



### Why I Recommend Frequent Visits

I frequently recommend up to three visits per week or more. I'm often asked how I arrive at this visit schedule.

Since the patient is doing the healing, not me, everyone responds differently. A chiropractic adjustment applies a specific force, at a specific location, in a specific direction to assist your body in "righting" itself. My job is to supply energy at the right time and place so your body can use it.

Frequent visits at the beginning of care balances the repetition needed to establish a healthier spinal pattern with fitting chiropractic care into a busy life. For most new patients, up to three times a week seems to produce the best results in the shortest amount of time.

### Burning Calories the Easy Way!

You may have suspected that proper weight control cannot be achieved by dieting alone. In fact, you may even know a few people who are engaged in a completely sedentary lifestyle, people who never work out, yet who seem to be able to maintain an ideal weight. So just how exactly do they do it?

It turns out, many extra calories can be burned every day simply by participating in a variety of "strenuous" activities that require little, if any, physical exercise.

Maybe you know a few people who "burn calories" in one or more of the following creative ways:

Activity	Calories Burned
One hour of jogging	751
Whimpering about aches or pains	750
Complaining about a headache	600
Whining about a sleepless night	550
Moaning about back pain	450
Reaching into the medicine cabinet	425
Creating excuses to not see a chiropractor	400

Of course, we're just kidding!

Complaining about aches and pains and coming up with excuses not to see a chiropractor, however creative those excuses may be, won't help you lose weight or stay healthier!

Do you know someone who seems to be burning way too many calories complaining about their ache or pain? What about you? Have you perhaps burned a few calories this way yourself? If you think we can help, please give us a call today.

### Do Germs Cause Disease?

How do you "catch" a cold? How do you "get the bug" that's going around? Many people believe that germs cause disease. But germs only manifest in disease when the conditions are just right... in other words, when our immune system is compromised.

Consider the circumstances when our immune system is inadequate, and symptoms do appear. What are we doing (or thinking) that compromises our immune system? Yes, our mental and emotional health are common culprits!

To stay healthy, attend to ways to boost the effectiveness of your immune system. A good place to start is by regularly removing stress to your nervous system with periodic chiropractic care. If you or your loved ones haven't been in awhile, make an appointment today!



### The Meaning of Pain

What is the purpose of pain?

Pain causes you to pay attention to something that's not working right. It's a warning that a limit of some type has been reached that the body is not equipped to handle. It's a way your body alerts you that a change is required.

In many ways, pain is a good thing. It's only when we misinterpret the pain or make it go away without tending to its underlying cause that we get into trouble.

Many people begin care in our office because of a painful symptom. Our primary interest is in the underlying cause of the pain. Numbing the body with drugs to hide the pain may be convenient, but in the long run, expensive. We take a more natural approach.

It begins with a thorough examination. Plus, we'll ask about the various physical, emotional and chemical stresses you may be experiencing.

If you know someone who regularly takes pain medication to suppress their ability to sense pain, urge them to consult our office instead.