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We welcome you to the summer issue of our office newsletter! Our goal is to inform and educate you about all aspects of the health triangle, which includes physical, mental and nutritional health. This and upcoming issues will contain articles on the Atlas Orthogonal technique, chiropractic healthcare, nutritional health, and intrapersonal growth. Our hope is that you will find this information helpful to you on your road to gaining and maintaining health. In general, we want this to be "news you can use." Please give us your feedback as to how we are doing and more importantly, share it with your friends and family!



Often your head and neck bounce against the headrest. This results in the full force of the impact (500 to 600 pounds) weighing on the neck.

Whiplash

Whiplash is an injury to the neck that occurs as a result of a sudden backward and/or forward whipping movement of the neck. The injury can happen in the play of sports, from a fall, or any sudden movement or force great enough to stretch and strain the ligaments and muscles that hold the spinal vertebrae of the neck within a normal range of movement. This injury commonly occurs in automobile collisions.

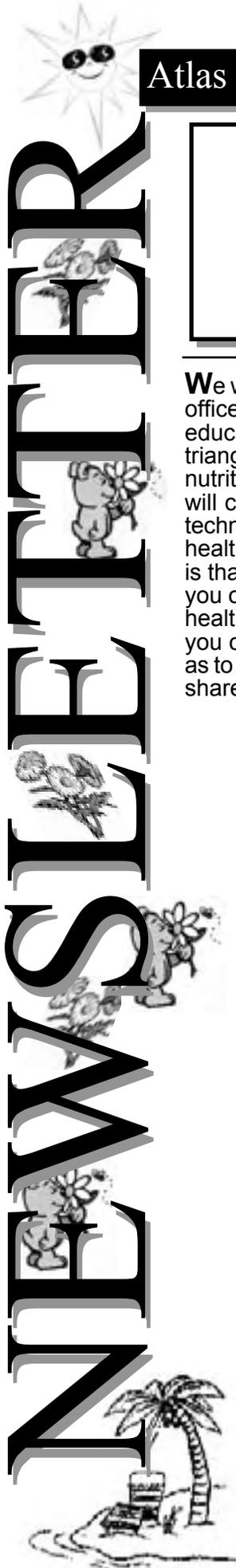
To understand whiplash and why it so often occurs as a result of automobile accidents, imagine yourself driving when a car behind you rear-ends your vehicle. Your car is pushed forward by the force of the impact. It takes time for your body to catch up to the forward movement, so your head keeps moving forward as your body stops (this is called **hyperflexion**).

Specifically, your shoulders travel forward until they are under your head, and your neck extends forward as your head tilts slightly down toward your steering wheel. You step on the brakes, bringing the car to a sudden stop and as a result, your head snaps back on the rebound while your body continues its forward motion. Often your head and neck bounce against the headrest. This results in the full force of the impact (500 to 600 pounds) weighing on the neck. This is **whiplash**.

Due to the shock of an accident and the rush of adrenaline an accident victim feels, many victims feel only slight discomfort at first, but a few hours later they suffer from neck stiffness and pain. Although most people recover quickly from symptoms of whiplash, a small number develop chronic conditions that result in severe pain and sometimes disability.

Symptoms which are experienced as a result of whiplash include: referred arm pain, headaches, neck pain, heaviness of the head, ringing of the ears, nausea, shortness of breath, anxiety, poor memory, insomnia, pain between the shoulders, and low back pain.

As with any injury, the earlier a diagnosis can be made and treatment can begin, the better.



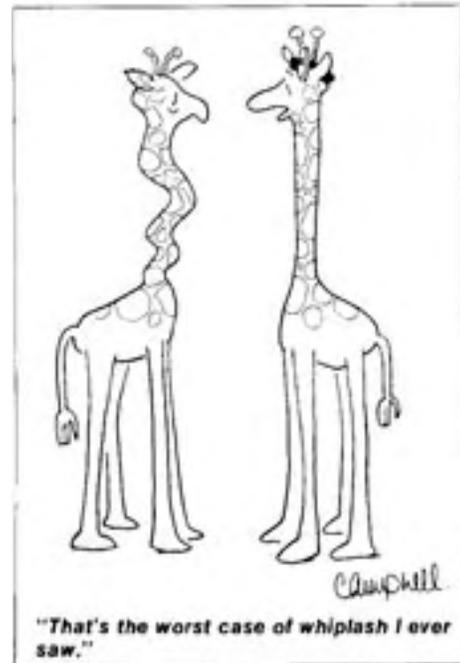


How Do You Describe Your Atlas Orthogonal Chiropractic Adjustments?

Do you tell your friends and family that the adjustments are gentle and painless? Or do you tell them that the Atlas Orthogonal method requires such a light touch that your spine is never “twisted” or “popped?” Maybe you tell them that the Atlas technique utilizes **very precise x-ray analysis that measures the misalignment down to 1/100th of 1 degree**. Do you remember to tell them that x-rays are then taken again POST-treatment so the correction can be seen on x-ray? Because of this **precision**, the Atlas adjustment is **reproducible** and the doctor can deliver the exact same adjustment time and time again.

And regarding the adjustment itself, have you told your friends and family that you are positioned on a **pecially designed, adjustable table** and the pressure applied during your adjustment is delivered through a **metal stylus with a smooth, rounded tip**? Once you share your amazement about how effective this gentle technique is, your friends and family may just want to come with you

A laughing matter...



Get Relief...Naturally

For more information, please talk with the doctors and team at Atlas regarding this product.

BIOFREEZE® with ILEX **CRYOTHERAPY PAIN RELIEF**

BIOFREEZE is a unique, effective pain reliever formulated to provide a variety of benefits for therapy, pain relief, exercise/training and overall comfort.

