask questions. Since our behaviors are the result of our beliefs, try to find out what beliefs are standing in the way. Often it's some unfounded fear or misconception.

Supply information. One of the best ways to defuse irrational fears is by sharing information. What can we do to provide information you need to make a difference?

Offer an invitation. We stand ready to field phone calls—even anonymous ones. Or bring your loved one with you on your next visit.

Give it time. Change takes time. Whether it's making changes to the spine or changing someone's beliefs. Be patient.

The decision to use chiropractic has huge implications. When you tell others, you're changing the world. Congratulations!

Do I Need Antibacterial Soap?

Just about everyone is using antibacterial soaps. In fact, it takes some effort to find soap that isn't antibacterial!

Advertising teaches us to fear germs. You sell more antibacterial soap that way. It's even marketed as a preventive measure against colds and flu. The problem? Colds and flu are *viral*, so anti-*bacterial* products have no effect. Antibacterial soaps contain carcinogens and are no more effective in killing germs than regular soap.

The U.S. Center for Disease Control recommends using a combination of soap and comfortably warm water. Rub all surfaces of the hands for at least 20 seconds, especially under your fingernails. The soap and scrubbing action, along with the slippery surface created by the soap, do the trick.



Some Reasons NOT to Eat Sugar!

Sugar is increasingly common in processed foods. Many of us eat the equivalent of 53 heaping teaspoons of it every day! Here are a few reasons to avoid refined (white) sugar:

1. Sugar contributes to tooth decay.
2. Ingesting sugar makes the pancreas work harder to produce insulin, often resulting in diabetes.
3. High insulin levels caused by sugar intake cause the body to store excess carbohydrates as fat.
4. Sugar increases mood swings, irritability and anxiety.
5. Sugar compromises the immune system because it lowers the efficiency of white blood cells.



Need to sweeten your food? Add raisins, dates, stevia or honey - clearly better choices to satisfy any sweet tooth!

How to Catch a Cold

Some people seem to expect a cold or flu each year. If you haven't had your quota yet, here are some things you can do:

Eat a poor diet. Make sure your body lacks the vitamins and minerals it needs by eating lots of processed foods.

Avoid adequate rest. Reduce the time you sleep as much as possible. Use tobacco, coffee and other stimulants to fool yourself into thinking you have enough energy.

Stop exercising. Your lymphatic system depends upon exercise and movement to circulate germ-fighting fluids, so sit on the couch and stare at the TV.

Rarely wash your hands. Increase your chances of catching a cold by using your dirty hands and fingers to rub your eyes, pick your nose or wipe your lips.

Think negative thoughts. Visualize having a cold. Pay attention to news reports about outbreaks of the flu and to advertising for cold and flu medications.

Invite stress. Stress yourself physically by experiencing extreme temperature and humidity changes. Stress yourself mentally with constant worry or fear.

Become dehydrated. Reduce the effectiveness of your natural defense mechanisms and other bodily functions by carefully avoiding fluids.

Forget your appointments. Ignore your nervous system, the master control of your immune system and shun our suggestions of periodic chiropractic checkups.

Of course we're joking! The only way to catch a cold or the flu is to make yourself a hospitable host to the millions of cold and flu germs around you every day. Include regular chiropractic care to keep you working at your very best.