

HEALTH ALERT, Tuesday, March 27, 2007

I could not believe this article I just read on chiropractic! It was on WebMD of all places. The article is on Hypertension and Chiropractic adjustments on March 16, 2007. It seems that subluxations of the atlas, the first bone in the neck, can raise your blood pressure. The good news is when the subluxation is **corrected by a chiropractor**, the blood pressure drops and people get off deadly medication! How many people are on dangerous medications that really should be in a chiropractic office? Please read this article, email it to any friends on these medications and then bring these sick friends in to get their spines checked in our office (use your VIP card for no charge visit). Subluxations are silent killers.

March is Raising Healthy Minds in a High Tech World Month. On Saturday March 31st, 2007 we are celebrating children's health with a Kids Appreciation Day. The big event will run from 9 to noon. Activities will include face painting, "**10 minutes to health for kids**" lectures and "Buttons and Friends" will be there. Bring another family with you. Let my staff know how many of your family members will be coming so we can have enough healthy snacks. Wouldn't it be great if other people could experience the improved life that you are now living?

This is a perfect opportunity to become an even better parent by getting more information on how to raise the next Einstein or Lester B. Pearson. Is it worth it? Yes! We live in a time where we say we would do anything for our kids. Well here is your opportunity to do something! We will have a variety of information from the effects of exercise, healthy diets, stress and bullying to neuroplasticity- a fancy name for rewiring the brain and making healthier connections in it.

Other upcoming office events

K-W Habilitation April 12 and 13 Time Management

K-W Habilitation April 26 and 27 Exercising for Life

Extreme Makeover God's Way at St. Al's Catholic Church starts on

Tuesday April 17th for 6 consecutive weeks. All are welcome. See our website in the next week for more details.

Thursday April 18th we will be running our next advanced workshop- **Organic Gardening and Exercising in Your Yard.** The workshop begins at 6:30 pm. Come and learn how to get in better shape and at the same time, how to eat better from your garden. Sign up at the front desk with Linda, Linda or Meaghan.

Are you looking for a guest speaker? Dr. Jeff is always willing to help out and speak at your church, workplace or community group. Our website has a list of the recent topics that we have spoken on.

Thank you for being part of our lives.

Sincerely,

Dr. Jeff, Linda, Linda and Meaghan

Logo and attachments- flyers for Eating to live and PAD