



The Spinal Column



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

April 2010

Celebrating our 18th year

That was then...1992



Dr. Jeanette Altieri (Dr. A) and Dr. Louis Cavallo (Dr. C) are celebrating their 18th year in their Lawrenceville location.

This is now...2010



Since opening in April 1992, the doctors have been actively sharing the benefits of chiropractic care with the Gwinnett community. Through outreach programs at Christmas, to lectures on backpack Safety at area schools, free health screenings, and care for several officers in the Lawrenceville and Gwinnett County police and Sheriff's department, the AC Chiropractic team has been working its mission.

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AC Health Care Reform - Symptom vs. Corrective Care

AC Chiropractic believes that for there to be a true health care reform we must change our thinking. In America, it seems our focus is not on wellness but on disease, sickness rather than health, pain management instead of prevention.

Chiropractic focuses on the root of the problem, allowing the body to express true "HEALTH CARE". By eliminating the cause, the natural effect is having better overall health. Traditional medicine's track record has only been SICK CARE". Did you know that 95% of US healthcare funding goes toward treating illness, but only 5% goes to prevention. Currently **38% of Americans say they are using Complimentary & Alterna-**

Chiropractic care helps the body reach its fullest potential... 80-90% or better.

tive medicine. YES, that includes Chiropractic! Did you also know that **Chiropractors were given the highest "satisfaction with care" rating in a 2009 Consumer Reports survey, well above those given to medical doctors.**

As Americans, it seems like the usual response to sickness is the "quick fix", which statistics show is not working.

Symptom relief only gets the body to function at 50%, meanwhile sick cells are still being created. Chiropractic care helps the body reach its fullest potential... 80-90% or better. This allows the body to create healthy cells, preventing sickness & disease. What do you want your quality of life to be?

18 years of creating health naturally ...one spine at a time!



Patient of the Month — a decade of good health

Joshua Morrison

Age: 10 - just celebrated his birthday last month

School: 4th grader at Lovin Elementary

Favorite food: pizza

How long has he been an AC patient? 10+ years. Yes! That's even before he was born. Kids need chiropractic. Just ask his mom, Aly, "Joshua has been a very healthy child—in ten years I only remember one ear infection and one case of strep". We think that's pretty amazing!



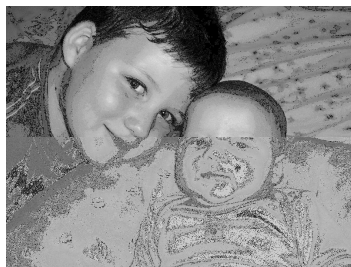
As patient of the month, Joshua will receive a \$25 gift card to GameStop. He was chosen because he is a "well adjusted big brother" who always let's his little brother get adjusted 1st—even when he doesn't want to. Way to go Joshua —keep up the good work!

Send us your Success Story for a chance to be next month's Patient of the Month. Look for forms at the front desk.



Chiropractic—a whole kid healthcare

We believe in the power of chiropractic! That's why we think it is important for your whole family.



Throughout your children's lifetime—from birth to adulthood, chiropractic care can help ensure your children's physical and emotional well being. Millions of parents around the world have chosen chiropractic care as their healthcare of choice. Chiropractic

is a safe and natural way of helping families regain and retain their health. Keep your children's immune systems working with chiro-

practic adjustments that can enhance your child's own natural healing ability. Does your child suffer from frequent ear infections or colds? Complaining of headaches? Why wait? **Bring them in for a wellness check up today!**

Wellness Wisdom

Important Vitamin D Update!

Vitamin D deficiency is pandemic in the United States, but many Americans are unaware they may be lacking this important nutrient. A study by Dr. William Grant, Ph.D., internationally recognized research scientist, found that about **30% of cancer deaths** (about 2 million worldwide) could be **prevented each year with higher levels of vitamin D**. Beyond cancer, increasing levels of vitamin D3 could prevent diseases that claim nearly 1 million lives each year! You can **decrease your risk of cancer by MORE THAN HALF** simply by optimizing your vitamin D levels with sun exposure.

Since your body doesn't produce Vitamin D on its own, it has to be absorbed from the sun through your skin and even more by your eyes. In order for your body to process and utilize Vitamin D, it has to continue through the liver and kidneys for conversion before it can be carried to the bones and help with calcium absorption.

So, if the nerves associated with your eyes, kidney or liver function are **subluxated or blocked**, the conversion is impaired which can lead to Vitamin D deficiency. **This deficiency has been associated with many health problems from autoimmune diseases like type 1 diabetes to osteoporosis.**

Taking a Vitamin D3 supplement will help but also requires proper absorption by the small intestines for your body to use it. **If subluxations are interfering with the nerves of your digestive system, this can mean an inadequate Vitamin D supply to your body.**

It's not just getting safe amounts of sunlight or vitamins that is important, **it's more about staying adjusted (free of spinal blockages) that can make the biggest difference.** The better your nervous system is working, the better your body is able to use those vital nutrients. If the gas line in your car was clogged and you couldn't get gas to the engine, how far would you go?

