

March
2012



MONTHLY NEWSLETTER
TO PATIENTS, FAMILY & FRIENDS OF THE
Chiropractic Care and Longevity Center

Inside:

Do Dietary Supplements
Actually Increase
Mortality? 2

Free Foot Analysis
So you think you know
everything? 3

The English Language
Jokes of the Month
Healthy Foods 4

I wake up tired in the
morning
Baby Carrots
Robillard Hearing
Center 5

Notices for the Month
6

5 Gore Street West
Perth, ON K7H 2L5
PH: 613.264.0616
Visit our website at
www.chirolongevity.com

In office quiz, answer all the questions correctly and submit to the front desk staff to enter for a chance to win a prize basket worth approximately \$100.

If you get stumped ask the front desk staff for help (hint... most of the answers can be found in the office information brochure):

1. What is an ultimate adjustment? _____
2. How much does an ultimate adjustment cost? _____
3. What methods of Chiropractic does Dr. Wickens perform? _____
4. How many Registered Massage Therapists work at the office? _____
5. What company makes our environmentally friendly cleaning products? _____
6. Which registered massage therapist offers Crainosacral? _____
7. How much is your first Infrared sauna session? _____
8. How much are a pair of custom made orthotics? _____
9. How much is your first session on the hydrotherapy massage bed? _____
10. Name the three Chiropractors who work at the Chiropractic Care and Longevity Center?

11. What is located downstairs at the office? _____
12. What poster is in the washroom at the office? _____
13. What is the name of our newest front desk staff at the office? _____
14. What is the name of one of the liquid ice sprays that we use at the office? _____
15. How much are hearing aid batteries? _____
16. What is the name of one of the multi vitamins that we sell? _____
17. How much would it cost per day to take that multi vitamin? _____
18. What is a reason to take Alfalfa tablets? _____
19. What is a gait scan? _____
20. What does C.A.T.S. stand for? _____

An excerpt from Secrets of the World Class by Steve Siebold

Champions believe if you remove the adversity, you remove the victory. As a result, they tend to view adversity as a challenge through which learning and growing occurs. Their world view is evident in the way they describe the adversities they face. While average people choose the path of least resistance, world-class performers operate at a higher level of awareness. They understand that stress and struggle are the key factors in becoming mentally tough. While average people watch television and hang out at happy hour, the great ones continue to push themselves mentally and physically to the point of exhaustion. Only then will you see them in rest and recovery situations. Adversity, to average people, equals pain. Adversity, to world-class performers, is their mental training ground. It's how they become mentally tough. Average people scorn adversity. Those who are world class don't welcome adversity; yet they see it as the ultimate catalyst for mental growth, as well as the contrast needed to recognize the beauty of life.

Action Step for Today

List the three most difficult adversities you have faced and five good things that happened to you as a result of each one.

Train yourself to see the good in adversity, and your fear of future challenges will dissipate

Do Dietary Supplements Actually Increase Mortality?

Beyond the media hype, latest study findings tell a different story. BY DAVID SEAMAN, DC, MS, DABCN

In the JUPITER trial on cardiovascular protection with statin use,¹ it was publicized that heart attacks were reduced by 50 percent. However, the raw data demonstrates only a 1-percent reduction if everyday math is applied. The subjects in JUPITER were also described as being "thin," even though the average BMI was 28. Whenever I look at studies like JUPITER, I look at the raw data and also consider the health status of the patient population that is

being treated or studied. This approach is also useful when considering the recent studies appearing in the October 2011 issues of the Archives of Internal Medicine² and JAMA³ that looked at supplements in relation to mortality and prostate cancer, respectively. The media reported that multivitamins will increase mortality and vitamin E/selenium will cause prostate cancer, which has led many to be concerned. The actual studies tell a slightly different story.

The Archives Study: Focused on dietary supplement use in 38,772 older women living in Iowa. The study began in 1986, when the average participant was almost 62 years old, and the women were tracked until Dec. 31, 2008, by which time 15,594 women had died, which is 40 percent of the initial group. The supplement use was self-reported and deaths rates were compared between supplement users and nonusers.

