

Livingston County Chiropractic Center & Whole Body Medical Wellness

May 2019 Newsletter

Back pain is not normal! How can we help to prevent this?

We are at the time of year where we see many people coming into the office because of back pain. Why? Because it's nice outside and people are gardening, playing sports, and being more active altogether. While doing these things, we want to make sure we are keeping our spine healthy and free from pain. In fact, research shows that up to 80% of the population will experience back pain and some point during their lives. It is also the second most common reason for visits to the doctors office. Spinal health is an important factor in preventing back pain and we are here to help. Back pain is not "normal" so here are some ways to help prevent it.

- Get adjusted regularly-by getting adjusted regularly, it will help keep your spine aligned and nervous system working properly.
- Proper posture-proper posture helps us keep bones and joints in correct alignment so our muscles are used correctly, decreasing the abnormal wearing of joint surfaces. Avoid slouching or leaning too far forward at desk or while using computer or phones. While driving, you want to sit up straight, not leaning too far back, and make sure you have proper lumbar support on your seat.
- Bending correctly-with bending down, you want to make sure you are bending at the hips with back straight (do not lean too far forward) and lift with the legs.
- Stretching-stretching daily will help your muscles work properly and with ease. Working or exercising with tight muscles will put strain on your body and could cause more harm.
- Being active-living a sedentary life is not healthy for the body and causes more harm than good.
- Do not self adjust!- adjusting your joints yourself will undo what your chiropractor has done. If you adjust yourself you will cause more problems for your spine even if you think it makes you "feel better."



If you or someone you know are having trouble with back pain or any pain, please see your chiropractor. We are here to help your body function properly and without pain.



Stem Cell Seminar-Sat. 18th @ 10 am
Stem Cell Seminar-Tues. 28th @ 5:30 pm
Memorial Day-Office Closed Fri-24th-27th



Schools out!

School will soon be out, so what does that mean? Summer is right around the corner and your children are going to be outside more and playing sports. Some benefits of your child being adjusted are: improved immune system, improved sleep and digestion, less headaches and earaches. Be sure to get them in for an adjustment. We see children of all ages, starting from birth.



Natural Bug Repellant?

If you're looking for a natural bug repellent, some Young Living Essential Oils we use are Citronella and Peppermint. For a refreshing, uplifting fragrance that eliminates odors, Citronella essential oil is ideal for diffusing indoors and outdoors to refresh the air and keep the bugs away. Along with many other uses, Peppermint oil is a natural insect repellent. It deters spiders, mice, ticks and fleas. To enjoy your summer bug free, try citronella and peppermint oils.



Ideal Protein Referral Incentives

The greatest compliment we can receive is the referral of your family and friends! If you know someone that is ready to get their health back and lose weight, give them Tara's card. They can schedule a Complimentary Consultation (a \$50 value) to discuss Ideal Protein and how this program can help them lose unwanted weight and get them feeling good again! Your referral will not go unnoticed either. For each referral you send, we want to reward you with a gift.

1st Referral– Salad Container w/ dressing cup and fork.

2nd referral– Aluminum Water Cup

3rd Referral– \$50 Gift Card



Because YOU care about your life, We care about YOUR Health!