

FOR YOUR HEALTH

Compliments of

Pine Mountain Chiropractic Center

“Where Families Come to Get Healthy & Stay Healthy!”



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Keeping Your Heart Healthy

Yes, it's February which means Valentine's Day is around the corner. Did you know February is also American Heart Month? Every person needs to know how to keep their heart healthy to live their life to its fullest. Heart Disease is our nation's #1 killer and has the potential to be avoided through lifestyle changes.

There are many factors that influence heart disease. Your family history and genetics play a part but so do lifestyle choices such as: high blood pressure, smoking, lack of physical activity, stress, excessive weight, and diets high in saturated fat. While exercise and diet are key factors in preventing heart disease, many are not aware that chiropractic care may also help in preventing heart disease!

Your heart is the hardest working muscle in your body. It is also the most vital organ since it has so many jobs. It pumps our blood, filled with oxygen and nutrients, to every part of our body through our veins and arteries. The heart also removes the waste products we do not need. The heart is responsible for the survival of all tissues, including the brain, which controls heart function. Why would you not want to keep this vital organ healthy?

Chiropractic adjustments in your neck and lower back can stimulate specific nervous system reflexes which will decrease blood pressure. If blood pressure remains high it can cause damage to the blood vessels or vital organs. High blood pressure is considered a silent killer since it can lead to stroke or heart disease. All-in-all, an equal mix of chiropractic treatment and positive lifestyle changes can prove to be a powerful ally in the prevention of heart disease!

Fun Facts

- The average adult heart beats 72 times a minute; 100,000 times a day; 3,600,000 times a year; and 2.5 billion times during a lifetime!
- The heart weighs less than one pound. The average weight for women is eight ounces and for men, 10 ounces.

Wellness Tips

Escaping the “Winter Blues”

Winter months have set in and our moods and health are negatively impacted by this cold weather. Are you feeling unhappy or anxious? Do you have a loss of appetite or migraines? These symptoms could be due to a decrease in serotonin. Serotonin is created in the brain and is responsible for a significant amount of brain functions. If serotonin levels remain low, it can lead to a permanent change in behavior and function of the brain. No one enjoys being stuck in those “winter blues” so why not change that today?

A healthy increase of Vitamin B and Flax Seed Oil can aid in the escape from the “winter blues” and get you back to your normal self. Our office carries the following supplements to help you this season:

Cataplex B: Vitamin B produces serotonin.

Tuna Omega-3 or Calamari Oil: contains high levels of omega-3 fatty acids which raise serotonin levels.

Symplex F or M: Balances hormone levels in women and men.

Min-Chex: Moderate calmative that maintains emotional balance and relieves stress.

Niacinamide B6 – Supports energy metabolism.

St. John’s Wort IMT – Supports the body’s natural ability to cope with the changes in life and

Along with these supplements, adding foods high in vitamins is also helpful.



- Buckwheat
- Bananas
- Whey protein
- Turkey
- Pumpkin
- Cabbage
- Broccoli
- Spinach

**Call and order your supplements
706-663-8801**

and help make this winter season more enjoyable.

“People are fed by the Food Industry, which pays no attention to health, and are treated by the Health Industry which pays no attention to food.”

Wendall Berry

Successful Living

Take the Guesswork Out of Pain Relief

Have you noticed a large majority of today's advertisements are medicine related? It's sad to see that the billboards and television adverts are encouraging the public to cover up their pain with various medications containing harmful side effects. These medications, such as Tylenol, Advil, or Ibuprofen, have a long list of warnings on the back label.

? Why not take the guesswork out of pain relief by using ?
Standard Processes' natural pain reliever Saligesic with Willow Bark? ?
? ? ? ? ? ? ? ? ?

We've all experienced pain, but why take the risk of experiencing the harmful side effects of Tylenol, Ibuprofen and other Acetaminophen medications? The dangerous side effects include: stomach irritation, sudden liver failure, gastrointestinal bleeding, constipation, dizziness, nausea, anxiety, trouble sleeping, and headaches. Instead of potentially suffering from one of these symptoms, switch to a natural pain reliever such as Standard Processes' Saligesic with Willow Bark!

Saligesic is an extract of Willow Bark and salicin. Willow Bark is an herbal remedy used for thousands of years. *"Saligesic provides significant support for musculoskeletal health, helping you be active and live life to the fullest!"*

So, what exactly does Saligesic do? The unique compounds work to:



- Support musculoskeletal system health
- Promote relaxation in muscle tissue
- Maintain and support healthy joints
- Promote the body's normal immune and resistance function
- Ease the discomfort caused by exercise related aches and pains
- Promote vitality and stamina

Did you know?
The coined phrase "an Aspirin a day will keep the doctor away" has NEVER been proven! Medical doctors have suggested this to prevent heart attacks and strokes when in fact an active lifestyle and healthy eating is more beneficial.
See Link: <http://www.terryarondberg.com/aspirin-2/>

Important News For You!

Your Last Diet!

Now Available



In Pine Mountain!

Lose 3 -7 pounds per week *naturally* while eating high quality, delicious gourmet protein foods! Doctor supervised with **typical** results. It costs about the same as groceries and eating out per week.

Learn more information and *sample foods* at our next

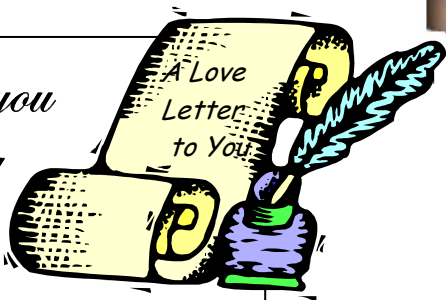
**Workshops on Thursdays,
February 9th or 23rd at 6:00 pm**

www.IdealProtein.com

For more Information call us at 706-663-8801

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."

Matthew 11:29-30



Sweetheart Special

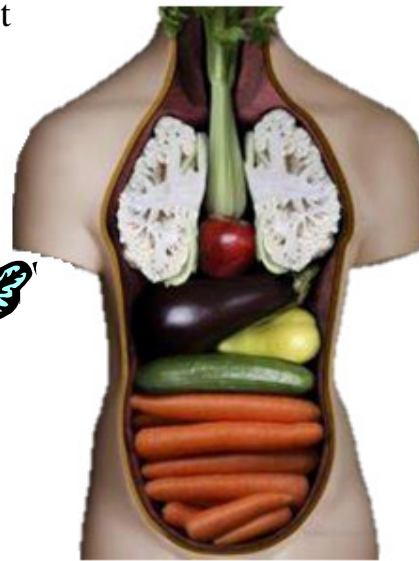


\$99 *

For Initial Office Visit

Share your Love of Chiropractic with Your Sweetheart (or Anybody!) Take advantage of this offer and get your friends and family on the road to better health and wellness.

*Maximum out of pocket patient expense.



"Those who think they have no time for healthy eating, will sooner or later have to find time for illness."

Thank You to our patients who have referred their friends to us this month!

THANK YOU!

Warren Family
Hutto Family
Baker Family
Murdoch Family