



The Spinal Column



AC Chiropractic. 217 Scenic Hwy, 124. Lawrenceville, GA 30046
770-513-8922 **www.acchiropractic.com**

October 2010

Be Kind to your Spine it could save your life

Although most of us are seeing "PINK" in support of breast cancer research, October is also **Spinal Health month**, a time to recognize the importance of a taking care of our backs. If we want to make significant improvements in our levels of spinal health and our quality of life, we need to change our habits. We can start by focusing on our everyday activities and posture that may be causing pain or discomfort. A slouched posture and/or carrying our head forward are extremely common spinal health problems these days. Here are a two helpful activities to practice daily to help keep your posture

aligned. Using a car's headrest can make a wonderful exercise device. Try gently pressing back on the headrest, holding for 2 seconds, and repeat 12 times. 2. Shoulder shrugs help press the shoulders up and back not rounding forward. Raise your shoulders, then roll them back and down. Your ears should line up with your shoulders.



Spinal health leads to overall wellness

Chiropractic is continues to be the best treatment of low back pain. . A 2007 study also confirmed that chiropractic lead to the overall improvement in the health of firefighters, emergency

and public utility workers who averaged 5.5 months of care. Dr. McAllister and Dr. WR Boone's work showed **that chiropractic care directly coincided with a decrease in back pain and other physical ailments after a relatively short period of time.** The research also revealed that the patients themselves gave their general health and well-being a higher rating following care. Simply put, a healthy back means a healthier body. Keep scheduling those adjustments—and be kind to your spine!

Recipe of the Month

APPLE BETTY

- 4 cups sliced tart apples (organic Granny Smith preferred)
- ¼ cup orange juice
- 1 ½ cups Turbinado sugar
- 1 ¼ cup all purpose flour
- 1 tsp ground cinnamon
- ½ tsp ground nutmeg
- ¾ cup butter or Earth Balance (Vegan style)
- Dash of salt
- Pam Spray

Peel and slice apples thinly. Toss apples with orange (or lemon) juice to prevent browning. Lay out apples in a dish sprayed with Pam (9 x 13 rectangle is best).

Combine sugar, flour, and spices. Cut in butter with a fork until mixture is crumbly. Spread mixture evenly over the top of the apples. Bake at 375 degrees for 45 minutes or till apples are tender and topping is crisp.

Recipe courtesy of :



Kids contest

Congratulations again to Samantha Conn and Thomas Harper—our Patient of the Month winners!



Prevention is the key! Here are 5 tips you can do to stay healthy:

1. **Maintain a healthy weight** Obesity raises the risk of breast cancer after menopause, the time of life when breast cancer most often occurs. Try to maintain a body-mass index of 25 or less.
2. **Exercise daily** Research suggests that increased physical activity, even when begun later in life, reduces overall breast-cancer risk by at least 10%. All it takes is moderate exercise like a 30-minute walk five days a week to get this protective effect.
3. **Eat a low-fat diet** Embrace a diet high in vegetables and fruit and avoid sugared drinks, refined carbohydrates and fatty foods.
4. **Don't smoke**
5. **Stay adjusted!** Regular adjustments remove blockages in the nervous system which helps keeps your immune system working at 100%. Call your chiropractor today



Subluxations are SPOOKY!