The average BMI of participants throughout the study was 27. (Incidentally, I would have to gain 40 pounds of fat to reach a BMI of 27, so these were overweight women.) Excess body fat is associated with low-grade inflammation and metabolic syndrome, which has been defined as a free-radical and inflammatory state since at least 2002.⁴ We also know that within our population in general, almost 45 percent of men and women age 60 and older have metabolic syndrome.⁵

Why are body weight and the metabolic syndrome an issue? Because the only real way to control both of these problems is to eat properly and exercise regularly; they cannot be fixed by supplementation alone. And since each represents an inflammatory state, the addition of iron and antioxidants may help to induce a pro-oxidant state, which would not likely lead to greater longevity. In other words, I am not surprised that taking multivitamins did not increase longevity in this group.

But how bad was the reverse situation? Here are

the raw data:² Regarding heart disease, 1,864/12,769 women who were taking multivitamins died during the 20 years of this study, which is 14.6 percent of the study group. A total of 3,782/25,475 non-multi-users died (14.8 percent). In other words, slightly more of the non-users died, which is contrary to the scary news reports most of us heard.

Regarding cancer, 1,749/12,769 or 13.7 percent of women who were taking multivitamins died. In contrast, 3,094/25,475 or 12.1 percent of non-multi users died of cancer. So, there was a greater percentage death rate in users of multivitamins.

The authors did some additional adjustments for age, energy intake, and several other lifestyle variables such as smoking, physical activity, body mass index, diabetes and hypertension; however, the increased chance of death was represented by hazard ratios, most of which were 1.10 or less, which on a practical level are small and do not remotely warrant the scares that were generated in the press.

The JAMA Study: For the vitamin E, selenium and prostate cancer study, the numbers are similar.³ Approximately 35,000 men were followed from 2001 to 2011, of which 8,696 received placebo, 8,737 received vitamin E, 8,752 received selenium, and 8,707 received vitamin E and selenium. Here's who developed prostate cancer during that time:

- Placebo: 6.08%
- Vitamin E: 7.09%
- Selenium: 6.56%
- Vitamin E / selenium: 6.37%

We were not given the same level of detail regarding the nature of the participants in the prostate study compared to Iowa study discussed above. However, we do know that the men in this study were 50 years or older, and we know that in general, approximately 35 percent of men between the ages of 50 and 60 have the pro-inflammatory and pro-oxidative metabolic syndrome.⁵

According to the information provided in the vitamin E / selenium study, it appears that the only lifestyle changes made by the subjects during the 10-year study period was the addition of a placebo or the nutrients. So, I am personally not surprised

at the outcome of this study, either. Why should anyone expect that the addition of 1-2 nutrients would reduce the expression of prostate cancer that is multifactorial and associated with the metabolic syndrome, free radicals and chronic inflammation? Moreover, the maximum increased risk of prostate cancer in subjects taking vitamin E or selenium was only 1.01 percent, which is clinically irrelevant.

Take-Home Points: My impression of these two studies? Antioxidants vitamins and mineral supplements cannot combat the pro-inflammatory state created by an unhealthy diet and a lack of appropriate exercise. It would be great if they did, but this contrary fact has been known for a long time. Thus, studies like this do not bother me, because my interest is not in giving unhealthy people antioxidants with the hope that they will magically prevent diseases with multiple overlapping causes. I focus on achieving measurable goals that are associated with less disease expression. The following are examples of reasonable goals that should be pursued:

- Get to an appropriate BMI
- Get serum 25(OH)D (vitamin D) over 100 nmol/L
- Get hsCRP (C-Reactive Protein) below 1.0 mg/L
- Get fasting blood sugar below 6 mmol/L

Supplements can help in this process. For example, a short list of supplements shown to be helpful in reducing chronic inflammation includes vitamin D, probiotics and anti-inflammatory spices, such as ginger and turmeric.

References

1. Ridker PM, et al. Rosuvastatin to prevent vascular events in men and women with elevated C-reactive protein. *New Eng J Med*. 2008;359:2195-207.
2. Mursu J, Robien K, Harnack LJ, Park K, Jacobs DR. Dietary supplements and mortality rate in older women. *Arch Intern Med*. 2011;171(18):1625-33.
3. Klein EA, Thompson IM, Tangen CM, et al. Vitamin E and the risk of prostate cancer. The Selenium and Vitamin E Cancer Prevention Trial (SELECT). *JAMA*. 2011;306(14):1549-56.
4. Grimble RF. Inflammatory status and insulin resistance. *Curr Opin Clin Nutr Metab Care*. 2002;5(5):551-9.
5. Ford ES, Giles WH, Dietz WH. Prevalence of the metabolic syndrome among US adults: findings from the Third National Health and Nutrition Examination Survey. *JAMA*. 2002;287:356-59.

