



# The Spinal Column

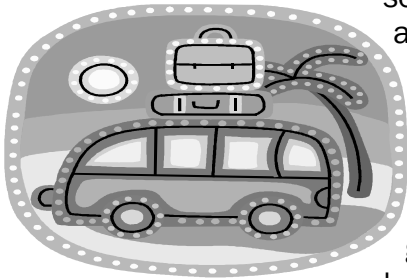


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## Vacation Time. Be kind to your spine.

*'Tis the season to travel and for summer vacations and with that longer car/plane rides. There are a few ways to be smart as you're on the road. Dr. A shares some of her spine friendly tips for car travel.*



1. **Remove your wallet** and other objects from back pocket.

2. **Stop and stretch** then walk around the car a couple of times, every 1-2 hours.

3. **Support lumbar** spine with seat support or lumbar cushion if seat doesn't have it built in. The seat support should gently fit into low back area.

4. **Move car seat forward** so your knees and hips are at the same level and you don't have to stretch for the pedals.

5. **Sit upright**, don't recline the back of your seat. Being aware of your posture and making adjustments while driving can help prevent fatigue, stiffness and low back pain.

6. **Use headrest** to support your neck and avoid tilting head forward when driving.

7. **Get adjusted!** Make an appointment to get adjusted upon your return. Correcting subluxations caused by long car or plane rides makes good sense. Good posture is a day by day activity on and off the road.

Yoga Summer Schedule:  
Wed 6:30 pm, Wed 8 pm & Sat 10 am

## Supplement Special - 10% off Cataplex D for healthy bones & teeth

According to recent FDA reports, Americans are not getting enough calcium in their diets, resulting in weaker bones and teeth. Adding a vitamin D supplement, such as Cataplex D, can help increase the absorption

of calcium and phosphate. Together they work to supply energy and material needed for cellular growth and repair. Get 10% off Cataplex D and start supporting your immune system and keep those bones strong.

PARENTS— Get a jump on back to school shopping...  
**\$5.00 off any size AIRPACK backpack system.**

## Recipe of the Month

### Grilled Salmon with Cucumber Dill Sauce

- 1 pound wild salmon, raw
- 2 ½ tablespoons lemon juice mixed with 2 tablespoons water
- 1 cup sour cream, fat-free
- 2 teaspoons dill weed, dried
- ½ cup cucumber, chopped
- ¼ cup onion, green, chopped

#### Preparation

- Preheat grill.
- Rinse salmon fillets under cold, running water. Pat dry. Sprinkle with lemon juice mixture and place on grill (skin side down)
- Cook until done, or when the fish turns opaque and flakes easily with a fork, about 20 minutes.
- Meanwhile, mix remaining ingredients for sauce in a small bowl. Serve fillets hot with the sauce on the side.

**Nutrition Information:** Per Serving:  
Cal. 220; Total Fat 5 g; Sat. Fat 1 g;  
Total Carbs 10 g; Fiber 8 g; Protein 31 g; Sugars 7 g

#### Wellness Tip

**Heading outdoors?** Don't forget the sunscreen and bug spray! But be careful, some sprays do more harm than good. Look for "paraben" free products with natural ingredients for keeping pests away.

