

AC Chiropractic Life Center • 770-513-8922

The Spinal Column March 2009



Where Does Healing Come From?

Chiropractic is founded upon a single, basic premise: all living things have an inborn or innate wisdom or healing ability which constantly works to maintain us in health and heal us if we are injured or diseased.

There is a physical condition which interferes with the expression of our inner wisdom, preventing us from expressing our utmost healing potential. It is called the vertebral subluxation. This condition irritates our nervous system, distorts our physical structure or posture and drains our energy, weakening us and causing dis-ease. This dis-ease blocks up our natural healing energies or vitality, lowering our resistance to disease and our ability to adapt to the physical, emotional, and spiritual stresses.

A chiropractic spinal adjustment begins a process that unlocks your energies, balances your body and awakens your “inner healer”. Do it for the health of it.

HOME REMEDIES

Cold and allergy relief solutions can be found right in your own home. Drinking warm teas such as green tea also can support one’s immune function. Green tea is a powerful antioxidant that has shown to inhibit cancer cell growth.

You also should keep windows closed whenever possible and use air conditioning to keep you cool when necessary. Shower and change your clothes after being outdoors, avoid going out between 5 a.m and 10 a.m., when pollen levels are highest, limit the use of humidifiers, they can actually cause mold, making allergies worse.

Eating a healthy diet with fewer dairy products, processed sugar and yeast-containing foods also can make you feel better. These foods create an overabundance of dampness in the body, which will aggravate the symptoms of nasal congestion. Taking a multivitamin to boost your immune system and getting plenty of rest will help strengthen your immune system.

Get your adjustment as it helps the body function better, allowing you to deal with allergens more efficiently.



Allergy/hay fever Homeopathic:

Many people breathe a sigh of relief when the rain and snow make way for spring. But for some, it isn't long before breathing becomes a chore.

Benefits:

Relieves runny nose

Watery eyes

Cough

Itching associated with hay fever, foods, poison ivy and insect bites

Immuplex:

Immuplex contains Zinc, Selenium and Vitamin B6 and C.

Zinc is an essential component in the production of T and B lymphocytes-white blood cells that are key immune system fighters.

Selenium is a critical constituent of several immune system components.

Vitamin B6 is essential for immune system function.

Vitamin B6 is important for maintaining immune function in older people.

Vitamin C maintains normal immune function in the face of physical and environmental stress.

10% off allergy/hayfever and immuplex this month only. So Hurry!!

Standard Process and Natures Sun -Shine

YOGA CLASSES



Yoga practice has long been known to lower blood pressure and slow heart rate which lowers your risk of hypertension, heart disease and stroke. TRY YOGA TODAY, SIGN UP SHEET IS AT THE FRONT DESK.

Hours are:

Wednesday—6pm

Friday—10pm

Saturday—8am

\$12.00 for 1 class or \$40.00 for 4 classes

