

Dates to Remember:

Feb 8 - 14:

Child Passenger Safety Week

Feb 9-13:

Come in to pick up your FREE Valentines Day Gift

Feb 14:

Valentines Day

Condition Of the Week



Many of you may know that we just spent the weekend in LA at a conference. 6 hour flight out, 5 hours back in coach wasn't the most fun, and eating lunch from the taco truck outside the airport might have been a bit risky, but we had a great time learning and relaxing.

Here's some highlights: First is the importance of weight loss. By the end of this year, weight will be the leading cause of preventable death, disease and disability in the US. Did you know that for every 10 pound you loose, you take 45 lbs of stress of your body, lower your blood pressure, cholesterol and risk of cancer? And that as you lose more, the benefits are exponential? This is why we have integrated Doctor's Weight Loss Solutions to the office. DWLS gives you the best of the 2 most successful weight loss systems: the coaching and support of Weight Watchers, and the

Learning in L.A.

meals of Jenny Craig, but CHEAPER! And the classes are taught by me. Not to toot my own horn, but I have over 500 hours of training in clinical nutrition, and countless more in physiology and biochemistry. All of this extensive training means I know the ins and outs of the human body and how to best incorporate that into fast, sustained weight loss.

Second and third are about inflammation, I'll try to summarize a few hours of advanced neurology into a sentence or two without putting you to sleep. Inflammation is the chemical process that causes the manifestation of all disease. Specifically we learned about a recent study that proved chiropractic is beneficial in treating asthma. Asthma is due to inflammation in the lung. When life and everything that goes on in life affects your body, it causes your joints to stop working

as well. When a joint stops working it starts to degenerate after only one week, this degeneration creates a chemical and neurological response that raises your base rate of inflammation. Once your body hits its set point of inflammation, the manifestation of disease begins, be that asthma, IBS, endometriosis, arthritis, ADD/ADHD, bowel disease and more. When you get regular chiropractic care, the joints work correctly, thus lowering the basal rate of inflammation, plus, when you get adjusted, your body creates a neurological response that lowers inflammation even more!

Third, is a nutritional link to inflammation; that we should eat less grains and fatty meat and more fruits and veggies; AND TAKE YOUR VITAMINS! Remember, all supplements are 10% off all month long.

Kids Korner

Keeping your child safe is a constant thing. Please keep checking and make sure your seat remains at the proper recline and stays firmly attached to your car. To check your seat wiggle at the belt path there should be no more than 1 in. of wiggle room. Please also check proper fit of the seat with your child. In a rear facing seat your child is too big if their head is within one in. of the top of the seat or they reach the weight limit. In a forward facing seat your child is too big if their shoulders are above the highest slot for the harness straps or if they reach the weight limit for the harness straps. Most seats

the harness limit is 40 lbs some are 65 or 85 lbs. Do not confuse the weight limit for harnesses with the weight limit if you turn the seat into a booster. If you are using a seat that allows the harness to be used past 40lbs you must switch to seat belt install. LATCH systems have a weight limit so please check seat and car instructions for exact details.

Please DO NOT drive your child to the bus stop in the front seat of your car. A patient of ours was in a car accident on the way to the bus stop. If your car is in motion your child should be

in a safety seat.

Please check your seats after having any technicians do any work to your car. I just read an article in a magazine where a mother had her car detailed and a week later she slammed on her brakes and her son's car seat went flying across the car. The technician who vacuumed her car uninstalled her car seat and she did not know it. If you have any questions or need to know the most recent law changes please visit our website or call and speak to Wendy.

443-512-0025

Product of the Week



BIOFREEZE
Pain relief that works WITH LIFE

10% Off in February

Helps relieve soreness from :

- Sore muscles and muscle strains
- Back, shoulder & neck pain
- Arthritis
- Painful ankle, knee, elbow & hip joints

10% OFF

All Vitamins & Supplements
All February

(excluding Novolife)