

WE GOT YOUR BACK!!

BLUE RIBBON CHIROPRACTIC
404-444-4519



CHIROPRACTIC CAN HELP FIX...

Hey...we all know that chiropractic is famous for helping with neck and back pain. Did you also know it can help with...

Ohh!! That aching low back or that crick in your neck can make you call your chiropractor faster than a scalded dog can run...but did you know that helping with your low back or neck problems is only scratching the surface?

Chiropractic is one of the fastest growing health care systems in the world, as it is reliable, non-invasive and much less expensive than other health care systems. However, not many folks realize that their Doctor of Chiropractic can help with so much MORE than just back or neck pain.

Do you have head-

aches? Perhaps tension headaches or migraines? Chiropractic care can help ease your headaches and in most cases, get rid of them completely.

Trouble sleeping? Stress is a major foe to a restful sleep, especially in these tough financial times. Regular chiropractic care can reduce your stress levels and enable your body to relax and slip much more easily into a restful sleep. In fact, most of my patients report a great night's sleep the night after a chiropractic adjustment.

Depressed? Chiropractic adjustments have been scientifically shown to produce endorphins (the "feel-good" hormones) into your bloodstream. Endorphins are chemically powerful, much more so than Valium or even morphine. It is your body's natural response to a chiropractic adjustment.

Stuffy sinuses? Chiropractors can adjust your sinuses, too! And all without drugs and the bad side effects they cause.

Colicky baby? So many babies get extreme relief from a very gentle and specific chiropractic adjustment; it is a great joy to see an angry, hurting infant stop crying and instantly fall asleep after having a little chiropractic adjustment.

Do any of your children have problems with bed-wetting? Studies show that many of these children can be helped in a HUGE way with regular chiropractic care.

Not just for backs or necks...your chiropractor can help with so many of your health problems. Give it a try!

Visit our website at www.blueribbonchiro.com or call us at 404-444-4519.



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January Dates to Spotlight:

- Jan. 1—Happy New Year!!
- Jan. 11—Amelia Earhart Day
- Jan. 17—Benjamin Franklin's Birthday
- Jan. 18—Martin Luther King Day
- Jan. 21—Happy Birthday to Dr. Donna!!
- Jan. 28—Christa McAuliffe Day
- January —Birthstone = Garnet
- January—Flower = Carnation, Snowdrop

HOW TO CHOOSE YOUR DOCTOR OF CHIROPRACTIC

It's not as easy as you might think, choosing which doctor is right for you. A good idea is to sit down for a few minutes and think about what is most important to you.

Perhaps location, or the clinic's hours will be among

your priorities. Maybe you choose your doctor from a list produced by your insurance network, or from the recommendation of a friend, family member or co-worker.

Some folks choose their doctor based on what chiropractic school the doctor re-

ceived a degree from, or whether the doctor is male or female. Some choose the doctor based on what chiropractic technique the doctor uses when adjusting.

You must figure out what YOUR priorities are and then go from there.

A HAPPY
NEW YEAR



Chiropractic Tip of the Month:

Most health insurance plans cover chiropractic care; call us to check your coverage!!

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.

“For the past two years my 11-year-old son, Timothy, has been a very difficult child. In February, my doctor of chiropractic husband and I attended a chiropractic seminar. We brought Timothy along for the weekend. Timothy had the flu and had to stay in bed most of the time, but he did get to



hear a few of the speakers. As Timothy was not well enough to return to school the next week, he had to stay with me at the office, as well as the 25-minute ride each way. I played the chiropractic seminar audiocassettes while we drove and Timothy asked me questions about words he heard.

For the last several years, Timothy has refused to stay still for adjustments. However, after hearing these tapes, he reminded me that ‘chiropractic is for kids, too,’ and wanted

to start getting adjusted again.

Timothy’s health returned with a new attitude to go with it. He started working on his science fair project for school. Timothy chose chiropractic as his project.

He worked hard and wrote about things not commonly related to chiropractic, such as arthritis, asthma, lumbago and the common cold. He also mentioned headaches and whiplash. He then went around his father’s office and collected the spines, charts, and pamphlets that he wanted. He made his presentation and this ‘difficult’ child won third place.

Timothy had a realization that chiropractic can help everyone in one way or another. He is right on!”

Leslie, Bob & Timothy—Anchorage, AK

IT’S GONNA HAPPEN...

I am no different from anyone else; come Jan. 1, I make the same resolution to get back into shape that everyone else does. Following that is a determined workout schedule that leaves me feeling sore and tired and even moody.

Oh, my! What to do??

I make a beeline for my own Doctor of Chiropractic so that my spine is checked and any misalignments can be adjusted. Once that is done, my body responds by being less sore, less tired and much less cranky.

So...we know it’s going to happen...you will begin your next workout regimen and will eventually feel tired and sore from it, maybe even grouchy, too.

This is the time to REWARD yourself! You are doing a GOOD job, making positive changes for yourself. Get your nails done, get a massage, relax with a good movie or book, visit with friends. And get your spine checked and adjusted! Correctly aligned bodies are happier bodies. A properly working nerv-

ous system gives you peace of mind, relaxation and relief from stress, not to mention a boost to your immune system!

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.

“Look to the nervous system as the key to maximum health.”

—Claudius Galen

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.

“A six week old baby with colic could not sleep for more than one hour at a time and could not hold food down. She was examined and diagnosed with a subluxation of the atlas. Also, there was a positive Fencer’s reflex. After the first adjustment, the infant fell

asleep before leaving the office and slept for 8 hours straight. There was a weight gain of 2 pounds in one week.

The child was seen 3 times per week for 2 months and then was reduced to once a week for maintenance. Adjustments consisted of light toggle and sustained pressure on the atlas. The colic symptoms have never returned.”

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

