

Cornerstone CHIROPRACTIC

Health Partners



“Health Care For
the Whole Family”



Health Hope
Healing

December 2011



www.cornerstonechiropractichealth.com

Ph. 320-269-3211

519 1st St. SW, Montevideo MN

SUPPORT YOUR SPINE

Keeping your body healthy and making the most of your chiropractic adjustments

In addition to regular chiropractic care, there are a number of ways you can and should take care of your spine. We know that the nutrients you consume in your food and drink play a role in the health of your spine. We also know that having adequate support for your spine will assist your chiropractic adjustments in slowing down the degenerative process. This month we'll take a look at support for the nighttime (mattress & pillow), and next month we'll give some ideas to improve spinal support for daytime activities (shoes, sitting, etc.).

MATTRESS: You will spend nearly a third of your life sleeping, and it is important to make sure you have good support for your body and spine while doing so! There are so many mattress choices - spring, memory foam, air, latex - that choosing one can be a little overwhelming.

When choosing a mattress, there are some basic concepts to consider. For one, just because your friend loves her bed, doesn't mean that it's right for you. Make sure you try out a bed for a good amount of time in various sleeping positions.

In addition, many people like the comfort of a soft mattress when they first lie down, but these tend to lack support and become more uncomfortable over time. Make sure you get a mattress with enough firmness to provide adequate support for you (and your partner).

Most mattresses have a *support* lifespan of about 5-10 years (meaning the mattress will still be in one piece after that time, but the support may not be adequate). In general, if you pay a little more for a higher quality mattress, you'll get a longer lifespan out of it.



PILLOW: Your pillow should provide support for the forward curve in your neck. Most pillows, whether filled with batting, water, feathers or foam, flatten out beneath your head and neck. A good quality pillow should have a portion that remains supportive below the neck. This helps maintain proper posture throughout the night while back sleeping.



When sleeping on your side, your pillow should be the same thickness as the distance from your ear to the edge of your shoulder (when your head is in a neutral position). In other words, your head and neck should remain straight and not tilt right or left when lying on your side. Because of the constant strain to the neck when the head is held in a rotated position, stomach sleeping should be avoided. A good quality pillow will provide adequate support for approximately 1-3 years.

Saturday Appointments:

Dr. Jennie has appointments available two Saturdays each month from 9am-12pm. She will be in the office December 3 & 17 and January 7 & 21. Call or email to make an appointment for you or your family:

info@cornerstonechiropractichealth.com

Holiday Hours:

Monday, December 19- Thursday, December 22:

Regular Appointment Hours

Friday, December 23: Appointments from 9:30am-3:00pm

Saturday, December 24: CLOSED

Monday, December 26- Thursday, December 29:

Regular Appointment Hours

Friday, December 30: Appointments from 9:30am-3:00pm

Saturday, December 31: CLOSED

Monday, January 2: Regular Appointment Hours Resume

*Happy Holidays from all of us at
Cornerstone Chiropractic!*

Massage Gift Certificates

Both Mandi Johnson and Shana Roskens have gift certificates available. They provide a variety of massage techniques to meet your individual needs. For your holiday gifts, consider giving a massage gift certificate!

PRODUCT OF THE MONTH: CERVICAL PILLOWS

Do you wake up with a stiff neck? Are you bothered by headaches, or do you get numbness & tingling into your arms? Have we showed you that your neck doesn't have the proper curvature on your x-ray?

A cervical pillow can be an important way to help correct many of these problems. Because of their unique shape & sizing, these pillows support the head and neck in its proper position whether you are sleeping on your side or back. Along with proper chiropractic care, cervical pillows can help restore the normal curvature in the neck, slowing the degenerative process.

If you're due for a new pillow, or are simply ready to try something different, take advantage of the 15% discount during the month of December on cervical pillows. We have large and small adult and child sizes available. These also make a great gift for friends and family!