Book a Complimentary Appointment to Have Your Feet Analyzed Today!

If you are experiencing pain or discomfort in your feet, ankles, knees, hips, or lower back, the cause may be a functional problem with your feet or ill-fitting shoes.

When walking, the average person takes 8,000 to 10,000 steps each and every day. When running, the pressure on your feet can be 3-4 times your body weight. It is very important to understand that your feet support you with each step and can have a direct impact on the rest of your body. A seemingly small change in foot function can have a large impact on joints higher up in the body, causing pain and discomfort.

Just imagine, 25% of all the bones in your body are in your feet. Feet are a complex arrangement of 52 bones, 66 moveable joints, 214 ligaments that hold these joints together, and 38 muscles with tendons that move these joints. Are you a candidate for custom orthotics or modified orthopedic footwear? Dr. Kathy Wickens is dedicated to helping you gain control of your health by directly dealing with any foot problems that may be causing you discomfort.

Custom orthotics and orthopedic shoes are covered by most extended health care plans. Book in today with the front desk staff to have your feet analyzed at no charge at the time of your next appointment!

Common conditions and pain syndromes related to poor foot function or mechanics include:

- Overpronation or hyperpronation
- Supination
- Fallen longitudinal arch
- Fallen transverse arch
- Flat feet
- Plantar fasciitis
- Morton's neuroma
- Metatarsalgia
- Achilles tendonitis
- Shin splints
- Soleus syndrome
- Tibialis posterior syndrome
- Iliotibial band syndrome
- Runner's knee
- Sacroiliac joint syndrome
- Bunions
- Hammer toes
- Hallux rigidus
- Dropped metatarsal heads
- Diabetic feet
- Back pain

Why wait until pain or symptoms develop to get chiropractic care? Does it save you money and stress by neglecting oil changes and tire realignment? What about changing the vehicle's oil only after the engine blew up? Waiting until you have a problem, is the most expensive and stressful way to live. If you want to **STAY** healthy, get your spine checked regularly.

So you think you know everything?

A dime has 118 ridges around the edge.

A cat has 32 muscles in each ear.

A crocodile cannot stick out its tongue.

A dragonfly has a life span of 24 hours.

A goldfish has a memory span of three seconds.

A "jiffy" is an actual unit of time for 1/100th of a second.

A shark is the only fish that can blink with both eyes.

A snail can sleep for three years.

Al Capone's business card said he was a used furniture dealer.

All 50 states are listed across the top of the Lincoln Memorial on the back of the \$5 bill.

Almonds are a member of the peach family.

An ostrich's eye is bigger than its brain.

Babies are born without kneecaps. They don't appear until the child reaches 2 to 6 years of age.

Butterflies taste with their feet.

Cats have over one hundred vocal sounds. Dogs only have about 10.

"Dreamt" is the only English word that ends in the letters "mt".

February 1865 is the only month in recorded history not to have a full moon.

In the last 4,000 years, no new animals have been domesticated.

It's impossible to sneeze with your eyes open.

Leonardo Da Vinci invented the scissors.

Maine is the only state whose name is just one syllable.

No word in the English language rhymes with month, orange, silver, or purple.

On a Canadian two dollar bill, the flag flying over the Parliament building is an American flag. (No wonder we have a toonie)

Our eyes are always the same size from birth, but our nose and ears never stop growing.

Peanuts are one of the ingredients of dynamite.

Rubber bands last longer when refrigerated.

The average person's left hand does 56% of the typing.

The cruise liner, QE2, moves only six inches for each gallon of diesel that it burns.

The microwave was invented after a researcher walked by a radar tube and a chocolate bar melted in his pocket.

The sentence: "The quick brown fox jumps over the lazy dog" uses every letter of the alphabet.

The winter of 1932 was so cold that Niagara Falls froze completely solid.

The words 'racecar,' 'kayak' and 'level' are the same whether they are read left to right or right to left (palindromes).

There are 293 ways to make change for a dollar.

There are more chickens than people in the world.

There are only four words in the English language which end in "dous": tremendous, horrendous, stupendous, and hazardous.

There are two words in the English language that have all five vowels in order: "abstemious" and "facetious."

There's no Betty Rubble in the Flintstones Chewables Vitamins.

Tigers have striped skin, not just striped fur.

Winston Churchill was born in a ladies' room during a dance.

Women blink nearly twice as much as men.

