

MARCH 2018 NEWSLETTER

Staff Spotlight Back Pain and Chiropractic

People are constantly asking me if chiropractic can help certain conditions. Obviously people search us out primarily because of back pain, which we are great at correcting, but that's just the tip of the iceberg of what we can help. Back pain is an alarm, a "warning signal: if you will. It lets us know something is wrong. Further digging needs to be done to see what other structures or systems may be affected, rather than just this obvious pain. This is the conversation I typically have with them in answer to their question: "Can I ask you a question? If your body were functioning normally, with all of its parts working perfectly, would you have any health problems? Of course, you answered no, because, you know that normal function = health, right? Chiropractors know that too. We know that if we can help you get back normal function, you can get back your health! Our approach is not really as much about diagnosing, treating, curing or even preventing specific illnesses or problems like other doctors do. Why? Again, we know if we can help you get back normal function then, you can get back your health. Our one and only goal is to help your whole spine work better so that your whole nervous system can work better. Why? Because your brain and nerve system are the master control system of everything else in your body. So, if your whole nerve system can work better, then all the parts of your body can work better.



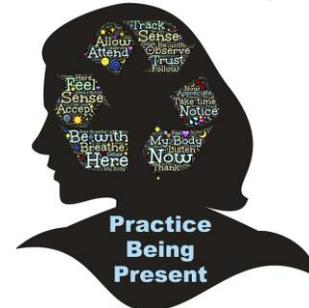
Have you ever heard the phrase, 'The rising tide lifts all the boats?' Well, if you understand that phrase, then can you also see that as your whole body works better, so do the parts you're most concerned about right now? And, when your whole body and your whole mind are working better, which parts of your life will be better? Won't every part be better – not just your health, but also your relationships, your ability to do your job and make

money, your ability to be active in your community and even the amount of fun you have? Yeah! Everything! Again, our goal is to get your whole spine and nerve system functioning more normally so that you can get back your health and move toward living every part of your life at the highest level. You see, it's not about your back. It's not even just about your health. It's about your life. Your whole life. While I am concerned about your back pain, and absolutely want to make it go away, I also want to improve your overall health, and prevent further health concerns. So now, let me ask you: Do you think chiropractic can help you?"

Dr. Ryan

Community Events Free Mind-Body Classes

Join Sue Franklin, PsyD. for these hands on classes and learn some tools for health and healing. All classes are Thursdays 6:30-8:00pm at CLC in the Movement Studio. There is no cost – just show up!



- March 1: Highly Sensitive People as Healers
- March 8: Intro to Tapping
- March 22: Intro to Reiki
- April 5: Intro to Mind-Body Tools

In The Media

The use of complementary and alternative medicine (CAM) for pregnancy related low back and/ or pelvic girdle pain: An online survey.

Complement Ther Clin Pract. 2018 Feb 2

Low back and pelvic girdle pain (LBPGP) is a common complaint among pregnant women, which increases throughout pregnancy and women use various

complementary and alternative medicine (CAM) therapies to manage their pain. Using an online survey, CAM treatments used by pregnant women in the UK and their perceptions of these therapies to relieve LBPGP were investigated. 191 women completed the survey and 70% experienced LBPGP lasting more than one week. Over half of women who sought treatment from a GP or physiotherapist were dissatisfied. 25% of participants used CAM during pregnancy, the most popular being aromatherapy (21%), acupuncture (21%), and reflexology (15%). 81% of women used CAM to manage their LBPGP and 85% found it useful for pregnancy symptoms. Women experience high levels of pain during pregnancy with limited treatment options. Research into effective CAM treatments for LBPGP is required to allow women to make informed decisions regarding treatment options.

Clinic Updates

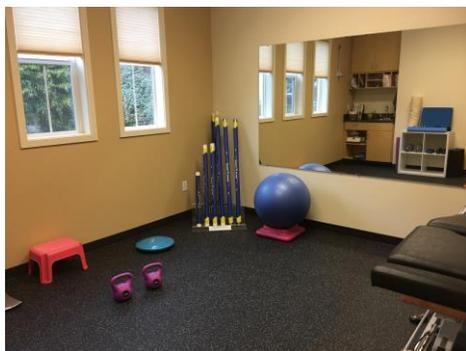
The New Year continues to bring fresh ideas for ways we can improve ourselves and expand our services for our community - for you!

Our Purpose Statement remains “A gathering place for improving lives.”

Within that statement is a commitment to the very best customer experience we can give each day along with the understanding that your presence in your appointments begins a process of life force health and healing.

We have always offered exercise rehabilitation services and soon we will kick it up a notch! The rubber flooring is laid and the equipment is ordered. Scheduling and procedures are taking shape and we will have a ribbon cutting ceremony this Spring for our **Upright Core Restore** rehab program. The goal of our program is to restore you to outstanding health and optimal function through therapy and education. Our doctors will set up your exercise program and our support staff will help oversee your progress. We focus on stabilizing and strengthening the core of your body in an upright weight bearing position. A big part of our approach is teaching you the importance of your home exercise program.

Without that, your chance of successful rehab goes way down. Home exercise is hygiene for your spine and nervous system, much like brushing your teeth and flossing are hygiene for your teeth. We'll keep you posted!



At Om in the Kitchen continues its development in pairing yoga practice with nutrition. Dr. Meg and Kathleen Sheets, RYT have really come up with something special! These workshops have been very well-received and are a great way to learn new culinary skills and to get on the yoga mat no matter what your skill level. Our next workshop is all about fermentation where we will teach you how to make your own sauerkraut, kimchi, and kombucha. What topics are you interested in learning more about? We really want to hear from you to create opportunities for enriching your lives.



Post-it-Notes

- ***Supplements for relieving pain are 15% off during the month of March.** Includes: TheraCurmin HP, BioInflaMax, White Willow Forte and Inflammation Intensive Care.
- ***We have resumed our monthly clinical staff trainings!** Our staff continues to improve their knowledge with trainings, workshops and seminars. Last month we learned about how to help heal the heart from both a physical and an emotional standpoint. March will be about Back Pain and Posture.
- ***Sarah Doemland, L.Ac** is offering acupuncture and energy work appointments on Tuesdays and Thursday afternoons. No charge consultations also available. Try this ancient healing art!
- *For savings and convenience, order supplements online in our **Metagenics store**. CLC4health.metagenics.com
- *Watch for new **YOGA** offerings! Class schedule is on our website.



Testimonials

“I am so grateful for you, Dr. Meg.” -Jenny

“Danielle is so talented and gifted.” -Yolanda

Ponder this... All the world is full of suffering. It is also

full of overcoming.

-- Helen Keller