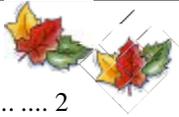


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We welcome you to the latest edition of our office newsletter! Our goal is to inform and educate you about all aspects of the health triangle, which includes physical, mental and nutritional health. Our newsletter contains articles on the Atlas Orthogonal 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!



**Regular Chiropractic
Care Adds Years to
Your Life and Life to
Your Years**



**Atlas Orthogonal to Host
Open House Cookout**

The doctors and staff of Atlas Orthogonal Chiropractic would like to invite you to our Open House/Cookout on Saturday, October 6 from 11 AM - 3 PM.

Now that school is back in session for most of our students, it is time to take a “time out” for family.

There will be fun for the entire family at the Atlas Open House/Cookout. Dr. Bill and Dr. Adam will be manning the grill and cooking up delicious food for everyone. For our younger patients and family members, Sassy the Clown will be on hand to entertain.

There will be door prizes, food and fun! Come out and enjoy a beautiful fall day with the team members of Atlas.

Friends and family are welcome. This is a great time to introduce your loved ones to the “Orthogonal way of life!”

Please call the office for further details. We hope to see you there!





Can Low Light Laser Therapy Help You?

If you are someone who suffers from a health condition such as tendonitis, neck or lower back pain, migraine headaches, arthritis, carpal tunnel syndrome, or sprains and strains, the answer is YES!

Also known as light or phototherapy, low light laser therapy utilizes the power of light energy to aid your cells in stimulating the body's natural healing process. It is a safe and highly effective method of treatment for many conditions. Developed over 35 years ago, laser therapy is now so advanced that there are no known side effects of this therapy.

Laser therapy offers a way to treat conditions in a drug-free, quick, non-invasive manner which speeds healing. Studies have shown that healing can be accelerated by 40% when laser therapy is part of a patient's treatment plan. Ask one of the Atlas team members how laser therapy can help speed your treatment.



Your Posture Affects Your Health

Both school children and adults need to be aware of the importance of good posture, not only because of its contribution to physical appearance, but also for the more important reasons of good health. Postural distortions often might be hidden by the tailoring of a coat or dress; however, this will not improve your health.

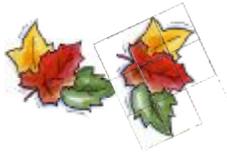
In particular, poor posture distorts the spinal column, causing headaches, sinus trouble and sore throats. These ailments arise from poor posture in the cervical (neck) region of the spinal column. Poor posture in the thoracic region (mid-back) can interfere with circulation to the bronchial tubes, while poor posture in the lumbar (low back) region can interfere with digestion or bowel action.

Postural distortions develop from habits. Sleeping on the stomach, for instance, with the head necessarily turned to one side, forces a bend in the spinal column just below the base of the skull -- a postural distortion of the spine at a point where nerves to the head, sinuses and throat can be affected. Work habits also can require bending of the head and neck in such a manner as to distort the neck.

So, learn good posture and good postural habits and practice them to maintain good health.



Self-Coaching to Create the Life That You Want



Humans are creatures of habit, and many people, once they come to accept a view of themselves find it hard to change that view. This can be particularly debilitating if the view is a distorted one. Many people choose -- without realizing it -- to accept a negative view of themselves and fill their life with negativity. They get stuck in a thought process that says, "I am not good enough. Other people are more abundantly blessed while my life is stuck in second gear."

By choosing to accept a more positive view and being kinder in your thoughts toward yourself, you will see a turnaround in your life.

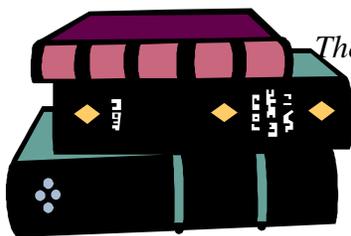
Change is not easy, because as creatures of habit, we are attached to our problems and insecurities, but change IS possible.

Did You Know?



