



LIVINGSTON COUNTY CHIROPRACTIC CENTER & WHOLE BODY MEDICAL WELLNESS FEBRUARY 2018

WE ARE ALL IN... ARE YOU?

Livingston County Chiropractic Center and Whole Body Medical Wellness have stepped up our game. Some of you that have been to the office this new year may have noticed some subtle changes: new equipment, additional supplements, new hours, just to name a few. The energy is high, its contagious and most of all its catching on.

We are shifting to a more positive, wellness mindset. *Why?* Look around, there is so much negativity, so much sickness, and for the first time I see some individuals losing hope. This is not okay!

Here are a few things we are doing in the office: ONE WORD. Each staff member has been asked to use one word that will describe their 2018 year. There are no right or wrong answers. This word must have meaning and emotion behind it. Each staff member has this word written down in several places, so it can be visualized repeatedly through the day. We have even laminated our one word and placed them in our homes. What is your ONE WORD?

A few weeks ago, Dr. Ashley and I as well as our team went to Cancun for a seminar. It was great to experience some warmth and sun shine, but it was also a wonderful opportunity to speak with other chiropractors and to step out of our comfort zones and work on ourselves. We discussed a lot about what is holding us back from achieving our goals, what we want our legacy to be and furthermore we set our intentions to make the needed changes to step up in life, to feel fulfilled, loved, healthy and happy.

Are you ready to STEP UP?

We are welcoming 2018, and we are asking all of you to join us, to pick a word, to step up and to hold ourselves accountable to be the best version of ourselves that we can possibly be.



February Events

Feb. 6th– Stem Cell Seminar, Dominy Memorial Library– Fairbury 6 PM

Feb. 10th-Dr. Kim's Birthday

Feb. 14th Valentines Day

Feb. 20th Stem Cell Seminar– LCCC 6 PM

March-ARCH MADNESS!!



8 Simple Ways to Make Your Spine LOVE You

Your back is an elegant piece of machinery made up of *bones, nerves, and muscles* that work hard to keep your body balanced and your nervous system running efficiently. Unfortunately, it's also the most likely part of your entire body to suffer from chronic pain. **8 out of 10** Americans report having brief periods of back pain, and a portion of those will suffer from back pain for *weeks, months, or even years*.

Keeping your spine healthy isn't just important for your back health; *it's a way to protect the overall health of your body at optimum levels*. Here are eight chiropractor-approved ways to keep your spine *strong, supple and healthy*:

1. Learn to sleep properly- Your neck, head and back should all be aligned properly when you sleep. Rest on a mattress of medium support and use pillows to position your body properly.
2. Quit smoking- Smoking decreases the level of oxygen in your body that's required for healthy bones. Smoking can lead to problems in the spine and other parts of the body.
3. Strengthen your core- Core muscles can help head off back pain. Some great exercises for strengthening your core include yoga, weight training, swimming, and walking.
4. Reduce the amount of stress in your life- Stress is rapidly becoming one of the top killers in this country and it works as an amplifier for any symptoms you're already suffering from.
5. Stretch regularly- Make it a practice to stretch before engaging in any sort of activity that involves your body.
6. Lose weight- Extra pounds lead to extra stress and strain on your back. Talk to your chiropractor about how to manage your weight and the effects of obesity on your bones.
7. Practice good posture- Sitting and standing properly will help your back and will make you appear stronger, more confident, and even younger!
8. Lift with your legs, not your back- There's a reason that clichés exist, and that's because many of them are true. This is one that bears repeating.

ROSES ARE RED,
VIOLETS ARE BLUE,
YOUR SPINE
LOVES CHIROPRACTIC,
AND WE LOVE
PATIENTS LIKE YOU!



With February being Heart Health month, we want to make sure you are doing all that you can to keep your heart healthy. Along with diet and exercise, there are supplements that you can take to support a healthy heart. Being one of nature's richest sources of Omega 3 fatty acids—fish oil—can help you by:

- Lowering blood pressure
- Reduce the chance of heart attack or stroke
- Lessen the chance of sudden cardiac death in people with heart disease
- Slows development of plaque in arteries
- *Along with so much more for the entire body....*

For more information, please ask a team member for details.

