

# WE GOT YOUR BACK!!

BLUE RIBBON CHIROPRACTIC  
404-444-4519



## ONCE LOST, NOW I AM FOUND

What a time my practice has had!! It (and I) have FINALLY found our new home..

Hello!! I am SO, so sorry that it has been 3 whole months since I last communicated with all of you. I thought that I had found a new home for my practice since leaving Cosmos Fitness at the end of March, but things did not work out as I believed they would with Leading Edge Sport & Spine in Roswell. No bad feelings with Leading Edge; it is still a great facility.

I have heard that things happen for a reason, however, and now I know that I was meant to hold off for something that will work out much better for me and my practice, and for my patients, too!

And that brings us to....WHERE ARE WE NOW?? My new location is in Alpharetta, just off Hwy 9 and best reached by taking 400 North to Exit 12 (McFarland). I will supply full directions on the back of this newsletter for those of you who are interested in continuing your chiropractic care with me. My website is still up and running: ([www.blueribbonchiro.com](http://www.blueribbonchiro.com)) and my practice phone number is still 404-444-4519.

The main difference is that I am no longer in Sandy Springs; I am in Alpharetta. I am also sharing office space with a very talented and experienced massage therapist (BONUS!!), this building is new and business is already starting to pick up. We have full carpeting, as many electrical outlets as we want, and we control the thermostat—no more HOT temps

in the summer or freezing COLD in the winter!!

All of that aside....I remain willing and able to help you with your chiropractic care and physical therapy needs. All you need to do is call me and set up an appointment. And the BIG BONUS here is that we can not only provide you with TOP-NOTCH chiropractic care, we can also set you up for a massage appointment with one of the BEST massage therapists in the area!

So....in my case, at least...GOOD things come to those who wait. I hope you are all doing well, and it is my wish that you will call me to continue your chiropractic care and visit me at the new office location.

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

## CHIROPRACTORS ARE NOT MASSAGE THERAPISTS!!

I get this comment all the time: "Wow, I bet you can give a GREAT massage!" The truth is, I actually CAN give a somewhat decent massage, mostly because I've studied the muscles and other soft tissues of the body, BUT massage is not

my specialty. Chiropractic does help the soft tissues of the body (muscles, ligaments, tendons, etc.), but its main focus is the hard tissue of the body...in other words, the BONES. A chiropractor's job is to detect misalignments of bones and to adjust them

back into proper place. Of course, soft tissues are affected by adjustments; that is why more than one adjustment is needed to resolve a problem.

Soft tissue work is best left to a certified massage therapist—we do GREAT work together!!



### July Dates to Spotlight:

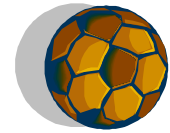
- July 1—Happy Birthday, America!!
- July 7—Cherry Pit Spitting Day.
- July 14—Bastille Day.
- July 17—Cow Appreciation Day.
- July 24—Cousin's Day.
- July 25—Parent's Day.
- July 29—NASA's Anniversary/Rocket Day.



Chiropractic Tip of the Month:

PAIN is only a SYMPTOM that something is NOT RIGHT!!

404-444-4519



## MY NEW OFFICE LOCATION

How to find me and my new office location:

For those of you with a GPS, simply plug in this address: 3442 Francis Road, Suite 110, Alpharetta, Georgia, 30004.

Otherwise, here are directions.

- Travel NORTH on Georgia 400 to Exit 12, McFarland Road.
- Take Exit 12B, which goes WEST on McFarland. It will curve sharply around and set you on your way west along McFarland.
- Keep straight on McFarland until you arrive at the intersection of McFarland and Atlanta Highway (yet another name for Hwy 9).
- Turn RIGHT onto Hwy 9/Atlanta Highway. On your left you will



see a Shell gas station and on your right (after you make the turn) will be a Sonic Drive-In.

- Go north until you come to the next intersection. On your left will be a McDonald's and a CVS, on your right will be a Wachovia/Wells Fargo bank.
- Get in the LEFT turn lane to turn LEFT onto Francis Road.

- On the right, pass the driveway for the SunTrust Bank and the Oak Grove Academy.
- Turn RIGHT at the THIRD driveway; you will see a big brick building with the number 3440 on it. Go around the corner to the right and up the little hill.
- Turn LEFT at the brick building with the 3442 on it. Park anywhere it is legal to do so, and walk around the LEFT corner of the building. I am inside Suite 110 (also Step By Step Therapeutic Massage).

See you SOON!! I am sure you will really like the new location!!



## SUMMERTIME, SUMMERTIME...

It just THAT time of year. Summertime is when we all get outside to enjoy the lakes, rivers, swimming pools and the beach. There is hiking, horseback riding, cycling, SOOOO many activities to do while the kids are out of school and the weather is warm.

But...then come the injuries. The soreness of overworked muscles. The allergies, the sleepless nights because your body is just TOO tired and wired to relax. Instead of "weekend warriors," we see mostly "summertime warriors" during this time of year.

LUCKILY....chiropractic CAN help you!! It just makes sense: all those soft tissue injuries and stresses pull bones out of place and then nerve tissue gets compressed, your communication pathways between your brain and your body become clogged and sluggish, and you may even experience pain as the nerves start to protest from the continuous compression. Nerve tissue MUCH prefers to be uncompressed and free of interference. And it is JUST THAT very thing that chiropractic CAN

HELP YOU with. Chiropractic adjustments free up the nerves by moving the bones that compress on them. Do your body a favor—GET ADJUSTED!!

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

## SLEEP = HEALING TIME

When I adjust a patient for the first time, I always tell them that one of the "side effects" of being adjusted is drowsiness. There IS a real reason for this: SLEEP is what your body needs to heal itself. Sleep is the time when your healing processes click into high gear and perform those miracles that finish up the job that chiropractic adjustments start. Bodybuilders know that sleep is essential to building muscle

mass—when you sleep is when your muscles rebuild. Sleep is also when your pituitary gland (deep inside your brain) signals the release of your own HGH (Human Growth Hormone). Any athlete knows that HGH is a MUST for maintaining a healthy weight and keeping excess weight off. Regular chiropractic care helps you to sleep better. Pretty cool, huh?

It's all part of the "grand design" for our bodies, and that is what chiropractic can help you with. Get YOUR own miracle by calling us today! 404-444-4519.

