

SARASOTA CHIROPRACTIC CENTRE SPINE NEWS BULLETIN



Dear Patients:

Officially the calendar says that *"Fall is in the Air!"* Not so one would notice! It's hard to be convinced of fall whenever the temperatures are still in the 90's and the breezes still feel tropical...but soon we'll feel a difference! (I hope). Personally, I love fall because it represents the return of our northern patients and friends, spending Sundays with people I enjoy – (cheering on our favorite football team,) and celebrating the first holiday of the season...scary and fun **Halloween**.

This holiday gives us a jump start into the advent of the Season which seems to infect us all with good humor! Granted our appointment calendar socially gets fuller than usual, and the hectic agenda can sometimes take a toll on us physically. So, we encourage you to pay close attention to your nutrition, rest, and exercise regime. In addition, you might want to further boost your immune system with supplements and don't miss your preventative chiropractic adjustments.

While the nation is in a quandary about the Swine Flu...do your best to take precautions everyday to stop germs from spreading:

Cover your nose and mouth with a tissue when you cough or sneeze, and throw the tissue away.

Wash your hands often with soap and water, especially after you cough or sneeze. If you are not near water, use a hand sanitizer.

Be selective about shaking hands, kissing and hugging strangers

Take 1000 units of Vitamin D daily.

Get your Chiropractic Adjustments.

DR. OZ ON SOME EXPERT ADVICE! (and I must admit, I do love it when those experts validate my beliefs!)

Dr. Oz, Host of the Dr. Oz show speaks of back pain...and recommends the following treatment options: **Firstly, Chiropractic care.** Physical Therapy, Stress Relief and Surgery as a last resort.

Defining low back pain: About 80 % of Americans will experience back pain at some point in their life. The connection to a physical source isn't always clear, since some people show no spine abnormalities on an X-ray yet suffer excruciating pain

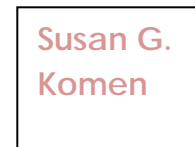
Chiropractic treatment: Even when the pain is in the lower back, the problem tends to be with the entire spine, says Victor Meir Nazarian, a Los Angeles-based Chiropractor. Chiropractors employ manipulation-adjustment of the vertebrae to help align a patient's spine and often prescribe regular visits. "People come in only when they're in pain," Nazarian says. **"But we need to think of our spine the way we do our teeth, using preventive care to stay healthy."**

DTS (Decompression Traction System)

We are approaching our 2nd year of having the DTS System in our office. I must say, next to my education, this equipment was one of the best investments I have made.

The DTS is used to treat those patients with herniated or bulging discs, degenerative joint disease and degenerative disc disease. In just this last month, I had two patients who were considered surgical, one by an orthopedic surgeon and one by a neurosurgeon. I am happy to report that both of them avoided surgery and are close to being 100% again. If you

want more information on this therapy – please visit our website at www.srqchiropractic.com If you know of anyone that you think may benefit from this treatment or require more information, please feel free to schedule a consultation with us.



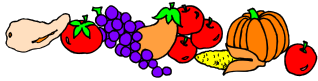
October is Breast Cancer Awareness Month. In honor of Brenda Reed and many of the strong women we know and respect, Sarasota Chiropractic Centre will donate \$1.00 from every patient visit to the Susan G. Komen Cancer Society. This month, your visit will have even more significance...it will not only help you feel better personally, but also will be a contribution towards research to help find a cure. This disease has touched someone we all know, but if caught in the early stages, breast cancer is one of the most curable of cancers. Please encourage your mothers, daughters, sisters, wives, and girlfriends to get regular check-ups and mammograms (and gentlemen, you are not totally immune either). So let's all do our part.



HALLOWEEN

You are cordially invited (no appointment necessary) to drop by our office Friday, October 30th to help us celebrate Halloween. The ghostly cast (staff) of SCC will be in costume, and if you want to bring out the child in you and dress up, please do so! To further tempt you, we will be serving up treats and cider. Enter our drawing for an opportunity to win an hour massage...

