

NEWSLETTER

In this issue

- Tackling Tension..... 2
- Office Reminders 3
- Think This Over.....4
- Focus of the Month:
Summertime Health..... 1



Summertime Health

Summer brings the opportunity for many outdoor activities. Many of us will allow our enthusiasm to get the better of us and overexert ourselves, and we will go beyond our physical limitations, causing our bodies to become overheated and overstressed.

We welcome you to this summer's edition 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. Our newsletter contains 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!

Usually conditions such as heat stroke, heat cramps, and heat exhaustion occur when large amounts of water, salts, or both are lost through excessive sweating. The most common cause of these conditions is strenuous exercise or manual labor.

Some groups of people are more at risk than the general population and therefore should be especially cautious to avoid overexertion. These groups include elderly persons, small children, and those who are overweight.



Preventive measures include getting plenty of water and micro-nutrients. The best drink choices are low in refined sugar. A sweet drink remains in the stomach longer and thus takes longer to replace the fluid lost from the body.

Many nutritionists recommend electrolyte drinks such as Endura to supplement water intake as they replace important minerals lost through perspiration and metabolism.

One must also be aware that as body temperature is raised from exposure to sun and heat, fatigue sets in and coordination and discretion is affected.

Many of us will overexert ourselves, and we will go beyond our physical limitations, causing our bodies to be overheated and overstressed.

Take extra care this summer. Take frequent rest breaks when enjoying the outdoors. Shade your head with a cap. Avoid heavy meals immediately before and immediately after strenuous exercise.



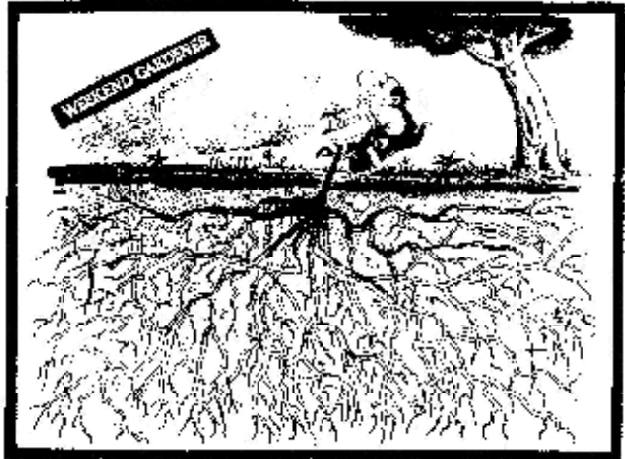


How Do You Describe Your Atlas Orthogonal Chiropractic Adjustments?

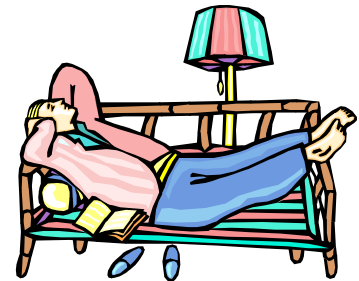
Do you tell your friends and family that the adjustments are gentle and painless? Or do you tell them that the Atlas Orthogonal method requires such a light touch that your spine is never “twisted” or “popped?” Maybe you tell them that the Atlas technique utilizes **very precise x-ray analysis that measures 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 **specially 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 to your next visit!

A laughing matter...



GET YOUR REST



While it may be tempting to skimp on sleep in order to enjoy every minute of the gorgeous summer weather, be sure to get adequate rest. The benefits of a sound night's sleep and a mid-afternoon nap are endless. The body uses this time to make “needed repairs.” One hint to help you sleep more restfully is to stop any stressful activity (working at home, paying bills, etc.) at least one hour before bedtime. Work on a hobby to take your mind off these stresses before you go to sleep.

If you still have difficulty going to sleep, you could consider a natural sleep aid, such as MyoCalm P.M. This is an all-natural herb and mineral blend that provides support for muscle relaxation, mental calm, and restful sleep.

Muscular stress produced by bad posture, poor mechanical function, or poor nutrition can lead to muscle spasm and cramps, thereby causing restless sleep or even sleeplessness. The unique formula in MyoCalm P.M. promotes muscle relaxation and a feeling of calm to aid you with a better night's sleep. Comprised of four herbs and a carefully balanced 2:1 magnesium to calcium ratio, MyoCalm P.M. is a more comprehensive, natural alternative to many muscle-relaxing formulas on the market.

Need relief from painful muscle spasms or cramps, but you need to get through the day first? Try MyoCalm for daytime relief without the natural sleep aids.



Shared Wisdom

...Whatever goals we achieve, individually and collectively, will not happen through incivility. If you have to cut someone else down to build yourself up, it's not a clean win. Even in the worst of times, a positive attitude and an open spirit will get you further than anger and resentment.

It sounds simple, but a positive outlook is a big part of it. It's probably hard to be really successful in life if you're a glass-half-empty type of person.

It's hard sometimes, because life doesn't always feel so good. There are sad times and tragedies and moments of doubt when it's hard to pick yourself up. What then?

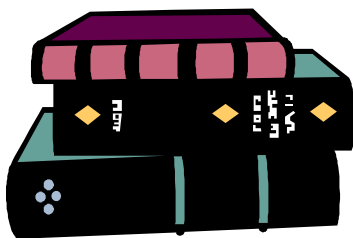
You have to change the way you think in order to change the way you feel.

Did You Know?



