

Cornerstone CHIROPRACTIC

Health Partners



“Health Care For
the Whole Family”



May 2010



www.cornerstonechiropractichealth.com

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WHAT DOES “REGULAR” CHIROPRACTIC CARE MEAN?



We've often mentioned in newsletters, radio shows, or office handouts how “regular” chiropractic care can be of benefit to your health. For example, follow-up x-rays of those under regular chiropractic care frequently show slowing, stopping and even *reversal* of osteoarthritis in the spine. In addition, people under regular chiropractic care tend to have a stronger immune system and come down with colds, flu & other ails less frequently than those who are not. One more example is a study that showed that people who are under regular chiropractic care have higher serum thiol levels (an estimate of DNA repair activity, which has been shown to correlate with improved lifespan and aging) than those who are not. The research continues to show us the benefits of a lifestyle that includes regular chiropractic care.

If you've recently injured yourself, flared-up an old problem, are new to chiropractic or haven't been in for a checkup in a while, you may require several visits in a short amount of time. Once you have completed that phase of care, you can choose whether or not you would like to utilize chiropractic in a wellness/ preventative way. If you choose to do so, our recommendation for care is for most **adults** to get checked about once a month. Some people do better with a checkup every 2-3 weeks and others prefer to wait 4-6 weeks. Preventative visits for **kids** are generally anywhere from four to eight weeks apart. A more exact recommendation will be given at your appointment and is based on each individual person, taking into account a few factors, such as:

- What type of work do you do? Any lifting, prolonged sitting, or repetitive tasks?
- What type of leisure activities do you do?
- Have you had any recent or substantial prior injuries?
- What types of diet do you consume? Is it highly inflammatory?
- Do you take any nutritional supplements such as fish oil or glucosamine?
- Do you smoke?
- Do you have adequate support for your spine during the day & night (mattress, pillow, furniture, etc.)?



We will explain some of these factors more thoroughly in the June newsletter to show you how each can support or work against your chiropractic adjustments.

The bottom line is this: people under regular chiropractic care tend to enjoy healthier lives and spend less money on health care than those who are not. That said, we recognize that each person has unique needs and wants. Our purpose is to inform you and give you the best recommendation for your health. We feel it is then up to you to take the information and apply it to your situation as you see fit. Regardless of your wishes, we're always here when you need us!

Follow-up X-ray Day

Friday, May 14 is an opportunity for you to update your spinal x-rays at a reduced price! We are offering the follow-up x-rays at a cost of **\$25**, to be paid the same day as the service. However, because this is a date-of-service discount, this pricing is not available for insurance reimbursement. For those who would rather use their insurance, you may do so at anytime, and the cost will be dependent upon your insurance company's contracted rate. Please also note the follow-up x-ray only applies to those who have had a previous x-ray at our office.

A follow-up x-ray is beneficial for several reasons. By comparing to the previous ones, we can determine what effect our care is having on your spine. Often we will see improvements in spinal curvature as well as degenerating joints. We might also see whether your frequency of care is appropriate, or whether you may wish to consider something different. Lastly, it is important to have current information on growing spines and to assess for any potential pathology.

Friends & Family Week

Mark your calendars... We are having Friends & Family Week **June 14-19**. During this week, any patients that are new to our office can receive their first visit for a reduced fee. More details to come in the June newsletter!

Saturday appointments

Dr. Jennie will be in the office **May 8 & 22** and **June 5 & 19**. Appointments are available from 9am-noon. Call or email for appointment: info@cornerstonechiropractichealth.com

SUPPLEMENT OF THE MONTH: CALMAG

What is it? CalMag is specifically designed using the most absorbable forms of calcium and magnesium in the proper ratio for your body. They are combined with whole foods that contain vitamin D which further enhances the uptake and utilization of calcium. This is best calcium and magnesium product that we have found.

Who should take it? Women are especially vulnerable to the effects of bone loss and are encouraged to supplement calcium, magnesium and vitamin D for that reason. Recent research has also shown that blood pressure medications increase the likelihood of osteoporosis in men so we recommend that those who take these prescriptions also supplement with this product. Others who may benefit include pregnant women, people who experience muscle cramps, and those who don't regularly consume food sources of these minerals such as leafy green vegetables, nuts, seeds and dairy.

Where can I get it? We carry CalMag at the clinic and are offering a **10% discount for the month of May.**

 Happy Spring! 