Your stomach has to produce a new layer of mucus every two weeks; otherwise it will digest itself.

.....Now you know everything!

You think English is easy???

- 1) The bandage was wound around the wound.
- 2) The farm was used to produce produce.
- 3) The dump was so full that it had to refuse more refuse.
- 4) We must polish the Polish furniture.
- 5) He could lead if he would get the lead out.
- 6) The soldier decided to desert his dessert in the desert.
- 7) Since there is no time like the present, he thought it was time to present the present
- 8) A bass was painted on the head of the bass drum...
- 9) When shot at, the dove dove into the bushes.
- 10) I did not object to the object.
- 11) The insurance was invalid for the invalid.
- 12) There was a row among the oarsmen about how to row ...
- 13) They were too close to the door to close it.
- 14) The buck does funny things when the does are present.
- 15) A seamstress and a sewer fell down into a sewer line.
- 16) To help with planting, the farmer taught his sow to sow.
- 17) The wind was too strong to wind the sail.
- 18) Upon seeing the tear in the painting, I shed a tear.
- 19) I had to subject the subject to a series of tests.
- 20) How can I intimate this to my most intimate friend?

Let's face it - English is a crazy language. There is no egg in eggplant, nor ham in hamburger; neither apple nor pine in pineapple. English muffins weren't invented in England or French fries in France. Sweetmeats are candies while sweetbreads, which aren't sweet, are meat. We take English for granted. But if we explore its paradoxes, we find that quicksand can work slowly, boxing rings are square, and a guinea pig is neither from Guinea nor is it a pig.

And why is it that writers write but fingers don't fing, grocers don't groce and hammers don't ham? If the plural of tooth is teeth, why isn't the plural of booth, beeth? One goose, 2 geese.. So one moose, 2 meese? One index, 2 indices? `One Sheep Why Not Two (2) Sheeps?? Why A Mob of Sheep – Is A Mob of sheep as described on `Word Web' "A loose affiliation of gangsters in charge of organized criminal activities"??..Doesn't it seem crazy that you can make amends but not one amend? If you have a bunch of odds and ends and get rid of all but one of them, what do you call it?

If teachers taught, why didn't preachers praught? If a vegetarian eats vegetables what does a humanitarian eat? Sometimes I think all the English speakers should be committed to an asylum for the verbally insane. In what language do people recite at a play and play at a recital? Ship by truck and send cargo by ship? Have noses that run and feet that smell?

How can a slim chance and a fat chance be the same, while a wise man and a wise guy are opposites? You have to marvel at the unique lunacy of a language in which your house can burn up as it burns down, in which you fill in a form by filling it out, and in which, an alarm goes off by going on.

English was invented by people, not computers, and it reflects the creativity of the human race, which, of course, is not a race at all. That is why when the stars are out, they are visible; but when the lights are out, they are invisible. Why doesn't 'Buick' rhyme with 'quick'?

You lovers of the English language might enjoy this...

There is a two-letter word that perhaps has more meanings than any other two-letter word, and that is 'UP'

It's easy to understand UP, meaning toward the sky or at the top of the list, but when we awaken in the morning, why do we wake UP? At a meeting, why does a topic come UP? Why do we speak UP, and why are the officers UP for election, and why is it UP to the secretary to write UP a report? We call UP our friends. And we use it to brighten UP a room, polish UP the silver; we warm UP the leftovers, and clean UP the kitchen. We lock UP the house and some guys fix UP the old car. At other times the little word has real special meaning. People stir UP trouble, line UP for tickets, work UP an appetite, and think UP excuses. To be dressed is one thing, but to be dressed UP is special. And this UP is confusing: A drain must be opened UP because it is stopped UP. We open UP a store in the morning but we close it UP at night. We seem to be pretty mixed UP about UP! To be knowledgeable about the proper uses of UP, look the word UP in the dictionary. In a desk-sized dictionary, it takes UP almost 1/4th of the page and can add UP to about thirty definitions. If you are UP to it, you might try building UP a list of the many ways UP is used. It will take UP a lot of your time, but if you don't give UP, you may wind UP with a hundred or more. When it threatens to rain, we say it is clouding UP. When the sun comes out, we say it is clearing UP... When it rains, it wets the earth and often messes things UP. When it doesn't rain for awhile, things dry UP.

