



Livingston County Chiropractic Center

& Whole Body Medical Wellness

June 2019 Newsletter

### Why use Turmeric Forte?

- Supports a healthy inflammation response
- Used traditionally to maintain and support healthy joints
- Provides antioxidant activity
- Supports healthy response to environmental stressors
- Supports healthy liver function
- Used Traditionally to support healthy digestion

### Patients Who Benefit from Turmeric Forte

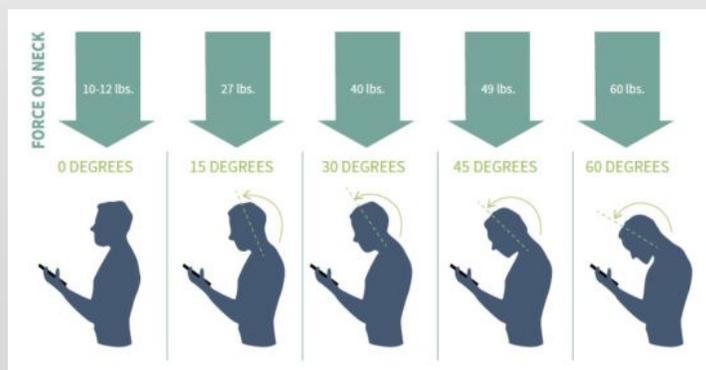
- Those requiring support of the body's normal inflammatory response
- Those requiring joint support
- Older patients, athletes and those with an active lifestyle wanting to maintain healthy joint mobility



## Text Neck Syndrome-Not Just a Neck Problem

Are you a smartphone user? Have you ever thought you were holding your phone incorrectly or does your neck hurt after you've been using your phone for a long period of time? This is becoming more common as new technology is arriving daily. Holding your phone under eye level is becoming increasingly harmful to your spine. "Text neck" can cause permanent damage and result in more headaches, muscle and nerve damage, early degeneration of the spine, chronic low back and neck pain and a decrease in the spinal curve. Because of the constant forward head posture, text neck, can add up to 60 lbs of weight onto your cervical spine. So how do we help correct this before more damage is done to the body?

To prevent "text neck" and the permanent damage that comes with it, some postural suggestions we can give you are the following: Maintain a neutral spine, keep your mobile device at eye level to avoid added pressure, limit your screen time, and see your Chiropractor regularly. Sixty pounds is a lot of extra weight to be carrying around on your neck. Before you experience any of the above symptoms, start using your smartphone the "smart" way.



## UPCOMING

## EVENTS

- Sat. June 15th @ 10am-Stem Cell Seminar
- Sun. June 16th Father's Day
- Tues. June 25th @ 5:30 pm- Stem Cell Seminar

## WHY YOUR WATER INTAKE SHOULD BE A PRIORITY?

Make no mistake about it — drinking water is one of the greatest things you can do for your body. So many of your body processes rely on your consumption of the recommended amount of water per day. But, we get that water isn't the easiest beverage to consume, especially if you are used to drinking coffee to get through the workday or fueling up with a large soda for lunch. And, short of putting fresh fruit in your water, there aren't too many things you can do to make it exciting.

Know that the more you drink water, the more your body will crave water, and the less you'll care how plain your water is. Just like any other habit, the important thing is to just begin. The rest is easy. When you experience these benefits, you'll never go back to an unknowingly dehydrated state again.

### **Benefit #1: Rid yourself of pain.**

Water is a natural lubricant. If you're experiencing stiff joints or even a stomachache, water can work to get your body back to normal. Water will also get rid of the headache caused by dehydration. Water and chiropractic care together can make a big difference in the way your body feels.

### **Benefit #2: Improve your skin.**

When water is able to properly hydrate your skin, you'll experience a more supple, youthful glow. The reason for this is that dehydration can contribute to dry skin and wrinkles.

### **Benefit #3: Change your mood.**

Without water, your body goes into a slight haywire mode where it's trying to figure out what's going on and how it can get back to equilibrium. Even mild dehydration has proven to affect mood and can contribute to feelings of stress, anxiety and fatigue.

Even though our bodies are composed of about 60% water, it's still not enough. Form a new habit of drinking your recommended glasses of water per day and experience what proper hydration can provide to you.



After a difficult day at the gym, you stagger home and search for something to stop the knee pain. Do you grab the ice pack or moist heating pad for fast relief? Chiropractors often get questions about them and have the following recommendations.

### **Benefits of Ice Packs**

Ice packs can restrict blood flow and reduce inflammation. They are useful for injuries such as sprains, bruises, strains or swelling. You can apply an ice pack immediately after an injury or use it as part of rehabilitation therapy.

### **Benefits of Moist Heating Pads**

Moist Heating pads can increase blood flow. They help with relaxation and pain reduction. Heating pads can be useful for general aches and pains. They may also help heal damaged tissue because they improve circulation.

### **Should You Use an Ice Pack or Moist Heating Pad?**

In general, ice packs are better for acute pain, and heating pads work better for chronic pain. However, your case may be unique and may require a different approach. Talk to your doctor to determine the right option before using an ice pack or heating pad.

### **Long-term Solutions**

Although ice packs and heating pads can offer temporary relief, they are not long-term solutions. Regular visits to the chiropractor are a better choice. You can receive specific treatments and home instructions that reduce the pain.

*Because YOU care about your life,*

*WE care about your health!!!!*