



Spinalguy Chiropractic

Relief & Wellness Newsletter

MARCH 6, 2017

DR. TOM KELLY

Regular Hours

Mon 8am-12pm, 3pm-7pm

Tue 3pm-7pm

Wed 8am-12pm, 3pm-7pm

Thu Closed

Fri 8am-12pm, 3pm-6pm

Sat (Some) 9am-12pm

Summer Hours

June July August

Mon 8am-12pm, 3pm-7pm

Tue 3pm-7pm

Wed 8am-12pm, 3pm-7pm

Thu 3pm-7pm

Fri 8am-12pm

Sat Closed

Spinalguy Chiropractic

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We're on the Web!

www.spinalguy.com

Chiropractic and Pregnancy

What are the benefits of chiropractic care prior to pregnancy?

- Promotes regular menstrual cycle
- May help optimize uterine function
- Prepares body for healthy implantation
- Ensures proper nerve supply to reproductive organs

What are the benefits of chiropractic during pregnancy?

- Pelvic Alignment and balance
- Reduction in preeclampsia
- Less back labor
- Reduced need for pain mediation
- Less back pain
- shorter labor times
- More comfort while breastfeeding
- Greater production of breast milk
- Less incidence of postpartum depression

“Women who received chiropractic adjustments in their third trimester were able to carry and deliver their child with much more comfort.”

– Irvin Henderson, MD

Is chiropractic safe for pregnant women?

Chiropractic is a non-invasive, drug-free discipline meaning that the risks associated with it are very low. Adverse events are very rare and your chiropractor will assess you individually for any risks before commencing care. In general, there are no increased risks or side effects with chiropractic for pregnant women. Your prenatal chiropractor may use special techniques or table modifications to avoid unnecessary pressure on the abdomen.

Are all chiropractors trained to work with pregnant woman?

Yes! Chiropractors are all adequately trained to handle the needs of pregnancy, however some chiropractors have a special interest in serving pregnant women and have taken additional training.

In a hospital study that incorporated chiropractic adjustments during the pregnancy, there was a 50% decrease in the need for painkillers during delivery.

Did you know...

- ***We offer laser therapy for soft tissue injuries involving shoulders, hips, knees, elbows or feet?***
- ***Hydromassage is massage therapy without the therapist. All you have to do is take off your shoes!***

"The greatest discovery of any generation is that human beings can alter their lives by altering the attitudes of their minds."
~ Albert Schweitzer

Chiropractic and Kids

Infants:

Why Chiropractic? The birth process can often be very traumatic for infants, setting the stage for future issues if not addressed. With such rapid development happening, there is no better time to ensure your infant's spine and nervous system are functioning in the best possible way.

Chiropractic may help these issues and symptoms: Colic, reflux, eczema and rashes, ear infections, poor sleep, constipation, torticollis, asymmetric crawling and gait.

"An infant's spine will double in size in their first two years."

Toddlers:

Why Chiropractic? Toddlers are very busy! Careful first steps quickly change to walking, running and jumping, with a steep learning curve. Overstimulation from the environment, the introduction of new foods and the development of new motor patterns can all affect the physical development of a toddler. Toddlers under regular chiropractic care often get sick less, take less antibiotics or other drugs and are less susceptible to ear infections.

Chiropractic may help these issues and symptoms: Ear infections, asthma, cold and flu's, allergies, eczema, irritability & mood swings, diarrhea and constipation, delayed milestones, night terrors.

Pre-Schoolers:

Why Chiropractic? Your pre-schooler is potentially being introduced to many new stressors, such as processed foods, extended tv watching, medications and environmental chemicals.

Chiropractic may help these issues and symptoms: Allergies, asthma, moodiness, bed wetting, constipation, diarrhea, colds and flu.

School aged children:

Why Chiropractic? School aged children are faced with new physical stressors of sitting at school, new sports / activities being introduced, and the use of technology devices. In addition, they may start to feel stress from schoolwork, bullying and peer pressure, which can all have an effect on the nervous system. Chiropractic may help these issues and symptoms: Growing pains, headaches, belly aches, constipation and diarrhea, respiratory infections, asthma, allergies, lack of balance and coordination, frequent colds, ADD/ADHD, difficulty sleeping and concentrating

Teenagers:

One of the biomechanical issues with teenagers today is the postural changes that occur from prolonged computer/ cell phone / video game use. Your teenager may also be experiencing emotional stress: pressure from peers, new relationships, schoolwork and learning more independent adult skills can all place stress on the nervous system.

Chiropractic may help with these issues and symptoms: Headaches, poor concentration, fatigue, irritability, muscle aches, slow recovery, lack of balance and coordination, painful menstruation, weight gain, scoliosis.

*If you wear
out your
body...*

*Where will
you live?*



*“A person without a
sense of humor is like a
wagon without
springs. It’s jolted by
every pebble on the
road.”*

~ Henry Ward Beecher

Braised Balsamic Chicken

Ingredients:

6 boneless skinless chicken breast halves
1 tsp garlic salt
Ground black pepper to taste
2 tbsp olive oil
1 onion thinly sliced
1 can diced tomatoes
½ cup balsamic vinegar
1 tsp dried basil
1 tsp dried oregano
1 tsp dried rosemary
1 tsp dried thyme

Directions:

-Season both sides of chicken breasts with garlic salt and pepper.
-Heat olive oil in a skillet over medium heat; cook seasoned chicken breasts until chicken is browned, 3 to 4 minutes per side. Add onion; cook and stir until onion is browned, 3 to 4 minutes.
-Pour diced tomatoes and balsamic vinegar over chicken; season with basil, oregano, rosemary and thyme. Simmer until chicken is no longer pink and the juices run clear, about 15 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).