- *The most common blood type in the world is Type O. The rarest, Type A-H has been found in less than a dozen people since the type was discovered.*
- *The only time the human population declined was in the years following 1347, the start of the epidemic of the plague 'Black Death' in Europe.*
- *An average human scalp has 100,000 hairs.*
- *The human brain is about 85% water.*
- *Women burn fat more slowly than men, by a rate of about 50 calories a day.*

Want to read more about self-coaching? The above article is an excerpt from:



The Power of Self-Coaching: The Five Essential Steps to Creating the Life You Want

by
Joseph J. Luciani



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:

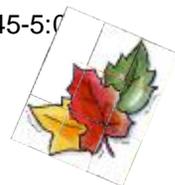
Mondays **Wednesdays**

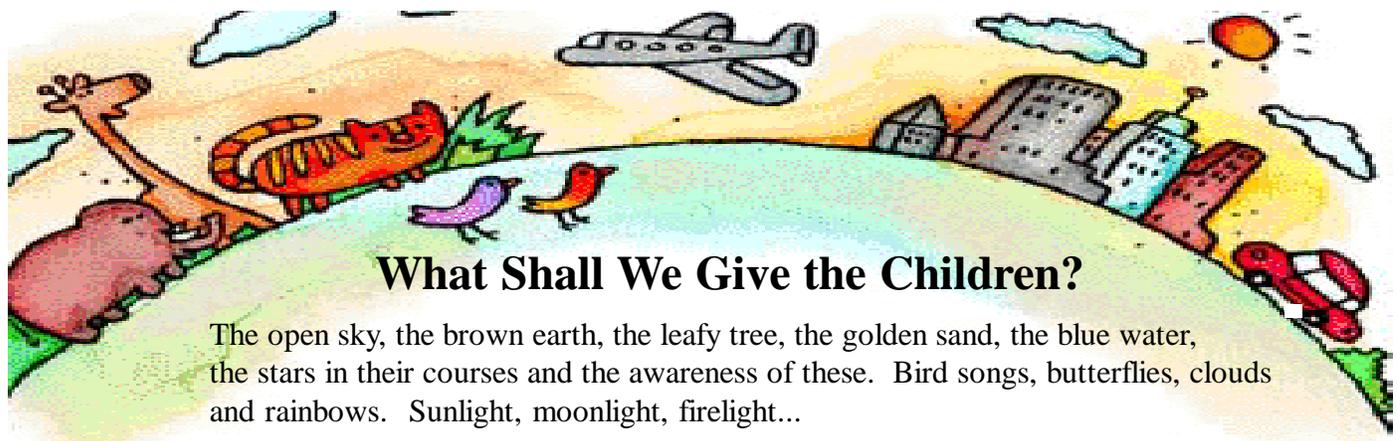
7:45-5:00 1:00-5:00

Tuesdays **Thursdays**

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

Fridays
7:45-12:00





What Shall We Give the Children?

The open sky, the brown earth, the leafy tree, the golden sand, the blue water, the stars in their courses and the awareness of these. Bird songs, butterflies, clouds and rainbows. Sunlight, moonlight, firelight...

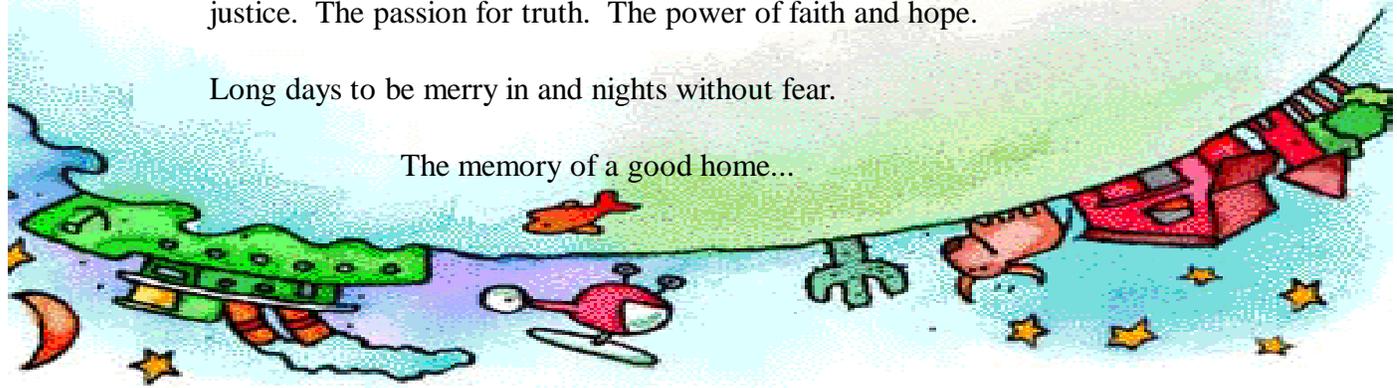
Attention...for one day it will be too late...

A large hand reaching down for a small hand, impromptu praise, an unexpected kiss...

A straight answer...The glister of enthusiasm and a great sense of wonder. A sense of value and of humor. The meaning of discipline. The will to work. the love of justice. The passion for truth. The power of faith and hope.

Long days to be merry in and nights without fear.

The memory of a good home...



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To:

