

## Welcome to our first newsletter!

We would like to share information with our patients, friends and family about health related news and topics that we feel are important. It is our belief that exposure to both sides of any subject is necessary in order to make an informed decision. Our goal is to provide information and recommendations for you and your family with the assurance that *we will always honor your decisions.*

Please contact us with ideas for topics that interest you, questions, or any responses to what you read. Enjoy!

### Did you know?

- ♥ Children CAN go to school and daycare *without* following the recommended vaccination schedule?  
This means you have the freedom to choose all, some or no vaccines for your child!
- ♥ Research shows that people who get adjusted experience better immune system function, fewer headaches, better sleep, a decrease in or no back pain, fewer injuries and faster recovery?
- ♥ There is controversy about fluoride use?
- ♥ Dr. Mayes has special training and certification in the care of children and pregnant women through the International Chiropractic Pediatric Association? Get your children checked for subluxations today!

### News & Updates

We are currently accepting new patients; please encourage your friends and family to schedule a free consultation with Dr. Mayes to determine how they can benefit from chiropractic care!

Dr. Mayes offers complimentary computer ergonomics checks for patients and their co-workers; she also offers ergonomic consultations to local businesses for a small fee. Please contact the office to schedule.

### Athletes and Chiropractic

Athletes of all ages and skill levels benefit from chiropractic care in a variety of ways. When the body is adjusted and functioning optimally, **fewer injuries** occur, and, if they do, **healing time is faster** and more complete. Spinal problems that show up in people over the age of 40 are often a result of an injury that occurred during a high school or college athletic career and did not get proper chiropractic care. In addition to injury prevention and healing, studies show that athletes who were adjusted **improved their athletic ability** (in tests of agility, balance, kinesthetic perception, power and reaction time) 12% more than the athletes that did not receive chiropractic adjustments. These are all reasons why more and more professional and amateur athletes are getting chiropractic care to prevent injury, aid in healing and enhance their performance potential!



## Autumn Yard and Garden Tips

It is fast approaching the time for fall yard and garden clean up. That is traditionally an activity that results in spinal injury and sore bodies for many people. Here are a few tips to keep your spine from suffering the ill effects of the changing season.

**Lifting:** Get help for lifting heavy or awkwardly shaped items. Be sure to use your legs for lifting and don't just bend over from the waist, even for light objects. Pick things up directly in front of you (not off to the side) so that your spine is not twisted when lifting.

**Raking:** Being left or right handed, most people have a favored side for doing manual labor. To avoid stressing one side of your body and putting unequal strain on your spine, alternate left and right hands and sides when raking and doing other repetitive activities.

**More Time = Less Stress:** Break your project up into several days, instead of trying to get it all done in one day.

**Hydration:** Be sure to drink plenty of water. Even though the temperatures are cooler, the body loses a lot of water during physical work. Water is extremely important for all body functions, especially healing and removing toxins from the body.

**Take Breaks.** Stop and take a short break every half hour to drink some water and do some simple stretching.

Just remember~ you will accomplish more and feel better the next day if you follow the above tips & avoid injury!



***"The doctor of the future will give no medicine but will interest his patients in the care of the human frame, in diet and in the cause and prevention of disease."***

***Thomas Edison***