



Chiropractic Miracles

Delivering You the Best Word in Wellness and Natural Health Care

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Dear Patient and Friend,

We would like to wish you and your family every happiness for the Christmas Season and 2010!

Flexibility is great for your health. Flexibility may help you thrive in the years to come. When individuals are taught to be flexible, it means they are pliable, adaptable, and responsive to change. The dictionary elaborates on this definition by adding, "... the ability of persons or things to accommodate to changing conditions."

Many of us know people who are quite stiff, regimented and have a very difficult time relaxing. These people may have a difficult time accepting and adjusting to new circumstances. Being inflexible can add stress to relationships and become damaging to our health. In fact, research shows that being rigid and inflexible in our beliefs and behaviors can lead to heart disease. After suffering a heart attack, the medical doctor usually encourages the patient to "learn to relax" and become more flexible in life.

Flexibility is a term we can apply to our physical bodies in addition to our attitudes, beliefs and behaviors. Physically speaking we can look at the spinal column as a good example of "accommodating changing conditions," because it is the most flexible joint in the body.

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Brentwood Chiropractic Clinic

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"Chiropractors help you maintain physical flexibility through regular spinal adjustments."



Research shows us that the body tends to grow less flexible as we age. Physical inflexibility may begin with stress and eventually lead to the interference of nerve function. When flexibility has been lost in certain areas of the spine, the spinal bones begin to degenerate and may eventually become so malformed that nerve function becomes blocked.

Chiropractors, who regularly see what happens to the spine when flexibility has been lost in certain areas, specialize in looking at the spine to see when and where the spinal bones have become rigid or misaligned. This abnormality is called a "vertebral subluxation."

If the subluxations are not corrected, overall health can be compromised. Many health symptoms may occur when the spinal bones become inflexible or misaligned. Low back or neck pain may be the first signal that spinal bones are misaligned. It is critical to have regular spinal evaluations to identify developing issues before they develop into more serious ones. If spinal bones remain subluxated and uncorrected they can begin to degenerate, reducing the size of the passageway through which nerves pass. Nerve impulses are thus hindered from reaching certain areas of the body. One possible effect of this degeneration is that uncorrected low back pain may lead to loss of bladder control because necessary nerve signals were interrupted.

Chiropractors help you maintain physical flexibility through regular spinal adjustments. Call today for an appointment so that you can optimize your health by maintaining flexibility of attitude, behavior and body.

The bones of the spinal column encase and protect the delicate nerves passing through the spinal cord. This is why it is so important that the spine remain flexible in response to body movement. When the body is stiff, rigid and inflexible, it is much more likely to have a breakdown in health.

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Flexibility Will Help You Thrive In
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The Most Powerful Doctor In The World Is YOU ...

Our Society Is ...

- ◆ Too quick to rely on drugs
- ◆ Too quick to consent to surgery
- ◆ Too quick to give away our power and decision making abilities to others

In a time when our society is making more responsible decisions about our environment, it seems logical that we would also look for a more holistic, more natural approach toward health care. It makes perfect sense to follow the laws of nature in caring for our bodies. How does chiropractic care fit into this approach?

Chiropractors educate patients to understand that the human body has the ability to heal itself. A chiropractic adjustment removes any interference in the nerve system, which may be preventing the body from healing itself. When the nerve system is free from interference, the body can heal naturally. Clearly, chiropractic care is one of the first action steps we should take when dealing with a health concern. Chiropractic care is drugless, noninvasive and far less risky than many conventional medical approaches.

Medical care does serve an important role in a crisis situation when emergency care is needed. However, no drug or surgical procedure can restore the vital life energy that is halted by a subluxation (misaligned vertebrae). Only a chiropractic adjustment can restore the natural pathway of communication and allow healing to take place.

There is no doctor in the world more powerful than the inborn "doctor" within our own bodies. You are your own "Master Healer" and you know precisely how to run and maintain a healthy body.

Therefore ...

- ◆ Natural and safe approaches to optimizing health should always come first
- ◆ Chiropractic care is the number one recognized natural health care system in the world
- ◆ Drug intervention should occur only when absolutely necessary
- ◆ Surgery should be considered only as a last resort

Call for your chiropractic appointment today and discover a natural and safe approach to optimal health.

Clinic Happenings:

- Food BanK Day – December 17th : Bring a non-perishable item and your adjustment is \$20.00
- Dr. Sali will be away from December 24th and will return on January 4th
- Dr. Jackson and Dr. Harrison will be here between Christmas and New Year's and our hours are as follow:

December 24th – 7:30am- 12pm

December 25th & 26th - Closed

December 28th – 1pm – 5 pm

December 29th – 9am – 12 pm

December 30th – 1pm – 5 pm

December 31st – 7:30am – 12pm

January 1st & 2nd – Closed

We will return to our regular hours on January 4th



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The Most Powerful Doctor In
The World Is YOU!

Closing Thoughts ...

Teaching the ABC's To Your Children

-Glenda Hotton, M.A. Counselor

Always be on time.

Be a model of honesty.

Care about their hurts.

Do acts of kindness.

Every day give plenty of hugs and kisses.

Forget past offenses.

Give occasional "token gifts" of love.

Have a happy disposition.

Invest quality time.

Jump for joy when they bring home good grades.

Keep looking for the good and positive.

Listen to their cares and woes and excitement.

Make adjustments for physical pain.

Never criticize in front of their peers.

Only say words that edify.

Put on the heart of patience.

Quietly discipline in private.

Recognize each child is creatively, uniquely different and specially gifted.

Spend time reading to them and listening to them read.

Take care of yourself.

Understand the age appropriate behavior of each child.

Voicing- teaching them to share facts, thoughts, ideas, dreams, opinions, intuition.

Welcome their friends.

X-ray to the need of the heart.

Yesterday does not have to dictate today.

Zoom in on good behavior.



*"Recognize
each child is
creatively,
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