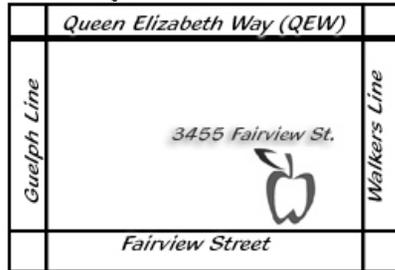


Know Someone Who Could Use Our Help?

WEDNESDAY, SEPT. 17th
7pm—8pm

Recommend your friends and family come to attend Dr. Brad's **FREE HEALTH SEMINARS** at Goodness Me®.

The topic of discussion will be:
Osteoarthritis



LIFE Chiropractic Centre

8—2501 Guelph Line N, Burlington, ON

905-335-LIFE (5433)

Visit our website:

www.lifechiropracticcentre.ca



We help families build vibrant, healthy, drug-free lives

Cheryl and Tina are the

BEST Chiropractic Assistants in town!

Signed, Dr Brad and Dr Milen



**\$5 off ALL
in-stock PILLOWS**

Are you sleeping with a good pillow? Aligning your head and neck while sleeping means better sleep, waking up pain free, and having good posture while you sleep.

Offer valid through September 29th, 2011. (No rain checks.)



LifeLine Newsletter

SEPTEMBER 2011

LIFE Chiropractic Centre

We help families build healthy, vibrant, drug-free lives!

It's Chiropractic's Birthday!

The term "Chiropractic" is derived from two Greek words which mean "done by hand".

Chiropractic as we know it today was first introduced to the world in 1895 by Daniel David Palmer. However, the science of natural healing through spinal manipulation actually traces its roots as far back as 2700 B.C. Records of healers manipulating the spine to improve health date back to the ancient Chinese, and that practice can be seen through the ages in one form or another in virtually every part of the world.

Hippocrates, the "Father of Medicine", emphasized the importance of spinal manipulations and recognized the natural recuperative power of the body.

According to a statement attributed to Thomas Edison, "the doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease."

Today's chiropractor is the doctor of the future. The role of the chiropractor is to remove any interference to the natural healing process.

September 1895, DD Palmer gave the first chiropractic adjustment to a deaf janitor named Harvey Lillard, who claimed to have become deaf 17 years earlier when he injured his back. After examining the man, Palmer dis-



covered a strange bump in his back. After concluding that there was a vertebra that was out of alignment, Palmer thrust into the bump with his hands. The result was a popping sound as the misplaced vertebra was repositioned...and amazingly, Lillard's hearing was restored!

Currently, only 11% of the population benefit from chiropractic care. The typical chiropractic patient has above-average education, income, and disposable income. Since chiropractic care is not covered by OHIP it can be said that educated people, making educated decisions are choosing to spend their money on chiropractic care. This speaks volumes about the quality of care and service that chiropractors provide.

Tips for a Good Night's Sleep

Here are several suggestions to ensure a better night:

- Sleep only as much as you need to feel rested and then get out of bed. Spending an excessively long time in bed can cause fragmented and shallow sleep.
- Keep a regular sleep schedule and most importantly a consistent wake-up time. Your body "gets used to" falling asleep and waking up at certain times, this is called the "circadian rhythm". Avoid forcing sleep. If you are unable to get to sleep after 20-30 minutes, do not remain in bed "trying" to sleep. Get out of bed and the bedroom and do some quiet activity such as reading. When you feel sleepy, go back to bed and try again.
- Exercise regularly for at least 20 minutes a day, preferably 4 to 5 hours before bedtime. Exercise too close to bedtime can delay the onset of sleep.

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- Avoid caffeinated beverages after lunch.
- Avoid alcohol near bedtime. Alcohol can fragment sleep and suppress REM sleep.
- Avoid smoking, especially in the evening.
- Do not go to bed hungry.
- Adjust bedroom environment to make it comfortable; an excessively warm/bright room or intermittent noise disturbs sleep. An uncomfortable bed or bedding can also prevent good sleep.



- Block out distracting noise with earplugs or white noise if necessary, and eliminate as much light as possible.
- Deal with worries before bedtime. Some people find it helpful to make a list of worries to help clear the mind. It may also help to have a relaxing routine before bed such as a bath or some light stretching. Consider eliminating the bedroom clock. Many people stare at the clock when they have trouble falling asleep which can lead to worrying which can lead to even more trouble falling asleep. Consider turning your clock around or putting it inside a drawer. Avoid watching television in bed. In some people, watching TV in bed can worsen insomnia, either due to the light from the television or content of the programmes. Avoid long naps. Daytime naps have been shown to decrease the depth of the subsequent night's sleep and increase time needed to fall asleep. If you do nap, try and limit it to 30 to 45 minutes.
- You spend about 33% of your life sleeping. Using a chiropractic pillow aligns your head and neck, helping you wake up pain free, and ensuring good posture while you're sleeping.

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