

ANNOUNCEMENTS

HOLIDAY HOURS

December 2010—January 2011

S	M	T	W	Th	F	S
19 CLOSED	20 OPEN	21 CLOSED	LIFE 22 Open House	23 OPEN	24 CLOSED	25 CLOSED
26 CLOSED	27 CLOSED	28 CLOSED	29 OPEN	30 OPEN	31 CLOSED	1 CLOSED
2 CLOSED	3 OPEN					

Merry Christmas!

Happy New Year!



Christmas Open House!

Wednesday, December 22nd...

...is the date of our **Christmas Open House**. Please join us for healthy snacks, juice, and extra-special, patient-appreciation surprises courtesy of Dr. Brad and Dr. Milen!

Mark your calendars! Plan to be here!

LIFE Chiropractic Centre

2501 Guelph Line N

Burlington, ON L7M 2A3

905-335-LIFE (5433)

Visit our website:

www.lifechiropracticcentre.ca



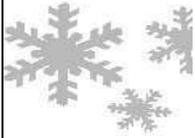
LIFE CHIROPRACTIC CENTRE

REDEEM THIS COUPON FOR 1 FREE ADJUSTMENT

at Life Chiropractic Centre...

...provided you present us with the contact information of one person you would like to refer for chiropractic care.

Offer expires Monday, January 31st, 2011



LifeLine Newsletter WINTER 2010

Life Chiropractic Centre

Where we help families build healthy, drug-free lives!

Dear Friends & Practice Members

We hope this special seasonal message finds you and yours in good health and spirit. With the “Festive Season” upon us now, it’s a great opportunity to reflect upon our health goals and those of our family. As all good chiropractic-wise practice members realize: **“It’s not how we feel but how well we function that is the essence of true health”.**

We at Life Chiropractic Centre realize that to achieve good health we all must invest in ourselves, both financially and with our time. With more and more demands on our time (and more to come in the days ahead) it is vital that our mind and body function as optimally as possible. This is where receiving regular chiropractic adjustments becomes essential—not only for the aches and pains that most tend to tolerate, but more importantly, to decrease the damaging effects of the daily stresses (emotional, physical and chemical) that wear down our mind and body.

As a way of encouraging you to prevent the “Stresses of the Festive Season” from getting the upper hand over your good health we have enclosed a Special Holiday Gift. On the last page of our newsletter, there is a clip and redeem “Adjustment Certificate”.

As a valued member of our practice, we truly appreciate you and your continued referrals of your friends and loved ones to our office. With your concern for others, you allow others an opportunity to realize the many benefits of the natural and drug-free chiropractic lifestyle.

Wishing you all the best of the Season with much good health, happiness and prosperity for the new year!

DID YOU KNOW?

Chiropractic and energy

“Doctor, I feel so tired all the time!”

Lack of energy is one of the most common complaints patients have. Doctors hear it all the time. While a medical doctor might recommend prescription uppers or stimulants, most people self-medicate. Every morning an ocean of coffee and sodas are swallowed by a population needing their morning “fix”. Donuts, sugar-filled snacks and other junk food give a high that’s followed by a mid-morning crash which is followed by another sugar and caffeine high; and while riding this roller coaster the person’s overall health deteriorates.

What causes energy depletion? Let’s imagine that you carried a bowling ball at your side for a few minutes. “No problem”, you might say. But now move that bowling ball a few inches from your body and try it. “Whew! This is getting heavy,” you’d say. That’s because it takes lots more energy to hold it away from you. It’s the same with your body. If you head or neck or hips or any other body part were out of alignment with gravity (even a little bit) it would drain your energy. Your muscles that work to keep you upright would be off balance; some would work extra hard and stay tight and contracted (or even go into spasm) while others would be loose and weak. Tension in your body from imbalance can also affect blood and cerebral spinal fluid (CSF) flow to your brain and other internal organs. With decreased flow of your CSF, your brain and internal organs will not be nourished properly. They will have to work extra hard to function normally, eventually resulting in exhaustion and fatigue. Chiropractic alignments are hugely effective in maintaining good CSF flow. This is why almost every patient notices a significant improvement in their energy level after beginning chiropractic care.

Please visit our website at

www.lifechiropracticcentre.ca

TIP OF THE MONTH

Helpful Hints to Make Snow Shovelling Easier!!!

(What a dreadful thought!)

Shovelling snow can be very stressful on your spine and even dangerous to your health. Here are a few helpful hints to make snow shovelling safer for everyone, especially those who are not physically fit:

- Dress warmly
 - Use layers of clothing so you can remove a layer if you get too hot with the heat generated by exercise.
 - Wear loose clothing so you can move naturally. Tight-fitting clothes make bodily movement awkward thus making you susceptible to injury.
 - Use a light-weight, ergonomically designed, pusher-type shovel.
 - Spray with Teflon so the snow will not stick to it.
 - Do not lift or pitch the snow. This can cause serious injury to the spine. Merely push it into a pile.
 - Keep your back straight and use your legs when moving snow.
 - Work slowly, especially if you are not used to the demands of physical exercise.
 - If you feel unusually tired, short of breath, or are experiencing chest pain, stop and call your family physician or 911 immediately.
 - If you feel any type of back and/or leg pain, stop, go inside and sit down.
 - These symptoms usually indicate a pinched nerve in your back or possibly a disc injury between the spinal vertebrae. This is especially true if you experience pain down the legs.
- Call your family chiropractor immediately and get in for a check up. When it come to shovelling snow, it’s wiser to use your head instead of your back.

Pass this newsletter on to a friend in need.
It could change his or her life!