BIOFREEZE contains **ILEX**, an herbal extract from a South American holly shrub. **ILEX** is used around the world in various health & wellness formulations. **BIOFREEZE** topical analgesic does not use waxes, oils, aloe or petroleum. The result is a fast-acting, penetrating, long lasting pain reliever.

BIOFREEZE products can effectively help relieve pain from:

- Sore Muscles & Muscle Sprains
- Back, Shoulder, Neck Pain
- Arthritis
- Painful Ankle, Knee, Hip & Elbow Joints
- Muscular Strains

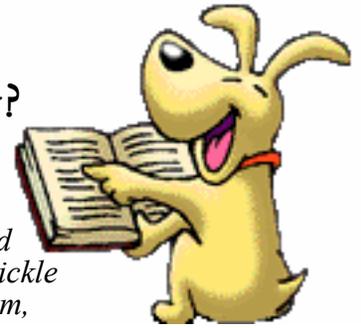
Choosing to Blossom

How much time, creative energy, and emotion do we expend resisting change because we assume growth must always be painful? Much personal growth is uncomfortable, especially learning to set boundaries in relationships. When we commit to nurturing our authentic selves, people close to us are going to start noticing that changes are taking place. This is the season when growth in the garden, which had been gradual, now accelerates. It's that season for us as well...

The day comes--maybe it's today--when "remaining tight in the bud" is more painful than blossoming.



Did You Know?



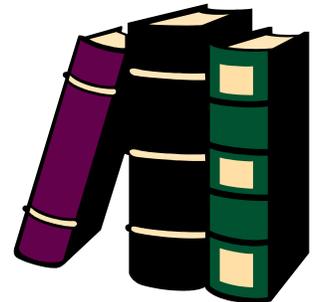
- *scientists have found that it is impossible to tickle yourself? The cerebellum, a region in the posterior portion of the brain, warns the rest of your brain when you are attempting to tickle yourself*
- *the cerebellum is located just above the brainstem, beneath the occipital lobes at the base of the skull*
- *about 2/3 of the human body is water*
- *it takes 17 muscles to smile*
- *it takes 43 muscles to frown*

Want to read more about how your daily life can be an expression of your true self? We recommend:



*Simple Abundance:
A Daybook of Comfort and Joy*

by
Sarah Ban Breathnac



Just a Few Reminders...

- Please remember to turn off your cell phone and pager before entering the treatment room.
- We do provide after-hours and emergency care. Please note that after-hours and emergency appointments incur an additional 30.00 after hours/emergency investment above the standard care investment.

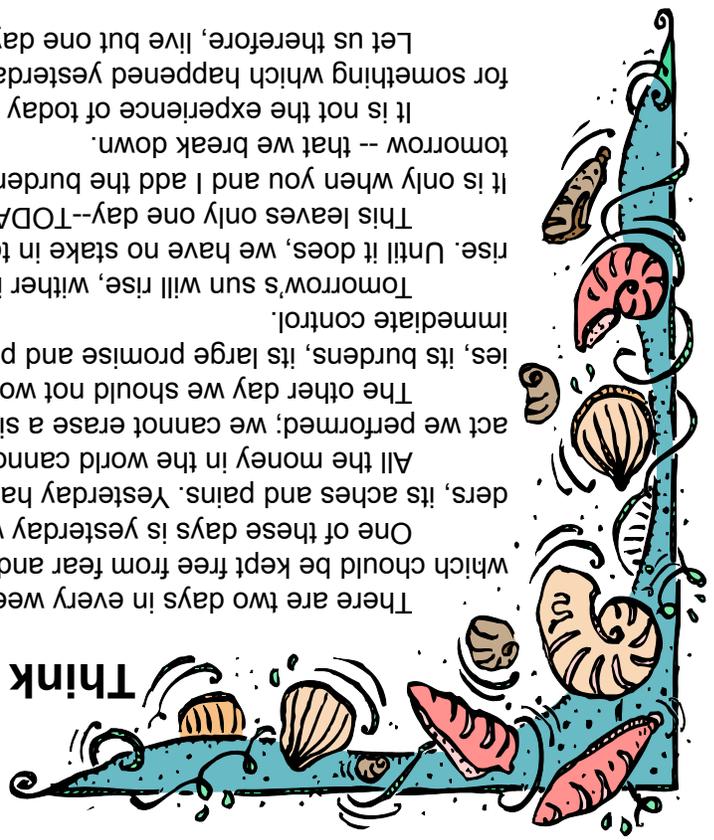
- Our office hours are:

Mondays	Wednesdays
7:45-5:00	1:00-5:00
Tuesdays	Thursdays
7:45-5:00	7:45-5:00
Fridays	
7:45-12:00	



There are two days in every week about which we should not worry, two days which should be kept free from fear and apprehension. One of these days is yesterday with its mistakes and cares, its faults and blunders, its aches and pains. Yesterday has passed forever out of our control. All the money in the world cannot bring back yesterday. We cannot undo a single act we performed; we cannot erase a single word we said. Yesterday is gone. The other day we should not worry about is tomorrow, with its possible adversaries, its burdens, its large promise and poor performance. Tomorrow is also beyond our immediate control. Tomorrow's sun will rise, wither in splendor or behind a mask of clouds -- but it will rise. Until it does, we have no stake in tomorrow, for it is yet unborn. This leaves only one day--TODAY. Any man can fight the battles of just one day. It is only when you and I add the burdens of these two awful eternities--yesterday and tomorrow -- that we break down. It is not the experience of today that drives men mad--it is remorse or bitterness for something which happened yesterday and the dread of what tomorrow may bring. Let us therefore, live but one day at a time.

Think This Over...



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