

# Cornerstone CHIROPRACTIC

Health Partners



“Health Care For  
the Whole Family”



Healthy Hope  
Healing

December 2009



[www.cornerstonechiropractichealth.com](http://www.cornerstonechiropractichealth.com)

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## HOLIDAY STRESS and Healthy Lifestyle Choices

With the busy holiday season unfolding, it is important to your health to take a few simple steps to reduce the stress and strain of this active time. The added rush of holiday festivities can pose very real challenges to people of all ages. Resolve to make healthier choices: to slow down, breathe deeply, recognize the need for more patience, get adequate rest, and plan ahead to help reduce the stress of last-minute efforts. Make a special point during the coming weeks for time and space to enjoy these special holiday opportunities you share with your friends and family members.

### BALANCED CHOICES:

Additional weight in the abdominal region puts strain on the lower back, causing changes in spinal balance which lead to spinal misalignments and a disruption in the way your body functions.

- **Avoid repeated heavy eating** during holiday feasts, and avoid extra desserts and snacks to prevent adding extra weight. Overeating puts stress on the digestive system and extra weight is a strain to your spine and body.

- **What you eat is as important as how much you eat.** More evidence is accumulating that indicates how including more fresh fruits and vegetables, along with limiting refined carbohydrates, are essential aspects of healthy eating. Bring a fresh vegetable platter, vegetable salad, bowl of fruit, or a fruit dessert to a holiday gathering. Cut in half the sugar called for in many recipes- no one will even notice!

- **Make a move to work off what you eat.** Taking even a 15-20 minute stroll after a big holiday meal can help ease post-feast discomfort and burn some calories. Fitness research findings indicate you can burn up to 100 calories in a 30-minute walk!

### STABLE TRANSPORT:

Both everyday activities and special holiday travel plans call for healthy choices.

- **Lift items with forethought** and size up your load; bend at the knees rather than flexing forward and just bending at the hips. Holding the object close to your body and maintaining a slight arch in your lower back helps the legs do the work and also supports the load as you lift.

- **Adjust your travel strategies.** Placing a pillow or folded towel behind the small of the back can help maintain the arch and support the rest of the body properly, relieving the discs and joints of the spine from unnecessary pressure. In addition to fastening your seat belt, car trips should include adjusting the headrest to align with your head, at least up to ear level.

- **Get adjusted.** Chiropractic adjustments optimize your peak potential and help you maintain optimal health. Remember that your nervous system controls your immune system- make sure you get your spine checked during this busy time of year to keep your body healthy!

### Supplement of the Month ZYPAN

**WHAT IS IT?** Zypan is a whole food formulation that allows for more efficient digestion. It is composed of the following: (1) Betaine hydrochloride- to help maintain healthy hydrochloric acid levels in the digestive system, (2) Digestive enzymes- to aid in digestion, and (3) Glandular extracts- to provide digestive cells with the materials to restore, repair and regenerate themselves.

**WHO SHOULD USE IT?** Zypan is most commonly used for people who experience digestive upset, such as heartburn/indigestion. Since it works without reducing acid, it won't hinder calcium absorption like most heartburn medications.

**WHERE CAN I GET IT?** We carry Zypan at the clinic and are offering a **15% discount for the month of December.**

### Saturday appointments

Dr. Jennie has appointments available two Saturdays each month from **9am-12pm**. She will be in the office **December 12 & 19**.

Call or email to make an appointment:  
[info@cornerstonechiropractichealth.com](mailto:info@cornerstonechiropractichealth.com)

### *Mandi's Massage*

Mandi Johnson provides massage therapy services at our clinic. She will customize your massage to your needs- from relaxation to deep tissue work. The cost is \$45 for a full hour or \$30 for a half hour massage. Mandi has gift certificates available as well.

### Holiday Hours

**Thursday, December 24:** *Regular hours:*  
Dr. Sam 7-9am, Dr. Jennie 9:30am-4:30pm

**Friday, December 25:** CLOSED

**Thursday, December 31:** *Regular hours:*  
Dr. Sam 7-9am, Dr. Jennie 9:30am-4:30pm

**Friday, January 1:** CLOSED

### Food Drive:

Cornerstone Chiropractic is having a food drive for the month of December. All items will be donated to the local food shelf. Everyone who brings in non-perishable food items for the food drive will be entered into a drawing for December 31 to win a **Full Hour Massage** with Mandi Johnson. Thank you for your generosity!

## Holiday Friends & Family

*This is the perfect occasion for you to give a friend or family member an opportunity to come into our office for care. Here is how it works:*

Anyone who has not been a patient of Cornerstone Chiropractic in the last three years is eligible to have their initial visit including consultation, examination, spinal x-rays (if needed), and first adjustment for just \$34.

You will be receiving a postcard in the mail in December. You may give this postcard to anyone- family, friend, co-worker, or neighbor! All they need to do is call to make an appointment during the week of **January 4-8, 2010**, then bring the postcard to their first appointment and pay just \$34 for that appointment.

We also have gift certificates available at the office. We've found that these make a great holiday gift! You may purchase the Friends & Family gift certificate for the \$34 price and give it to your family member or friend. All they have to do is redeem it during the week of **January 4-8, 2010**.

*Please contact our office if you have any questions or if you need more postcards!*