



Your body is precious. It is your vehicle for awakening. Treat it with care. ~ Siddhartha Guatama

From The Doctor

It is my goal to provide you with chiropractic care that brings you closer and closer to your optimum health. I would like to help as many people as I possibly can experience better health and less dis-ease. What I strive to provide in my evaluation and treatment is customized care for every person as a unique individual. There is nothing more thrilling than to have a patient resolve their pain or notice their body functioning better or their mind clearer.

I feel privileged to take part in caring for your health and well being and I am deeply honored and grateful when you refer your friends, family and co-workers to me. ~ Dr. Mayes

Get The Dirt

Gardening feeds the mind and soothes the soul and it can also be physically demanding. Pick up our handout *Safe and Healthy Gardening Tips* the next time you are in the office (or stop by just to pick one up!)

NEW! New on our website, www.mayeschiropractic.com, is the Newsletter Archive page, where you can access our current and previous newsletters.

Ski Walking

Come and try Ski Walking with the King of Ski Walking, Pete Edwards. Pete will bring the poles and his expertise and all you have to do is show up with comfortable shoes for walking and a willingness to try something new. If you are already ski walking, come and get some tips on improving your technique. There will be 4 opportunities to try Ski Walking at the 4 Mile Professional Building and the nearby T.A.R.T. Trail. The clinics are FREE of charge and presented by Aurora Physical Therapy and Mayes Chiropractic.

Meet at the Mayes Chiropractic office on 4 Mile Road on **Thursday, June 7th at 5:00 p.m. or 6:00 p.m OR Saturday, June 9th at 10:00 a.m. or 11 a.m.** Each Ski Walking session should last approximately an hour. For more information on Ski Walking go to www.skiwalking.com or pick up an information sheet in the office. Pre-registration is not necessary. If you have any questions, please call Mayes Chiropractic at 938-1710.

Something Fishy Is Good For You

Recent research published in the Surgical Neurology journal indicates that fish oil supplements with omega-3 essential fatty acids (EFAs) are safe, effective alternatives to non-steroidal anti-inflammatory drugs (NSAIDs) for the majority of patients with neck and low-back pain for disc and arthritic causes. NSAIDs include aspirin, Motrin, Aleve and Celebrex, which, despite their widespread use for many years, have been discovered to be associated with stomach ulcers and bleeding and heart complications, among other side effects. There are no known side effects with fish oil supplements.

Other health benefits of omega-3 EFAs include blood clot prevention, pain reduction, immune system boosting and healthy blood vessel dilation. In fact, the FDA now recognizes that omega-3 EFAs can prevent coronary artery disease.

It is important to use a high quality fish oil that is free of toxins (mercury, PCBs and dioxins) that can be found in fish. Two high quality sources are Innate Choice (www.innatechoice.com) and Nordic Naturals (www.nordicnaturals.com). Both of these websites can provide more information on the benefits of fish oil.





Mayes Chiropractic
3819 N. Four Mile Rd. Suite B
Traverse City MI 49686

Stand (And Sit) Tall

Did you know that good posture makes it possible for all of your organs to function most efficiently? Poor posture reduces blood circulation, causes organs to sag, makes breathing more difficult and slows body functions like digestion.

I would feel more optimistic about a bright future for man if he spent less time proving that he can outwit nature and more time tasting her sweetness and respecting her seniority.

~ E. B. White

Cola Drinks And Your Skeleton

According to a study published in the American Journal of Clinical Nutrition, women of all ages who regularly drink cola run a much higher risk of developing osteoporosis than women who don't drink cola. Regardless of age and calcium intake, women who drank four or more colas per week had lower bone mineral density in the hip locations tested.

Fake, Not Food

Did you know that sucralose is an artificial sweetener? It is actually Splenda, but food manufacturers do not have to indicate Splenda on the label and can simply list it as sucralose in the list of ingredients. Start reading labels and you will find that a surprising number of foods have sucralose in them, including many breads, flavored water, yogurt and instant oatmeal. This is not an innocent food additive and neither is MSG. Make it a habit to read food labels. If you do not know what an ingredient is, it probably isn't something that should be eaten!