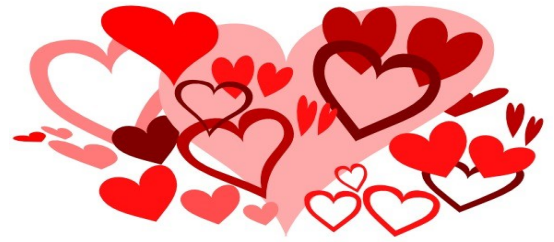


# ***FEBRUARY '18***

## ***WELLNESS LETTER***



Dear Patients and Friends,

We've seen many shoveling injuries as well as slips and falls so far this winter. If you've experienced any of these be sure and get your spine checked to see if you need to get adjusted. Many of the patients we've seen seemed to feel better after a few days only to have their symptoms return a short while later and more significant than it was initially. It is always better to get checked before your body has a chance to adapt to abnormal alignment. It makes for a shorter recovery!

February brings to mind matters of the heart. Be sure to tell those who are important in your life how much you love them. A key to good health is good relationships and gratitude and we all have so much to be thankful for.

Heart health is linked to chiropractic care because the nervous system controls and coordinates all functions of the body, including the cardiovascular system. Studies have been done showing that a chiropractic adjustment using the Activator Instrument can lower both systolic and diastolic blood pressure and pulse rates as well. This particular study included 331 patients. Adjustments to the neck and upper back were part of the treatment in that study. Many patients with neck and upper back pain may also have irritation to the nerves that supply the heart.

Heart disease is one of the most preventative diseases we face as it is linked to lifestyle! We are what we eat is a phrase that comes to mind. There are so many fad diets out there it gets confusing on knowing which path to follow. We offer our patients guidance on proper diet as part of their chiropractic care and many people have special circumstances that need to be addressed nutritionally as inflammation in the body linked to poor nutrition can have a negative effect on the nervous system as well. So getting adjusted regularly but having a poor diet can definitely impact the results you get with chiropractic. Fish oil [Omega-3's] and a variety of other nutrients can be beneficial to both your heart and cholesterol. If you have questions regarding nutrition please ask for our help.

Regular exercise and proper rest are also key ingredients to good health. For those of you reading this, how many exercised today and woke up feeling rested? If not, why not? We also include customized exercises for our patients to help them achieve their health goals. Get a fitness tracker and start counting your steps. Aim for 10,000 steps/day. If you can measure it you can manage it!

Simple steps create huge benefits. Make sure that chiropractic care is part of your regular health care. It is always easier to maintain the body's function than it is to regain it.

Make it a great day!

Dr. Ed

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