

WE GOT YOUR BACK!!

BLUE RIBBON CHIROPRACTIC
404-444-4519



IF ONLY I HAD KNOWN...

This is exactly what I hear from so many patients, once they begin their regular chiropractic care.

You are in a chiropractor's office for the first time ever, and you have NO IDEA what this doctor can do for you, if anything. Heck, you are only here because it's a last resort and/or because your significant other or your best friend talked you into seeing this doctor! Darn it, you wonder if you can slip out of the office without anybody seeing you...OOPS! Too late! You go ahead and fill out the forms and answer the doc's questions and go through with the exam. When the doc is explaining the findings to you, you are only halfway listening...this is gibberish...the nervous system does WHAT?? Some-

body help me, this isn't making any sense!! Then... you realize that the doc is showing you on a spine model what has been found, which of your bones are out of proper alignment. You ask for an adjustment. You understand that this doc can put the bones back into alignment and this will free up your nervous system!

What does that REALLY mean, though? Yes, you feel better after being adjusted...but what is actually happening? For the first time, perhaps for many years, your nervous system is FREE FROM INTERFERENCE. There are NO "traffic jams" along your nerves, and your brain and body can communicate FREELY!!

What else does this mean? Patients put it best when they say, "If only I had known..." If only they had known that an

adjustment taps the power of your body to heal itself, to enable you to see better, hear better, sleep better, move better, get the most out of your workouts, think more clearly, better appreciate the world around you, rejoice in being pain-free for maybe the first time in a very long time...and feel joy in knowing that there are doctors out there that can "turn on the power" of your body to give you the best life possible.

Chiropractic should not be anybody's "last resort" - rather, chiropractic care should be your FIRST CHOICE.

While most of our health care is geared toward "sickness" care, chiropractic is all about WELLNESS CARE.

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



November Dates to Spotlight:

- Nov. 11—Veteran's Day
- Nov. 15—Great American Smoke-out
- Nov. 26—Happy Thanksgiving!!
- November —Get your spine checked out for YOUR BEST HEALTH...Make your chiropractic checkup or your consult appointment at 404-444-4519.

NEW TWIST ON AN OLD THERAPY

For many years, magnetic therapy, or magnetic healing, has been on the fringe of popular health care. In fact, it was a magnetic healer named D.D. Palmer who "discovered" chiropractic.

Now, this type of ther-

apy is back at the forefront, with a LOT of research behind it, and based in quantum physics.

I recently attended a seminar on this therapy, and I was impressed enough to try it for myself. And—WOW—guess what?? It REALLY WORKS!!

As a Doctor, I can advise my patients on use of magnetic therapy, which is delivered in the form of small adhesive patches worn on your body. There are patches for weight loss, stress, sleep, pain, joint issues and many more. Come see me if you are interested!



Chiropractic Tip of the Month:

Your chiropractor is a Primary Health Care Doctor—no referrals needed from other docs!

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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.

“As I was growing up, it seemed like everyday I had something wrong with me. We’d be at the doctor’s office one day for an ear infection, get an antibiotic to treat the symptoms and the day after I would finish the medication, I would be back in the doctor’s office



with another ear infection. It was like an on-going cycle that just wouldn’t stop.

A few years later, at about the age of 5, I found out I had asthma which was probably triggering the ear infections. My allergies got so bad, I had to get allergy shots, take an inhaler, use a peakflow, and nose spray and live on allergy medicine.

We had heard of chiropractic care, and how effective it was, so we decided to give it a try.

We made an appointment with a chiropractor in November 1995. After my first few adjustments I felt much better. I actually knew what normal felt like.

Eventually, I got off the allergy shots, the inhaler, peakflow, nose sprays and the allergy medicines too.

Now at the age of 12, during the first actual full year of going to the chiropractor, I received PERFECT ATTENDANCE for my sixth grade year. I feel I owe this award to my chiropractor, who kept me healthy throughout the year through chiropractic adjustments.

There will never be a doubt in my mind that chiropractic care is the reason my family and I are so healthy.”

Billie—Puyallup, WA



ANOTHER WORD OR TWO ABOUT

I don’t know about you, but I cannot turn on the TV news or read a newspaper or even get online without being bombarded about getting the H1N1 (or swine flu) shot. While I will always advise you to check out the facts for yourself, I will say that I just don’t care to be bullied into anything.

Some questions we need to answer are: What’s in the vaccination? What are the possible and known side effects? How well has the efficiency of this vaccine been checked out? What are my other options should I decide to NOT get the vaccination?

I recently watched “60 Minutes” where a facility that makes the H1N1 vaccine allowed cameras inside; the newscaster promised to find out “if this vaccine is really safe” and showed us some eggs being injected with the virus. I watched the entire thing, but never did find out exactly WHAT is actually IN the vaccine. Personally, I still have questions about it.

Just keep in mind that is YOUR body, YOUR choice to get this vaccine or not to get it. Again, I will emphasize that you should

do your own research and find out the facts FOR YOURSELF. I would certainly respect anyone’s choice to get the vaccine if they deem it safe and think it’s something they should do. Explore your options, wash your hands, keeps hands away from faces, give your nose a good blow each day and gargle with warm salt water or Listerine each day. Also, get YOUR spine checked!!

“In the future, chiropractic will be valued for its preventative qualities as much as for relieving and adjusting the cause of ailments.”

—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.

“Twin boys, age 11, both with asthma, both experiencing vomiting daily for a period of five months. Both boys had a weight loss of 15 pounds giving them a gaunt and emaciated appearance. During this period, the mother had taken them to various doctors,

including neurologists, psychiatrists, etc. to no avail. After the second adjustment, the asthma abated and after the third adjustment, the vomiting stopped. The boys also had not attended a full day of school in those five months but became able to do so. Their energy level increased and weight gain came about with an overall improvement in health.

Girl, age 5, was classed as Mentally Re-

tarded with an evaluated IQ of 46. She was adjusted for 30 days. Re-evaluated by the same center, she showed an IQ of 84. The child is now in the second grade leading a normal life.”

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