



Livingston County Chiropractic Center
Whole Body Medical Wellness
July Newsletter 2018

Events

July 4th-Office Closed

July 10th-Tuesday Stem
Cell Seminar 5:30pm.

July 28th-Saturday Stem
Cell Seminar 10am.



Chiropractic Care as an Alternative to Opioid Use

It's no secret the United States is in the midst of a major opioid crisis, with [over 2 million Americans](#) now dependent on or abusing the pain pills. For many suffering dependence or drug addiction, it all started with something very common: pain.

More than [100 million Americans](#) suffer from chronic pain, putting a growing emphasis on treatment options. As a nation, multiple resources are being allocated to combat the opioid issue and prominent healthcare figures are advocating for others to rethink the way we approach pain management, placing a spotlight on non-pharmacological therapies.

Opioids do help with pain. At first. They provide a quick-fix but, without additional treatment methods, do nothing more than mask critical pain signals your body is sending. Outside of potential addiction or dependence, when taking opioids patients can begin to believe their conditions are less severe than they really are and risk injuring themselves even further.

Here are 5 key reasons to consider chiropractic care as a first line of pain defense:

- Chiropractic care is non-invasive and drug-free, mitigating the risk of drug addiction, dependence, or harmful side effects.
- Evidence shows, chiropractic therapies reduce pain in musculoskeletal injuries, such as chronic neck and back pain.
- Rather than mask symptoms, chiropractic care aims to address the underlying causes of pain and resolve them for long-lasting pain relief.
- Chiropractic care costs significantly less than cyclical medical treatments.
- A 2018 study linked the use of chiropractic care with a 55% reduction in the need to fill an opioid prescription.

Stay informed and be sure to ask your doctor questions about all treatment options. Chiropractors are ready to help provide safe and effective care options to patients in pain.





Our office is getting ready for our annual school supply drive. We look forward to donating school supplies to the children of Livingston County. We will be accepting donations late July through August.



Please join us in welcoming Nurse Practitioner, Sara O'Brien to Whole Body Medical Wellness. She will be in the office every other Thursday and is currently seeing patients for Stem Cell injections and school physicals. Please call and schedule an appointment.



Ideal Protein Dreamsicles (Phases 1-4)

***Equivalent of 2 Ideal Protein Foods*

- 1. Pour 16-20 ounces of cold water in a blender.*
- 2. Add the contents of the 2 Ideal Protein Packets, ice, and blend until frothy and thick.*
- 3. Pour into popsicle molds and freeze.*

Ingredients:

- ◆ Ideal Protein Mango Drink Mix*
- ◆ Ideal Protein Vanilla Pudding Mix*
- ◆ Water and Ice*

