

Meet the Tullis family!

AC Chiropractic has been part of our lives for the past 14 years. We began care with them when our now oldest child was 10 months old. Dr. A & Dr. C have been through a lot with us over the years; my husband's 14 year battle with ulcerative colitis which ended with two surgeries in 2007, my own battle with endometriosis, 4 preg-

nancies and healthy births, childhood injuries and severe food allergies. Even when we were financially up and down, AC Chiropractic has remained constant in their care for us. Helping others is not just their job, it is their life, their passion. The evidence is seen in our family.



Nesha & Jeff Tullis and family
Continued on page 3

Frozen Shoulder Syndrome? We can help!

What is Frozen Shoulder Syndrome?

Frozen Shoulder Syndrome, aka, "adhesive capsulitis" is a painful and debilitating condition of the shoulder causing a significant loss of range of motion and the ability to use the affected shoulder and arm. Patients with this condition can also suffer from a serious loss of sleep due to the intense pain therefore affecting their quality of life. **What causes Frozen Shoulder Syndrome (FSS)?** Until now, the exact cause has been unknown. The Mayo Clinic website suggests an



association between FSS and a recent surgery, a past or repetitive injury, thyroid issues, cardiovascular problems, diabetes, and Parkinsons disease.

What is the OTZ Method of treating FSS?

New research by Dr. Francis X. Murphy suggests Frozen Shoulder Syndrome starts with a misalignment of the skull on the first cervical vertebra. This misalignment puts tension on Cranial Nerve 11 (Spinal Accessory Nerve) which then interferes with the normal ability of a person to raise his/her arm. What follows are the classic "collection of symptoms" that one sees in FSS. By removing the interference on Cranial

Nerve 11 thru a specific manipulation, the function of the shoulder is restored. Many times the improved range of motion and decrease in pain is immediate and dramatic.

Since 2006, hundreds of patients have had their FSS successfully resolved with the OTZ method. **AC Chiropractic is pleased to announce that Dr. Louis Cavallo is a certified provider of the OTZ method for Frozen Shoulder Syndrome.** Dr. Cavallo is excited to share this amazing science and technique with patients suffering from this debilitating condition.

What are the traditional treatments for FSS? Traditional treatments include pain

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Bon Voyage! 5 Secrets to Painless Holiday Travel

Whether traveling for business or with the family during the holidays, long hours seated in a car or on a plane can leave you stressed, tired, stiff and sore. Here are some tips to help!

- 1. On a Plane** Use rolled up pillow or blankets to support the lumbar portion of your spine and another between your neck and the headrest.
- Check all bags heavier than 10 percent of your body weight. When lifting your bags, stand directly in front of the overhead compartment. Do not lift bags over your head or rotate your spine in the process.
- 3. In a Car** Sit a comfortable distance from wheel, with knees slightly higher than your hips, and use a lumbar pillow to support your back
- Exercise your legs while driving to reduce risk of swelling and discomfort: *Open your toes as wide as you can and count to 10. Count to 5 as you tighten your calf muscles, then thigh muscles and then your glutes! Roll your shoulders up, back and then forward, while keeping your hands on the wheel of course!*
- Loosen and tightened your grip on the steering wheel to improve circulation and decrease muscle fatigue in the arms, wrists and hands.
- Take rest breaks and stretch those leg muscles with a brisk walk.

Need a Gift Idea?

Travel pillows by Tempur-Pedic (starting at \$65)

Lumbar pillow (\$30)

WOWGreen

(sample box SALE \$14.99- makes great teacher gift)

Intramax

(5 week supply only \$68)

Olbas inhalers, tea & oil—
great stocking stuffers!



AC Chiropractic
Gift Certificates
make great gifts
too!

Introducing the Wobble Chair™...

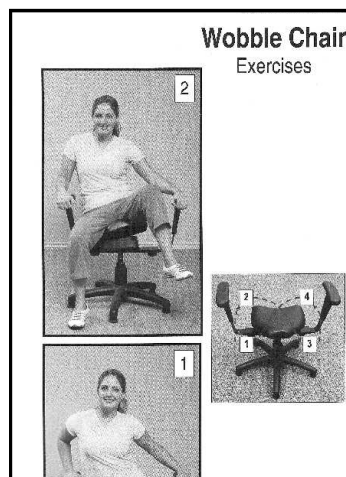


AC Chiropractic
announces
the arrival of the
Wobble Chair™

The Pettibon Wobble Chair™ is a state of the art development in the rehabilitation of the spine's hard and soft tissues. This patented, specially designed chair provides a full range of rotation that allows a patient a variety of exercise motions needed to improve lumbar disc mobility, re-hydration, nutrition delivery and waste elimination.

Since spinal discs do not have their own blood supply, there

has to be another way to pump the nutritious fluids into discs and then squeeze out wastes. While physical activity can create a pumping force, Vert Mooney, M.D., a world-renown researcher and orthopedic surgeon cites loading and unloading the lumbar discs as the best way to create a



pumping force that produces fluid exchange. And that's exactly what the Wobble Chair does. For a strong, healthy, pain-free back at any age, we prescribe performing

loading and unloading exercises with the Wobble Chair in addition to your regular adjustments.

