

About your health....

The purpose of this newsletter is to provide you with up-to-date information regarding a healthy life style.



April is Gut Health Awareness Month

It is estimated that 74 % of Americans live with GI discomfort and spend over \$28 million on over the counter digestion medicines.

Did you know that your spinal health is directly linked to your gut health?

Some of the most common digestive disorders are:

- **Irritable Bowel Syndrome (IBS)**
- **Gastroesophageal Reflux Disease (GERD)**
- **Diverticulitis**
- **Ulcerative Colitis**
- **Chron's Disease**

If your spine is out of alignment, your nervous system cannot communicate effectively with your organs and other body systems. Your intestinal tract is full nerves, and the Vagus Nerve controls much of your digestion. There are also nerves in the thoracic & lumbar regions of your spine. When these nerves are irritated, it may be sending erratic signals from your brain to your stomach and intestines which can create digestive problems.

Regular spinal adjustments may be able to help you with your digestive issues and over time allow your digestive tract to heal, which may reduce your need for medication to help control your symptoms.

We would like to share a success story from Michele B. about her son Luke who has been a patient of Dr. Robin's since 2017.

Luke is a nine-year-old boy who had to drop out of his soccer team due to stomach pain during physical activity. He would also see the school nurse during the day to take pain medication.

Luke was treated by a GI specialist for a year without a definite diagnosis. After a friend recommended Dr. Robin and chiropractic care as an option for Luke, we decided to give it a try. After his first treatment, Luke started to feel better, and after a few more treatments his pain was gone. It has been almost two years and Luke continues his treatment every 4-6 weeks. Luke continues to have no physical limitations.

April Special **15% off immune boosting supplements**

- ❖ FloraMend Prime Probiotic
- ❖ Enteromend
- ❖ Digestzymes
- ❖ Myco-Immune
- ❖ Buffered C Powder



ALWAYS REMEMBER TO TAKE A HIGH QUALITY MULTI VITAMIN EVERYDAY!

**WE ARE HONORED THAT YOU ALLOW US THE PRIVILEGE OF BEING PART OF
YOUR HEALTH & WELLNESS ROUTINE.
WE APPRECIATE YOUR REFERRALS!**