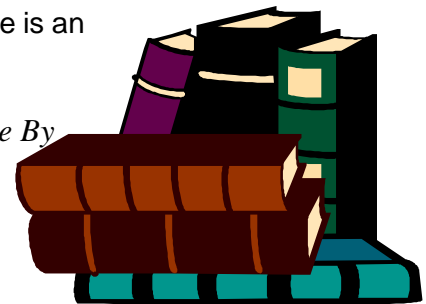
- *During a lifetime, your kidneys clean over 1 million gallons of blood*
- *About 2/3 of the body is water*
- *The human body has over 600 muscles, 40% of the body's weight*
- *There are about 9,000 taste buds on your tongue*
- *The little lump of flesh just forward of your ear canal, right next to your temple, is called a tragus*

Want to read more about how to become who and what you want to be? The above article is an excerpt from:



From the Heart: Seven Rules to Live By

by
Robin Roberts



Just a Few Reminders...

q Please remember to turn off your cell phone and pager before entering the treatment room.

q 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.

q Our office hours are:

Mondays **Wednesdays**

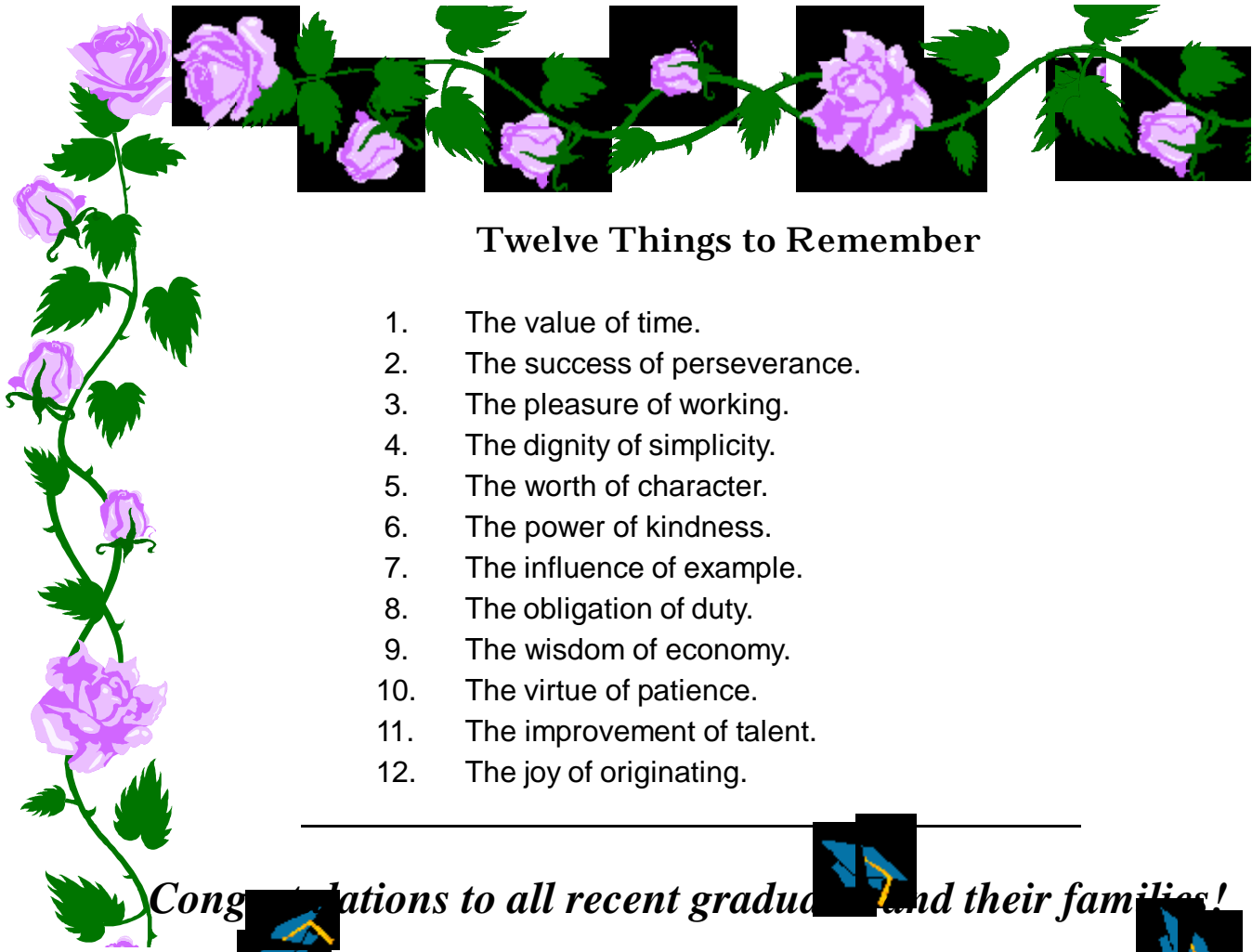
7:45-5:00 1:00-5:00

Tuesdays **Thursdays**

7:45-5:00 7:45-5:00

Fridays
7:45-12:00





Twelve Things to Remember

1. The value of time.
2. The success of perseverance.
3. The pleasure of working.
4. The dignity of simplicity.
5. The worth of character.
6. The power of kindness.
7. The influence of example.
8. The obligation of duty.
9. The wisdom of economy.
10. The virtue of patience.
11. The improvement of talent.
12. The joy of originating.

Congratulations to all recent graduates and their families!

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To:

