



Chiro Health & Wellness

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This Issue:

- Olympic Gold and Chiropractic
- Amazing adjustments featured

Supplement of the Month

St. John's

Wort

Researchers found compounds in SJW significantly contribute, in a dose-dependent manner, to the anti-depressant effect of St. John's wort.

Another study found a positive correlation between hyperforin concentration and anti-depressant efficacy.

HOW CAN WE HELP YOU? LET US KNOW...

IT'S OUR PLEASURE TO SERVE YOU.

Remember...

"Your imagination is your preview of life's coming attractions."

Albert Einstein

Olympic Gold Medalist Praises Chiropractic

Olympic speed skating gold and silver medalist Derek Parra talks about the important role chiropractic care played in his medal-winning performances in a video news release from the American Chiropractic Association. The video news release was sent via satellite to more than 800 media outlets across the United States. The video discusses how chiropractors have been a part of the Olympic Medal Staff since 1980 and have helped many world-class athletes reach their peak.

Also featured in the video is ACA Connecticut delegate Dr. Keith Overland, chiropractic consultant to the U.S. Speed skating Team, who explains that weekend warriors are prone to the same types of repetitive and overuse injuries as Olympic athletes.

SOURCE: *American Chiropractic Association*

Amazing Adjustments Featured

PBS recently featured chiropractic treatment on its Body & Soul program. Titled, "Waking up the Brain: Amazing Adjustments", the show featured a segment on a woman who finds relief from extreme vertigo through chiropractic treatment. In addition, the show interviewed Ted Carrick, DC, on his work in treating patients who have not benefited from drugs and/or surgery. Overall, the program is a positive testimonial to the benefits of chiropractic.

SOURCE: <http://www.pbs.org/bodyandsoul>

" The birth of a child is the one of the hardest thing to watch. But at the end of the process, that child is one of the most beautiful things on earth. Same applies to difficult tasks. The process may be the hardest but if well done, the success and happiness achieved is one of the most beautiful things on earth."

Author Unknown

" The most essential, powerful and liberating thing that you will ever do is to accept yourself as you truly are."

- Simon Heighwaya