

# Health & Wellness

## Are You **WORN OUT?**

It might not just be the wintertime that is wearing you down.

### Physical Exhaustion:

Your feeling drained of all physical energy and your just following through your daily motions.

### Emotional Exhaustion:

Your easily frustrated and irritable accompanied by a lack of motivation.

### Lowered Immune Response:

You seem to always be sick. Suffering from body aches, headaches, colds and flu-like symptoms. This derives from too much stress.

### Lack of Interest:

You are calling out sick and arriving late to work. Your relationships are filled with tension and conflict.

### Withdrawal:

You have very little interest in personal relationships, its too much effort.

### How To Get Back On Track:

Being completely worn out is directly correlated with our physical, emotional and chemical stress.

Chiropractic care will help you bounce back!

## The Importance of **POSTURE!**

It is the first impression someone comes to about you. It says a lot about your character and confidence.

## CONSIDER THIS:

1- Sit with your shoulders back. Your buttocks should touch the back of your chair.

2- Your feet should be flat on the ground & your knees at a right angle. Keep knees just a bit higher than your hips.

3- When standing, keep your shoulders back, your chest forward and your stomach pulled in.

Follow these tips and you can achieve better posture immediately.

Along with regular chiropractic adjustments will leave aches and pains to something of the past.

## Common **Headache Triggers**

- \*Stress
- \*Sleeping Habits
- \*Diet
- \*Smells
- \*Eyestrain
- \*Subluxation

Chiropractic Care has shown fantastic results in helping those who get frequent headaches.

"A strong positive mental attitude will create more miracles than any wonder drug."

~Patricia Neal~

## Weekly Office Hours

Monday, Wednesday, Friday

9am -12pm and 3:30pm-8pm

Tuesday Evenings

3:30pm-8pm

## Future Spinal Care Classes

--February 3<sup>rd</sup> at 7:30pm

--March 3<sup>rd</sup> at 7:30pm

PLEASE FEEL FREE TO SHARE THIS WITH A FRIEND!