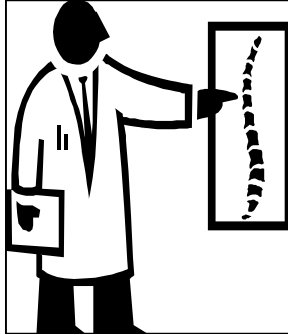


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**October 2009**

## It's Spinal Health Month!

October is spinal health month! What better way to take care of your back or someone you love by sending them to your chiropractor. Here are a few tips from the ACA for keeping your back in good shape:



- Push, rather than pull, when you must move heavy objects.
- If you must sit for long periods, take frequent breaks and stretch. Stand up and reach for the ceiling.
- Wear shoes with low heels.
- Exercise regularly. An inactive lifestyle contributes to lower-back pain.

"It is essential that we keep ourselves in good physical condition, and spinal health is a key aspect of overall well being. You can achieve optimum wellness with chiropractic and regular spinal adjustments."

### "A person is as old as his spine"

"Spinal disease precedes old age and causes old age"  
*Dan Murphy, D.C.*

- Don't lift by bending over. Instead, bend your hips and knees and then squat to pick up the object. Keep your back straight, and hold the object close to your body.
- Don't twist your body while lifting.

## Chiropractic Gets Results! Read on...

- Chiropractic adjustments paired with exercise was more effective in the treatment of lower back pain than other general medical therapies. *British Medical Journal 2004*
- Study showed 80% of children under chiropractic care had not suffered a reoccurrence of ear infections after 6 months of treatment. *"Chiropractic Adjustments for Chronic Ear Infections", Ladies Home Journal 10/98*
- Depression Improved with Chiropractic. Patient were given a standardized test before and after receiving care. Group score improved by 100%, while individually 73% experienced marked improvement after chiropractic treatment. *Journal of Vertebral Subluxation Research, 11/7/05*
- Chiropractic Helps Asthmatics. After just 30 days, chiropractic patients experienced 75% reduction in asthma attacks per month. In addition, these patients decreased their medications by 70%. Overall patient satisfaction with chiropractic care was rated 8.5 on a scale of 10. *Michigan Chiropractic Council 1996*
- Chiropractic for Headache Relief. Study followed 218 headache sufferers who were given either chiropractic care, drug therapy or both. Pain was reduced in all groups by 40-50%. After 4 weeks, only the chiropractic group retained the benefit while those with drug therapy did not. *Journal of Manipulative Physiological Therapeutics*

## Recipe of the Month

### Easy Pumpkin Bread

#### Step One: Combine

- 1/2 Cup Raw Sugar
- 1/2 Cup unsweetened Applesauce (instead of oil)
- 2 Eggs

#### Step Two: Sift together

- 1 3/4 Cups Flour (1 1/4 Whole Wheat, 1/2 All-Purpose)
- 1/2 tsp Cinnamon
- 1/2 tsp Nutmeg
- 1/2 tsp Salt
- 1/2 tsp Baking Soda

#### Step Three: Combine

- 1 Cup Pumpkin
- 2/3 Cup Water

Preheat oven to 350\*. Add Step 1 & 3 ingredients together and stir. Then add Step 2 ingredients (all mixed together)  
 \*Bake for 35-45 minutes, depending on loaf size or muffin size. Makes 2 small loaves or 1 big loaf or 6-8 large muffins too! These tend to rise quite a bit so make sure only to fill the pan or cup halfway or so. Enjoy!



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People get results with Chiropractic because subluxations are corrected and the brain is in better communication with the body. The body will then begin to heal once the message can get back to the brain to alert it of a problem.

The power that made the body HEALS the body!