

Dear Friend:

Here is the Special Report that will impact your life in a healthy, positive manner...

Five Secrets to a Healthy, Pain-Free Body

There are millions of Americans who are experiencing pain every day. It might be from a car accident, an "old football injury", or it just may be that the years have taken a toll on your body. Whatever the reason may be, you do not have to live with the pain for the rest of your life. Chiropractic can safely, effectively, and sometimes even permanently relieve you of your pain. When confronted with pain many people will opt to take some aspirin or other pain killers. While this may help temporarily, it is only masking the pain and not relieving the source of the pain. With chiropractic care, your doctor can find the cause of the pain and provide you with some real relief! We would like to share 5 secrets that we have come across to help you lead a pain free life. Please enjoy and remember to call us if you are experiencing any pain that you would like to be freed of.

Secret #1 – You don't need to take medication to be pain-free.

To deal with pain or an injury the first thing many people do is take Tylenol or get a prescription from their doctor. Sure the pain may go away for a little while, but be prepared to keep taking that medicine a few times a day. The pain will continue to come back because you are not addressing the real reason for the pain. The companies that make these medications want you to keep buying their products. As chiropractors we are not interested in keeping you in pain so you continue to buy products or medications. We want to find the cause of your pain and eliminate it at the source. Through chiropractic treatment and adjustments we can restore your body to its natural state and eliminate the sources of your pain.

Secret #2 – An Aligned Spine = A Healthier Body

Your spine has 24 vertebrae which aid in movement and provide protection to your spine. When one of these vertebrae is out of alignment it can have a drastic effect on other areas of your body. This is because the spine is the main part of your nervous system. There are many nerves that branch out from the spine to every part of the body. If a vertebra is out of alignment it might be pinching a nerve that branches out to your elbow and it causes joint pain. The health and performance of the nervous system also has a direct effect on your immune system. Dr. Ron Pero, head of cancer research at the University of Lund, in Lund, Sweden and Chief of Cancer Research at New York Preventive Research Center says that restoration and correction of the spine can **increase** the strength of your immune system by **200% - 400%!**

There are 3 main stressors that can cause misalignments in your spine.

- 1) Physical stressors (Injuries, slips/falls, playing contact sports, repetitive motions at work, etc.)
- 2) Chemical stressors (environment pollution, food and drink additives, preservatives, and coloring)
- 3) Emotional stressors (stress at work, anxiety, depression, family stress, etc.)

Chiropractic treatment can help correct damage done by these stressors and also help you prevent them from causing future problems. If you have not seen a chiropractor in a while, or ever, then it is likely that you have some degree of misalignment right now.

Secret #3 – Changing Your Diet Can Help Relieve and Prevent Pain

In today's fast paced world it is tough to eat right all of the time. We sometimes rely on fast food, microwaveable meals, and pre-packaged snacks. These foods are usually high in fat, sodium, preservatives, and lack the essential vitamins and nutrients that our bodies rely on. Eating poorly can cause weight gain. Increased weight means more stress on your back, legs, feet, and other parts of your body. A proper diet can help you lose those excess pounds and literally take a load off your body.

Nutritious foods and the vitamins they provide can help to make your body function more efficiently as well. Different vitamins and nutrients can aid different parts of your body. Eating healthy can improve heart health, joint health, digestion, and other bodily functions. An overall increased level of health can help to prevent injuries and pain, or help provide relief for any pain you are already feeling

Secret #4 – Exercise Doesn't Need to be Hard

When people think of exercise images of gyms, big dumb bells, and sweat come to mind. While these may be descriptive of some people's exercise regimens, it does not have to be for yours. Most people do not exercise enough and some not at all. Any level of activity is beneficial for your body – whether it is working out with a personal trainer or taking a half hour stroll around the block after dinner. Some activities that you wouldn't even think of as exercise - like playing tennis or riding your bike – are fun activities that give you a great amount of exercise. Exercise develops muscle tone, works out the major joints of the body, increases blood flow and heart rate, and increases energy level. We can help you develop an exercise regimen based on your weight, age, health, and current level of activity.

Secret #5 – Consistency is Key!

All of the previously revealed secrets are proven to have a positive effect on your health and well-being, but to maximize their effects you need to be consistent. It is not always easy to stick with something, but if you do, the results will come. Keeping up with your chiropractic appointments

will keep you aligned, relax your body, and relieve your pain. For most people, taking 30 minutes once a month to visit your chiropractor is enough.

Sticking to a healthy diet and exercise schedule can often be difficult for people. Getting started is the most difficult step, so once you do start make sure you stick with it. Pre-cook your food for lunch so you don't have any excuses to get a quick fast-food fix. Try new healthy recipes to keep your food healthy and interesting. Healthy does not have to mean bland, there are plenty of great tasting, yet healthy foods. When developing an exercise plan choose activities that you like and schedule them for times when you can be fully committed to exercising. You also don't need to, and really shouldn't, exercise every day. Start by exercising 3-4 times per week so that you can give your body time to recover between days of exercise. In the beginning you might be sore after an exercise session, which is normal. After you have become adjusted to your exercise regimen you may want to add 1-2 days of exercise for even better results.

If you follow these 5 secrets you will be on your way to feeling healthier, more energetic, and pain-free. If you have any questions please call us, or schedule an appointment for an adjustment and consultation about nutrition and exercise.