One could go on and on, but I'll wrap it UP, for now my time is UP, so.....it is time to shut UP! Oh ... one more thing:

What is the first thing you do in the morning & the last thing you do at night? U-P

Are you afraid that trying to eat healthily will drain your wallet? Not to worry -- some of the healthiest foods in the world are actually very, very cheap. Planet Green lists a number of foods that are great for your body but won't break the budget:

Kale: It's loaded with vitamin C, vitamin B, and calcium, and costs just over a dollar a bunch.

Broccoli and Cabbage: These low-cost cruciferous vegetables neutralize toxins in your liver.

Winter Squash: It's just a few dollars a pound, it's a good source of vitamin B6 and folate.

Sweet Potatoes: They're full of fiber, protein, vitamin A, and vitamin C.

Adzuki Beans: Adzuki beans contain some of the highest levels of protein of any variety of beans, and they also contain high levels of potassium, fiber, B vitamins, iron, zinc, and manganese.

Black Beans: These are a good source of folate, dietary fiber, manganese, protein, magnesium, vitamin B1 (thiamin), phosphorus, and iron.

Sunflower Seeds: Raw sunflower seeds contain 76 percent of the RDA for vitamin E.

Almonds: Almonds are good for heart health and loaded with vitamin E.

Digging a Hole

A passer-by watched two Irishmen in a park. One was digging holes and the other was immediately filling them in again.

'Tell me,' said the passer-by, 'What on earth are you doing?'

'Well,' said the digger, 'Usually there are three of us. I dig, Fergal plants the tree and Sean fills in the hole.

Today Fergal is away unwell, but that doesn't mean Sean and I have to take the day off, does it?'

Happy St. Patrick's Day!



"I wake up tired in the morning!"

Feel exhausted even after a good night's sleep? You may not be dozing as well as you think! Discover how to enjoy deeper, more restorative rest so you can celebrate the season with energy spare:

1- Surprising sleep thieves! Sleep and health experts Michael Breus, Ph. D., Debbie Mandle, M.A., and Erin Palinski R.D., L.D.N., reveal how to overcome the sneaky little things that may be robbing you of rest:

Silence snores! Snoring prevents millions of Americans from getting a full nights rest, say our experts. And for many, the nightly noise is due to poor muscle tone in the throat that allows sagging tissue to block the flow of air. Luckily, eating a banana before hitting the sack is all it takes to correct the problem! Australian researchers say that the fruits unique fatty acids help keep your airways open- and the effect lasts up to 6 hours!

Boost your D levels! A top cause of wintertime insomnia? A shortfall of vitamin D! Levels of this nutrient plummet during cold-weather months due to a lack of exposure to sunlight. And that's bad for your sleep because D helps regulate the release of melatonin, a hormone that tells your body when it

is ready for bed. For relief, consider taking 2000 IU of the vitamin daily, such as Nature Made Vitamin D3, \$8 for 100 tablets at the drugstores.

Do this instead of sleeping in! Have a late night? Sleep in for no more than an extra hour the next day. Any longer will make it harder to fall asleep the next night, says Dr. Breus. Instead, opt for a 30-minute afternoon nap which is proven to recharge your batteries without throwing your sleep schedule out of whack.

2- Easy snooze- better tricks! Discover the simple moves that improve your shuteye and give you more energy each morning:

Join a book club! Research shows that people with a wide social circle sleep more soundly than those with fewer friends, says Mandle. Credit goes to friendship's stress-lowering effects. Plus, the more friends you have the more active you tend to be- and the more exhausted at bedtime! Find a club at BookClub.Meetup.com or ReadersCircle.org.

Listen to soft music! When folks who had trouble sleeping listened to soft music for 45 minutes before bed, they improved their sleep quality by 35%, one study found. In fact, study subjects

enjoyed a 26% improvement in just the first week! While folk music produced the biggest benefit, your favorite slow-paced songs will work too!

3- Your sleep-friendly menu! Sure, you know having caffeine too close to bedtime is a bad idea- now discover which foods and beverages can actually improve your slumber:

Brew passionflower tea! If you are on stress overload, make your after-dinner beverage a cup of this brew! Problem sleepers who drank 1 cup daily for a week dramatically improved their sleep quality, a recent study found. That's because the herb contains compounds that increase your levels of the calming hormone dopamine! Try: Celebration Herbal Passion Flower Tea, \$6 at HealthSuperstore.com.