These essential Wobble Chair™ exercises pump nourishment into spinal ligaments, cartilages and discs and pump out tissue cell waste, the cause of soreness, stiffness and pain.

Along with neck exercises, this unique therapy can help patients actively participate in their care. By doing the warm up exercises and stretching your muscles, ligaments and discs, you can better prepare your body for an adjustment. The Wobble Chair™ is currently located in the office next to Room 9. Ask the doctors if this new exercise is for you.



Tullis family testimony (continued)

There are some diseases, pains or sufferings we have to walk with in our lives. There are no quick fixes, but rather a process by

which we must learn to live with the best we can. Dr. A & Dr. C have helped us do this with adjustments that allow our bodies to function at their best, encouragement, knowledge on nutrition and alternatives to traditional medicine. They have given us a great gift.

"Helping others is not just their job, it is their life, their passion."

Nesha Tullis

Our family's belief is "Life isn't about waiting for the storm to pass. It's about learning to dance in the rain."

Thank you Dr. A & Dr. C for helping us dance in the rain.

With much love and appreciation,

the Tullis Family



Holiday Recipe makeover

Top this lightened version of the classic sweet potato casserole with both marshmallows and toasted pecans and get a healthier side dish with all the flavor!



Lightened-up
Sweet Potato Casserole

Ingredients

- 2 1/2 pounds sweet potatoes, peeled and cut into 1-inch cubes (organic is best)
- 3/4 cup packed brown sugar
- 1/4 cup butter, softened
- 1 1/2 teaspoons salt
- 1/2 teaspoon vanilla extract
- 1/2 cup finely chopped pecans, divided
- Cooking spray
- 2 cups miniature marshmallows

Preparation

Preheat oven to 375°.

Place the sweet potatoes in a Dutch oven, and cover with cold water. Bring to a boil. Reduce heat, and simmer for 15 minutes or until very tender. Drain; cool slightly.

Place potatoes in a large bowl. Add sugar and next 3 ingredients (through vanilla). Mash sweet potato mixture with a potato masher. Fold in 1/4 cup pecans. Scrape potato mixture into an even layer in an 11 x 7-inch baking dish coated with cooking spray. Sprinkle with remaining 1/4 cup pecans; top with marshmallows. Bake at 375° for 25 minutes or until golden.

Alison Ashton, *Cooking Light*, NOV. 2007

Frozen Shoulder Syndrome (continued)



and anti-inflammatory medications, steroidal injections, physical therapy, massage therapy, acupuncture, and surgery. These procedures have a very low cure rate with most patients going from one treatment type to another desperately searching for relief. Many are forced to endure months if not years of needless suffering.

If you or someone you know suffers with Frozen Shoulder Syndrome or are experiencing some of the symptoms mentioned above (reduced range of motion, intense pain, insomnia)... we can help! Make an appointment today and discover the revolutionary OTZ method and start enjoying a pain-free life. You can view some of these results by going to the "Patient Testimonial" page at www.frozenshoulderdoctor.com.



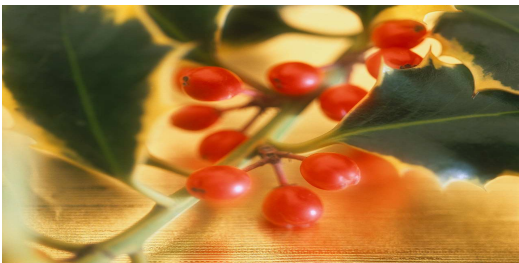
Help a Furry Friend in Need!

Time to remember all God's creatures—great & small! In December we will be accepting donations of

dog and cat food, collars, leashes, blankets, bowls, pet crates and carriers to help support **Angels Among Us Pet Rescue**. There is also an urgent need for foster families! Interested in adopting a dog or cat? You can view their adoptable pets at www.angelsrescue.org.

Thank you
very much for your help and support!





Health and Happiness for you and your family this holiday season and in the coming year!

AC Chiropractic Life Center

Holiday Hours:

OPEN:

Mon. Dec. 27 & Tues. Dec. 28
from 10am - 1pm and 4pm -7pm

CLOSED:

Wed. Dec. 29 – Jan. 2
Regular Hours begin Mon. Jan 3rd



Thank you!

For giving back to the community! Once again, our AC Chiropractic patients and staff gave 20 children a memorable Christmas through The Salvation Army's Angel Tree Program. We also donated over 200 lbs. of non-perishable food items to share with local residents this holiday season. On behalf of The Salvation Army of Gwinnett and the families receiving the gifts, thank you again for your amazing generosity!



Our Holiday Gift to YOU!



Free 1st Visit

*Includes Exam, Consultation
and up to 4 Spinal X-Rays.*

Any further treatment will be agreed upon and signed by both parties.
New Customers Only. Excludes Frozen Shoulder OTZ.

OR CURRENT RESIDENT

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