



### Neck Adjustments Are Safe!

One of the most effective chiropractic adjustments is to the cervical spine. Yet, critics have warned that such adjustments are dangerous. That notion has been put to rest!

A recent Canadian study shows that you're no more likely to suffer a stroke following a visit to a chiropractor than to a medical doctor. Published in the journal *Spine*, the research looked at 818 Canadians who suffered a stroke from an "arterial dissection."

While researchers confessed that they suspected a link between chiropractic care and stroke, they didn't find one.

Please forward this to anyone you know who has unwittingly fallen for the false impression circulated by chiropractic critics.

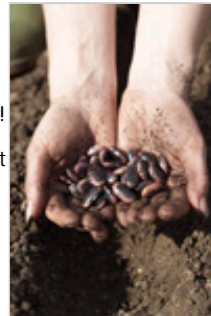
### Germs Are Not the Enemy!

How come some people go from one cold to the next, getting all the bugs that "go around" and others don't? It was this very question that prompted D. D. Palmer back in 1895 to pursue what we call chiropractic!

Germs are a lot like seeds. Ever try to start a lawn or plant a garden? It doesn't just happen. The conditions have to be just right! Same with germs manifesting into disease.

Your nervous system affects the function of your immune system. Weakened by a compromised nervous system, your organs can become the perfect "soil" for viruses and other bugs.

Restoring the integrity of the nervous system is what chiropractic does. It's a simple idea that helps our patients enjoy better health, naturally.



### Resolution Check-In

Just a few months ago, many of us resolved to make changes in our lives. What happened?

Consider some of the traits of those who *keep* new, healthier habits:

They believe in their ability to change. They know that keeping old habits and forming new ones are choices that they control.

They don't blame themselves or make excuses. Instead of giving up after "falling off the wagon," they dust themselves off and recommit to their goal.

They concentrate on measurable results. They track their progress.

They make change a long-term lifestyle decision. Diets don't work. Abandoning unhealthy habits requires thinking long term.

If you've fallen out of the habit of regular, preventive chiropractic care, it's not too late! Call or click to book an appointment.

### Can You Defy Gravity?

We see it all the time. A patient faces a health crisis and shows up in our practice. Of course, we're always delighted to help, but often as soon as the client starts to feel better, they discontinue their regular care.

That's how our society tends to view health care: attend to health matters only *after* losing your health.

The entire process is similar to riding a roller coaster.

After you stand in line and finally get strapped in, the roller coaster is pulled up a steep incline, using a tremendous amount of energy.

That's like the frequent visits a new patient experiences when they first begin care. When you get to the top, the views are great, but when the power pulling the coaster up is removed, there's only one way to go!

Wheeee! Down you go!

Like patients who feel better and then discontinue their care, they coast. Which is what a roller coaster is: an exciting ride that, while fast, is entirely based on coasting downhill. Without momentum, gravity wins every time.

Much of the healing and retraining of muscles and ligaments necessary for more lasting spinal changes happens "behind the scenes" - that is, *after* the relief of obvious symptoms.

That's why discontinuing your regular chiropractic care too soon invites a relapse, and pretty soon you're right back where you started - in pain or sick or both. Coasting right back to the bottom may be fun on a roller coaster, but it's not much fun when it applies to your health!

Are you coasting? If it's been a while since your last chiropractic checkup, arrange one today!