



### Why I Recommend Frequent Visits

When patients begin chiropractic care I frequently recommend three or more visits per week. I'm often asked how I arrive at this schedule. Predicting the best course of care is a combination of education, experience and keen observation skills.

A common misconception is that a spinal bone is "out of place" and a chiropractic adjustment "puts the bone back" into its proper position. Instead, a chiropractic adjustment applies a specific force, at a specific location, in a specific direction to assist your body in "righting" itself.

We've found that frequent visits, especially at the beginning of care, balances the repetition needed to establish a new, 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 have noticed a few people who seem to be engaged in a completely sedentary lifestyle and who never work out, yet seem to be able to maintain an ideal weight no matter what.

How do they do it?

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

Maybe you know someone who "burns" calories in one or more of these creative ways... surely *you* don't, though!

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 kidding!

Do you know someone who seems to be burning way too many calories complaining about their ache or pain instead of taking action to help their body heal itself? Maybe you've burned a few such calories yourself?

Picking up the phone doesn't burn too many calories, but it *can* take care of some of the problems on that list! If you think we can help, please give us a call.

### Do Germs Cause Disease?

How do you "catch" a cold? How do you "get the bug" that's going around?

Our culture has a backwards way of looking at disease. Many people believe that germs cause disease. But germs only manifest in disease when the circumstances are just right. That usually means our immune system is run down.

So, 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!



If you want to remain disease-free, instead of focusing on germs, boost the effectiveness of your immune system. A good place to start is by removing stress to your nervous system with periodic chiropractic care. If you haven't been in a while, 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. It's a way your body alerts you that a change of some type 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 practice 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 practice today! Or forward this article to them now.