AC Chiropractic—18 years of creating health naturally ...one spine at a time!

Anniversary-celebrating 18 yrs of wellness

“Our goal is to establish a place for healing to occur in a natural way by creating wellness through the adjustment of vertebral misalignments”, adds Dr. Cavallo. Dr. “A” and Dr. “C”, as they are better known, have dedicated their lives to make sure all God’s people are able to receive and afford health-care and to create a healthier world naturally. AC Chiropractic specializes in pediatric, pregnancy, sports performance and family health care, for all ages.

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“What’s really amazing is that over 50% of our patients have been with us for the majority of our 18 years in business. It’s a real testimony to the long-term benefits of chiropractic care” added Dr. A. AC Chiropractic would like to recognize and thank all of our dedicated patients - for their extraordinary commitment to our office (and health!). In

appreciation we will be having special anniversary events through the month. **Did you Know?** In addition to chiropractic services, we carry a full line of nutritional and health care essentials; all natural, whole food supplements, Intra-max®, Olbas®, Airpacks® ergonomic backpacks, WOW Green® eco-friendly cleaners, therapeutic mattresses, pillows and more. We invite you to visit our family wellness center and take a look at all of the products we offer. As part of the month long celebration, we are offering a special offer for all new patients. Hurry coupon expires April 30th. Call today to make your appointment.

April Anniversary Special!
COMPLIMENTARY Exam, Consultation & up to 4 FREE Spinal X-rays!
 Expires 4-30-10

Why Vegan? Why Organic? by Kathy Hill

The simple answer is “because it helps my body, rather than harms it”. We all know that ‘being healthy’ is in our best interest. We are bombarded by this notion on a daily basis. So, the question then becomes, will I make the changes I need to take better care of my body? If you are already a patient at AC Chiropractic, you are definitely making the choice to improve your health!

I’ve struggled with eating right my whole life. Born and bred in a southern home, ‘cooking oil’ was an ingredient in most everything. Even the vegetables had to be breaded and fried. In the last few

ve-gan – solely from plant sources; no animal ingredients or by-products such as eggs, dairy or honey.

years I have taken many more steps towards a healthier lifestyle. Giving up fast food. Eating less processed foods. You know the drill. The Vegan/Organic focus started when a dear friend of mine read a book and shared with me her new understanding about what is in our meat and dairy products. I was curious and wanted to learn how to prepare foods that didn’t have processed granulated sugars and animal products. Try my **Spicy Veggie Wrap** recipe here. **Please join me on Monday, April 12th from 4-7pm when I’ll have this and several other vegan foods that you can sample.**

Tim Gent is BACK... with another healthy recipe!

Save the Date!
Come join us on Wednesday, April 28th from 4pm-7pm for another demo



and tasting by Executive Chef Tim Gent as part of our Anniversary celebration.



Eating Vegan with

Kathy Hill on Monday, April 12th 4pm-7pm

Don't miss the chance to sample her great tasting vegetarian recipes

Spicy Veggie Wraps

- Hummus
- Zucchini Squash
- Spinach Leaves
- Sun Dried Tomatoes
- Peppers (can be Bell Pepper or Hot Peppers according to your taste)
- Alfalfa Sprouts
- Annie’s Goddess Dressing

Kathy recommends using *Habanera Lime Flour Wraps* you can get at Trader Joe’s. They look orange and have a spicy taste.

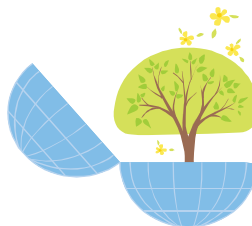
Thinly cover the wrap with Hummus using a butter knife. Any flavor will do, but she likes the Roasted Red Pepper.

Fill one outside edge by stacking the ingredients on top of each other, drizzle with 1TBL dressing, Roll tightly, and hold in place with toothpicks.

Note: For a healthier wrap, choose local organic vegetables when possible.

Earth Day Turns 40!

April 22nd marks the 40th anniversary of the first nationwide environmental movement. Here are 5 ways you can make Earth Day meaningful this month.



1. **Plant a tree**, start a garden or try composting.
2. **Have a family dinner**. Each week make better meal choices.
When possible, eat less processed, local, organic or seasonally and turn off the TV and reconnect with your kids.
3. **Enjoy a walk in a park** or do something outside.
4. **Recycle and Reuse** Think before you toss, where will this end up?
5. Try **WOWgreen** eco-friendly cleaning products— sample packs available.


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Thank you
to all of
our patients
for letting us
share
in your
amazing
journey to
health!

Yours in health,
the AC Chiropractic Team

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 217 Scenic Highway, 124
 Lawrenceville, GA 30046-5621
 www.acchiropractic.com