Snooze better with parsley! When prepping meals, add parsley to your dishes! This popular garnish contains myristicin, an organic compound that spurs your brain to produce the relaxing hormone serotonin, Texas A&M University researchers discovered. The result? Several hours after your evening meal, your body will be primed for sleep!

Baby Carrots:

The following is information from a farmer who grows and packages carrots for IGA, METRO, LOBLAWS, etc.

The small cocktail (baby) carrots you buy in plastic bags are made using the larger crooked or deformed carrots, which are put through a machine which cuts and shapes them into cocktail carrots.

What you may not know and should know is the following: Once the carrots are cut and shaped into cocktail carrots they are dipped in a solution of water and chlorine in order to preserve them (this is the same chlorine used in your pool).

Since they do not have skin or natural protective covering, they are given a higher dose of chlorine.

You will notice that once you keep these carrots in your refrigerator for a few days, a white covering will form on them. This is the chlorine which resurfaces. Chlorine is a very well-known carcinogen, which causes cancer.

For You Retired People...

After the eighty-three year old lady finished her annual physical examination, the doctor said, "You are in fine shape for youer age, Mrs. Green, but tell me, do you still have intercourse?"

"Just a minute, I'll have to ask my husband," she said. She stepped out into the crowded waiting room and yelled out load, "Bob do we still have intercourse?" And there was such a hush you could have heard a pin drop. Bob answered impatiently, "If I told you once, Irma, I told you a hundred times... What we have is Blue Cross!"

Have your hearing tested here at the Chiropractic Care and Longevity Center. Robillard Hearing Center is available for appointments on Mondays. To book for your hearing appointment call 1-877-498-3301.

To earn a Doctor of Chiropractic degree the candidate must complete a four year program consisting of 4800 hours of classroom, laboratory, and clinical study, including anatomy, physiology, chiropractic technique, radiology, biochemistry, toxicology, biomechanics, nutrition, diagnosis and physical examination, and a clinical internship consistng of one year of hands on clinical experience and training in a professional clinical setting.

The Chiropractic Care
& Longevity Center

5 Gore St. W.
Perth, ON K7H 2L5

PHONE:
(613) 264-0616

FAX:
(613) 264-0224

If you have any
comments or
suggestions about our
Monthly Newsletter
please email them to
Hanna Murphy at:

E-MAIL:
hmurphy@primus.ca

Thank you for reading our
office newsletter!

We're on the Web!

See us at:

www.chirolongevity.com



Everybody Needs a Coach!

***Meet your team of personal health coaches at
8 Weeks to Wellness! Now Offered at
the Chiropractic Care and Longevity Center!***

If you could have done it on your own, you would have done it by now.
Getting healthy and in shape by yourself is nearly impossible. That's where we come in.
8 Weeks to Wellness provides you with a whole team of personal health coaches
to keep you working toward your goal.

Call to register today for a no-obligation orientation in our office.

It's the coach you've been missing!

The 8WW program includes:

- Total Health & Fitness Assessment
 - Complete Blood Workup
 - Body Composition Analysis
 - Personalized Diet Program
 - Wellness Education
 - Chiropractic Adjustments
- On-Site Personal Fitness Training
- Massage & Meditation Instruction

Call today for next orientation

Give us 8 weeks and we'll change the rest of your life.

www.8ww.com

**The Chiropractic Care & Longevity Center
(613) 264-0616**

Patient Quotes:

"I thought the pain would go away on its own..."
"...I should have come to see you sooner!"

10 General Tips for a Healthy Back:

1. Exercise regularly.
2. Follow a healthy diet.
3. Maintain good posture as much as possible.
4. Do an active warm-up before activity and stretch after.
5. Don't overload your backpack or shoulder bag.
6. Stretch your legs and back after each hour of sitting.
7. Never cradle the phone between your neck and shoulder.
8. Sleep on your back or side, not on your stomach.
9. Invest in a good chair, pillow and mattress. It's worth it!
10. Have regular spinal check-ups.

Back Problem Warning Signs

- Leg pain with numbness, tingling, and/or weakness.
- Back or leg pain with coughing or sneezing.
- Difficulty standing up after sitting for any period of time.
- Stiffness in the morning that decreases when you move around.
- Pain in your hip, buttock, thigh, knee, or foot.
- Inability to turn or bend to each side equally.
- Unbalanced posture, when your head, neck, or shoulder may be higher on one side than the other.
- Pain which prevents you from sleeping well.
- Pain that persists or worsens after 48 hours.

Experience the Benefits of Monthly Chiropractic!