

SARASOTA CHIROPRACTIC CENTRE SPINE NEWS BULLETIN



Dear Patients:

The holidays are officially over and the decorations put away for yet another year. Hope you enjoyed the Season as much as I did. Actually, if the cookies and the scales are reminders of just how much fun you **did** have over-indulging, don't be so hard on yourself! *You are not alone!* On the upside, we not only have a new year but a new decade to work on healthy new habits...both physically and emotionally!

I suggest that if you have 5 or more aspirations to improve your life, tackle one or two at a time. Don't set yourself up for failure by trying to do them all at once! Establish realistic goals, work them, own them, and they will turn into habits you actually enjoy!

Note: Remember to include Chiropractic adjustments in your health care regime; it's still the best medicine in town. With the rising costs of health care you cannot put a price tag *on preventative care.*

BR-R-R- BABY IT'S COLD OUTSIDE

Early January had many of us wondering if we had moved far enough South! Well, our neighbors to the North might think we are pansies here complaining about the cold temps we recently experienced, however, after 37 years of living in Sarasota, I can't say that I ever remember a COLD SNAP that lasted as long! The grim landscaping is proof of how cold it actually got! FYI - Several of our patients who are in the landscaping business recommend that you refrain from pruning those dead leaves off your bushes and trees in case we get another frost.

More importantly, in order not to succumb to the cold temperatures, and come down with a cold or flu, remember to stay hydrated, dress appropriately, take your vitamin supplements to boost your immune system, get plenty of rest & keep your spine aligned!

ARE YOU IN FASHION OR IN PAIN?

Sound like a strange question? Not really because often times our everyday habits, choice of dress and mannerisms can be culprits to our spines. We all know how poor eating habits, lack of exercise and rest can affect our overall health how and we feel, but did you know that a few fashion statements can also create health problems? For example -

High heeled shoes: while fashionable, wearing high heel shoes for a long time can exacerbate back pain by bringing about the normal forward curve of the back that causes the pelvis to tilt forward.

Tight Clothes: Clothes too tight will restrict and compensate your movements, throwing you off balance and resulting in poor posture and misalignment of the spine.

And then the most common of errors; heavy handbags, backpacks and suitcases. Carrying bags with detectable weight can again alter your balance. When hiked over one shoulder, it interferes with the natural movement of the upper and lower body. All said and done, it is important that you consider how some of these fashion statements can contribute to discomfort or pain! Listen to your body...one of the most important aspects of being in style is to maintain healthy judgment by following simple suggestions resulting in comfortable fashion!

P.S. Gentlemen – take out that bulky wallet from your back pocket - it can literally be a pain in your back!

Celebrate February 5th with us!

Go Red for Women! Wear red day is February 5th...sponsored by the *American Heart Association.*

Join the fight against heart disease, the #1 killer of American Women. Sarasota Chiropractic Centre will show its support with valuable information on how to love your heart!

And while we are on messages of the heart...let us reflect on Valentine's Day.



VALENTINE'S DAY

What to give a loved one on the Day set aside to express your sentiments? None other than the gift of health that is certain to please spouse, parent, or significant other. A *Relaxation Massage* sounds indulgent, and granted, it is...however, it soothes the mind and body, while providing therapeutic benefits. So, for the gift that is always appreciated, see Char for your Valentine's Massage Gift Certificate. The special reduced rates for reserving your certificate are as follows: \$60.00 for an hour, and \$35.00 for a half hour. At SCC, we want you to know you have a special place in our hearts...Happy Valentine's Day.

“Risk more than others think is safe. Care more than others think is wise. Dream more than others think is practical. Expect more than others think is possible.” Marie Curie

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Jan/Feb/March Newsletter