

# About your health....

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



## Did you know

September 24<sup>th</sup> is National Punctuation Day?

"A celebration of the lowly comma, correctly used quotation marks, and other proper uses of periods, semicolons and the ever-mysterious ellipsis."



Correct posture helps you feel better and stay healthy.



## TEXT NECK/FORWARD HEAD POSTURE

**Definition:** overuse syndrome involving the head, neck and shoulders, usually resulting from excessive strain on the spine from looking in a forward and downward position at any hand held mobile device, i.e., mobile phone, video game unit, computer, mp3 player, e-reader. This can cause headaches, neck pain, shoulder and arm pain, breathing compromise, and much more.

**Synonym:** forward head posture FHP

### What does Text Neck/FHP cause:

- Headaches & Migraines
- Poor sleep & insomnia
- Loss of 2" in height
- Pinched/trapped nerves
- Jaw pain & sinus issues
- Dizziness/vertigo
- Loss in range of motion
- Arthritis
- Permanent damage to

Joints, muscles, ligaments, blood vessels & nerves.



Make it a point to take breaks, stretch your neck and walk around every couple of hours.

See your chiropractor regularly to ensure you are not suffering from or developing Text Neck/FHP.

### September Promotion:

Enjoy 10% off nutritional supplements.

Be sure and stock up on your vitamins and supplements this month.

Meta-Fem

Basic V

Formula 303

FloraMend

Trancor

Vitamin D

Calcium Citramate

B Complex 12

Deproloft

Omega Plus

Nutri Fem

Chewable CEE

## **NON SURGICAL SPINAL DECOMPRESSION THERAPY**

### **The “Alternative to Back Surgery”**

**Spinal decompression therapy is indicated for:**

1. Herniated/Slipped or Bulging discs
2. Degenerative disc disease
3. Facet Syndrome
4. Sciatica/Leg pain
5. Headaches/Neck pain/Arm pain
6. Chronic NECK and BACK pain
7. Unsuccessful or FAILED back surgery

**Why should you consider decompression therapy?**

1. Researched, proven & effective... medically documented in many prominent, prestigious medical journals
2. Non-Surgical & Non-Invasive... complications from surgery can be severe & may result in debilitating conditions
3. Convenient... treatment sessions last only 20-30 minutes with no lost time from work.
4. Cost-effective... cost of treatment is minimal compared to surgery. We accept Care Credit & have several different payment options to fit your needs.



## **SUCCESS STORY:**

Since my retirement in 2011 I have been working out at a gym hoping to stay strong and continue with my avid passion for English horseback riding. I have had back pain for years and my physicians have provided me with muscle relaxants and pain medication. They never took an x-ray to diagnose the problem and never offered any alternative treatment.

During the last few years I have had an equine chiropractor assess and treat my horses when they exhibited discomfort being saddled or ridden. Recently I took a break from riding and the gym because of increasing discomfort and stiffness in my lower back. A friend at the barn suggested I see a chiropractor. At this point I was worrying if I was helping or hurting myself with all the physical activity and if I would be able to walk with a straight back and continue riding as I approach my even later years of life.

I didn't want medical treatment with an offer of back surgery and since my friend kept assuring me that a chiropractor could actually give me a diagnoses and a treatment plan to help fix the problem, rather than just continue treating the symptoms, I took the plunge and made an appointment with Dr. Robin.

Letting Dr. Robin know up front that I had some fear of adjustment (without any real knowledge about it) she took the time to review my x-rays with me pointing out my problem areas and explaining how she could use traction and adjustment to relieve my almost constant discomfort with activity. And lo and behold with her care I am stronger and actively working out in the gym and riding my horses without pain. Not only that, but I mentioned the left neck and shoulder pain I have had for years with certain activities and that is being attended to with the same type therapy and with excellent results.

I realize now that I have given my horses the benefit of a chiropractor to increase their comfort with activity and never even thought that it could help me. Well now I know and cannot tell enough people how great Dr. Robin is at treating pain for real, not just a quick fix for the moment. Even found out that you can have the wrong chiropractor and not have the wonderful outcome that I have had with the right chiropractor.

Dallas W.