

# WE GOT YOUR BACK!!

BLUE RIBBON CHIROPRACTIC  
404-444-4519



## END OF THE YEAR BENEFITS

Using your health insurance or a Flexible Spending Account for your chiropractic care? Make sure you take advantage of all the benefits you are entitled to, according to your needs.

You may be rushed and trying to get too many things done at one time during these days before the seasonal holidays. Take a moment and make sure that your chiropractic care and your health are not suffering because you are not aware that you may still have benefits from your insurance and/or money still left in your health Flexible Spending Account to use for your care.

Not sure how to proceed? Just ask me, and I will check it out for you, based on the information you have already provided

to me and the care plan that I have prescribed for you.

Most insurance plans use the calendar year (from January 1st to the end of December in a single year) as the basis for the benefits they provide for you. For example, if you are allowed 30 (thirty) chiropractic visits per calendar year, you may receive chiropractic care for up to 30 visits from January 1 through December 31 of that year, for which your insurance company will pay benefits to the doctor for your care. Many patients like to use their visits more toward the end of the year, if they have a large deductible that must be paid before the insurance company will pay. On the other hand, I am seeing that many insurance companies now do not require a deductible for chiropractic care, since the cost is relatively low, and it is a great

preventive health care system.

Totally confused now? No need to be... just ask me and I will be happy to take a look at your plan and call your insurance network if necessary to confirm.

In any case... the MOST important thing is that you TAKE CARE OF YOU. This allows you to make the best of the holidays and to give your friends and family the gift of the BEST YOU that you can possibly be. It's also very relaxing here in the clinic, the focus is on YOU, and you will most certainly feel better when you leave than when you walked in.

Care for YOU, care for your loved ones. Chiropractic has got you covered!

Visit our website at [www.blueribbonchiro.com](http://www.blueribbonchiro.com) or call us at 404-444-4519.



### December Dates to Spotlight:

- Dec. 7—Pearl Harbor Day
- Dec. 12—Hanukkah Begins at Sundown
- Dec. 21—Winter Solstice
- Dec. 25—Merry Christmas!
- Dec. 26—Kwanzaa Begins
- **December** —Get your spine checked out for YOUR BEST HEALTH...Make your chiropractic checkup or your consult appointment at 404-444-4519.

## HEARD AROUND THE CLINIC...

It's always satisfying and heart-warming to know that almost everyone who comes into the clinic as a patient feels much better when they walk out. What's surprising to hear is that the time a patient spends on the therapy table

and in getting their therapeutic massage is often "the very best part of my day/week." Of course, getting regular chiropractic care reaches and then maintains the health of your spine (and therefore your spinal cord, nerves and brain) and keeps your immune sys-

tem at its best...it just seems as though the benefits of care in the clinic have many layers for most patients, and most of these are good, in that patients feel cared for, healthier and, most of all, LESS STRESSED!!

GO CHIROPRACTIC!!



Chiropractic Tip of the Month:

Chiropractic care is growing by leaps and bounds as the health care of CHOICE!!

404-444-4519



## MORE CHIROPRACTIC “MIRACLES”

Each month, I will present a chiropractic “miracle” here for you, actual stories from actual people about the differences that chiropractic has made in their lives and in the lives of their children, parents, friends and acquaintances. I put the word “miracle” in quotes because as a Doctor of Chiropractic, I witness every day what most people would call “a miracle” but which is only an expression of what the human body is capable of doing when allowed to work the way that nature intended for it to work.

“In 1989, I was a senior in high school. I had been a swimmer/water-polo player since I was in kindergarten. Therefore, I had always considered myself to be a well-trained and conditioned athlete, free from injury. As my senior year progressed, I started experi-



encing pain in my lower back. Soon, it progressed into shooting pains down my right leg. The sleepless nights, the unbearable pain, and immobile days told me I had to do something.

At first, aspirin seemed to kill the pain but then I found myself taking an average of six-to-seven a day. This was not healthy and I knew it. Finally, I was referred to a chiropractor in the area.

After meeting her and discussing her holistic approach to chiropractic care, I decided to put my back into her hands. I was still in a lot of pain, but as my chiropractor taught me, chiropractic was not a quick cure, but a lifelong choice for high maintenance.

After two intense months of chiropractic care, daily stretches, and a basic change in my daily behavior, the pain was gone. As a five-year veteran patient, I must say the philosophies and holistic approaches of chiropractic care have influenced and changed my life tremendously.

I enjoy my life on a new level of fitness, a level which allows positive life force to influence my entire body, mind and daily life! I’m a chiropractic patient for life.

Steven—Huntington Beach, CA



## WHAT’S YOUR EXCUSE?

I believe I’ve heard almost ALL the excuses out there for not coming in and getting your spine checked out. I’m sure the dentist hears much the same about folks not coming in to get their teeth checked out.

There is never a problem with your health... until there is a problem.

Would you put off getting your car’s oil changed just because the car is running okay and not having any problems? Of course you wouldn’t, unless you really WANT the engine to seize up and then you REALLY have to

shell out MAJOR \$\$\$\$ to get it fixed. Getting your teeth checked regularly keeps potential and even tiny problems from becoming bigger ones.

It’s the same with chiropractic care. Most people are very surprised to see the results of their posture analysis when they first visit my office. I usually hear things like, “Wow, I didn’t know I was standing so CROOKED!!” or “Is that REALLY what I look like when I stand?” or “Oh, my, look how far my head tilts to one side!”

Fortunately, chiropractic care can make positive changes in your posture, as well as boosting your immune system, allowing you to sleep better and just generally all-over FEEL better. Your stress level goes down. Your body will thank you.

Chiropractic care WORKS. Give it a try, and once you give it a try, give it a chance to make a positive difference in YOUR life. Call me at 404-444-4519.

*“While other professions are concerned with changing the environment to suit the weakened body, chiropractic is concerned with strengthening the body to suit the environment.”*

—B.J. Palmer, D.C.

## A CHIROPRACTIC CASE

The following case study was taken from the Chiropractic in New Zealand Report published in 1979 by The Government Printer, Wellington, NZ.

“Mr. F is a carrier, in business on his own account. His colleagues in the carrying trade persuaded him to try chiropractic care when he was suffering from a painful and nearly useless shoulder. He found the chiropractor professional, sympathetic, and realistic.

X-rays were taken, carefully analyzed and after five brief sessions of care he was back to normal.

More recently he suffered from sciatica. His general practitioner referred him to an experienced physiotherapist but after three sessions of ultrasonic treatment Mr. F was no better and he turned to the chiropractor who had cared for him previously. The chiropractor quickly relieved his sciatica, which had not re-

turned when Mr. F gave his evidence.

Mr. F saw chiropractic as being particularly valuable to the self-employed worker who cannot afford to take a leisurely cure. The main point he wanted to make was the rapid results obtainable from chiropractic care as opposed to orthodox treatment.”

So many miracles and great case studies. Get YOUR own miracle by calling us today! 404-444-4519.