

About your health....

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



American Heart Month

Did you know having a misalignment of the first vertebrae in the neck called the atlas can affect your blood pressure?

- The atlas is the upper bone of your cervical spine (neck) which surrounds and protects your brainstem.
- The brainstem is the part of your brain where all the electrical signals in your body pass through. A misalignment can put pressure on the brainstem causing functions of the body to be thrown off, which can include blood pressure.
- Also having a misaligned cervical spine can also affect the nervous system and vascular functions.

Studies have shown that upper cervical adjustments may be able to help get your blood pressure under control in a safe and natural way.

Ask Dr. Robin how upper cervical adjustments may benefit you!

Love your spine on Valentine's Day

Tips for showing your spine some love:

- **Sit with proper posture** - It's ideal to sit with your shoulders back and a straight spine, ensuring your body weight is evenly distributed on both hips and your knees should be at a right angle with your feet flat on the floor.
- **Sleep with proper posture** - The best sleep position is on your back, knees bent with pillow support under your neck and knees. The second best is on your side with a pillow supporting your neck & a pillow between your legs.
- **Increase your core strength** - Improving your core can remove undue stress from your back to the core muscles of your torso. This will also help with having correct posture.
- **Controlling weight** - Even a few extra pounds can put a lot of distress on your spine.
- **Stretching before exercising** - This will help to warm up your muscles and keep them flexible, which can help in preventing injuries.

We would like to share a success story from Shirley P. who has been patient of Dr. Robin's since 2013.

I came to see Dr. Robin for mid back pain. I was having high blood pressure and difficulty breathing. I was informed that all my problems were coming from my back. I was very skeptical. After 3 months of care, I quit taking my blood pressure medication and I was able to exercise without too much labored breathing. I am now leaving a normal, healthy lifestyle without medication.

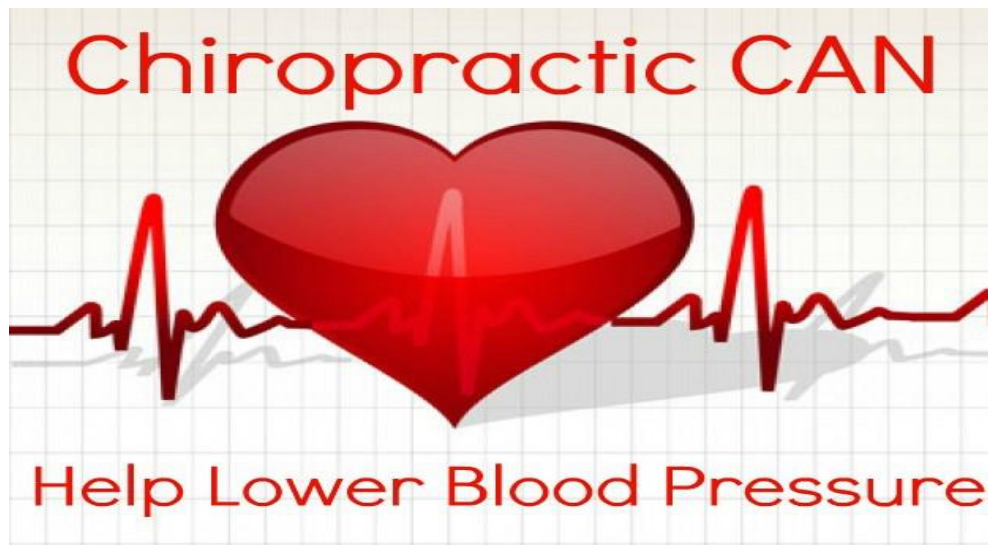
I recommend to all my friends and family to seek chiropractic care! It has been a game changer in my life, and I know it will for yours too if you give it a try.

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

February Special

15% off supplements supporting Heart and Cardiovascular Health

- Omega Plus
- Omega-3 w/CoQ10



ALWAYS REMEMBER TO TAKE A HIGH QUALITY MULTI VITAMIN EVERYDAY!