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THANKSGIVING

Starting November 1st, bring in a canned or dry good and register to win a Holiday Gift Card. The food will be donated to the All Faith's Food Bank. This year, we need to step up to the plate – last year we donated over 200 lbs; our goal this year is 300 lbs. Collectively, we can make a huge difference!

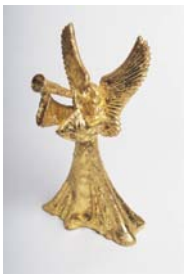
FALL & HOLIDAY HOURS:

As of Oct. 1, our new Fall office hours will be: Mon., Wed. & Fri. 8 a.m. – 12:30; and 2:30 – 7:00

Dr. Kim will be out of the office the week of October 5th. Dr. Shamp will be seeing her patients at our Clinic Mon. 10/5 from 2:30-5:30. Wed., 10/7; 2:30-5:30; and Fri. 10/9 8-10 & 4 – 6. Megan and Therapists will be avail. During regular office hours.

Thanksgiving 11/26 & 11/27 – CLOSED
Christmas Eve - 8 am til Noon OPEN
Christmas Day 12/25 – CLOSED
New Years Eve – 8 am til Noon OPEN
New Years Day - CLOSED

ANNUAL ANGEL TREE



For the past four years, many of you have seen the Angel Christmas Tree that graces our waiting room. The reason it is here for only a little while is yearly, we donate this decorated tree to a charity event that benefits the Florida Center for Child & Family Development. It has a special meaning as it honors Dr. Kim's sister, Angelic. Once it leaves our office, it is

auctioned off at a Holiday Gala at Michael's on East, garnering substantial proceeds which are given to the Florida Center.

SEASON OF GIVING...

Last year Sarasota Chiropractic Centre adopted a family in need. During tough times, "paying it forward" takes on a whole new meaning. I'm sure you have experienced a feeling of euphoria when you perform random acts of kindness for others. It's a well-known fact that good deeds physically help release the endorphins in our system which give us a feeling of wellness. So, if you don't have a particular charity that you are going to donate to this holiday season, and would like to be a part of our contribution, we invite you to do so. We will take your monetary donation, and put it towards an item on their wish list. Our Staff will shop, purchase and wrap the gifts and deliver them. Whether you join us or have your own agenda for spreading Holiday Cheer to some deserving family or charity...it will COMPLETE YOUR HOLIDAYS BY MAKING A DIFFERENCE!

BREAKING NEWS:

Effective immediately, we are now providers for the Evolutions Insurance Network. Evolutions is the carrier for Manatee Health Network/Manatee Your Choice.

FYI...your anti-aging checklist as reported by Dr. Oz and Dr. Roizen can be found on www.OPRAH.com.

You'll note the recommended techniques for living healthier and longer...from the proper foods and number of servings of antioxidants fiber, omega acids, etc., to exercise, meditation, sleep and nutritional supplements.

Log on and get your formula for wellness. Couple this with your preventative chiropractic treatments, and you'll weather the busiest of seasons with good health and robust energy.

HOLIDAY GIFT CERTIFICATES

(Why not give the gift of good health?) Whether you choose a Massage Certificate or a Monetary Treatment Certificate it is the one gift that always is the right size and color, and does not have to be returned! So, reserve your Holiday Gift Certificate today. Massage Gift Certificates are available for \$45.00 or \$70.00. Chiropractic treatments (i.e., adjustment; traction, or product certificates) are available in increments of \$25.00; \$50.00; \$75.00 or \$100.00. Check with Char for the Certificate best designed for you!

Quote: We could learn a lot from crayons: Some are sharp, some are pretty, some are dull, some have weird names, and all are different colors...but they all have to learn to live in the same box!

check out our website:

www.srqchiropractic.com

If you haven't visited our website, please do so. Here you will find a valuable health resource information. We are now on Face book...check us out!

Call today for your next wellness appointment

941-922-2000

Oct/Nov/Dec 2009