



Health Problems?

Health Solutions

**100% FUNCTION
will allow for
100% PERFORMANCE!**

August 2014

"It's great to see your back!"

Chiropractic is the "Secret Weapon" for Athletes!!

Back to School = Back to Poor Posture

Heavy backpacks, worn incorrectly, cause strain on a student's spine by pulling them backwards. This will make them compensate by leaning forward, arching the back or experiencing neck and back pain from "trying" to carry it.

The most supportive backpack a student can wear is one with two wide, padded straps. It should have a padded back and preferably a waist band for extra support. Backpacks that have many compartments can help distribute the weight evenly. Doctors recommend carrying no more than 10-15% of your body weight.

Sitting incorrectly in one's desk/chair can also cause strain. Tech Neck is forward head posture associated with prolonged use of electronic computers and devices. Always sit up straight and be aware of your posture!

With school starting back, be sure to have your child's spine evaluated to prevent strain & Tech Neck!



Did you know?

Legendary athletes like Joe Montana, Tiger Woods, Arnold Schwarzenegger, and Emmitt Smith all credit regular chiropractic to their success.

At Health Solutions, we help many athletes and sports enthusiasts when injuries occur to the shoulders, elbows, wrists, knees, feet and ankles. Our chiropractic is also geared toward injury prevention. It doesn't matter if you are a high school athlete, professional or even a "weekend warrior" who just loves to exercise and stay healthy, chiropractic will benefit your athleticism. Sports injuries can occur from playing too rough, fast, hard, improper warm-up exercises and lack of appropriate safety



equipment. Chiropractic can help to strengthen, align and balance your body. This balance occurs between the muscles, bones, ligaments, tendons, tissues and even can clear your mind.

Chiropractic adjustments return the spine to its natural position allowing the body to have postural balance, ensure the frame is functioning properly, increase your range of motion, relieve the pressure on the nerves and relieve muscle tension. All of these things in conjunction allow for the body to heal quicker and to perform at its optimal level. You will always experience a stronger healing response without nerve system stress or subluxation.

In addition to joint and spinal adjustments, at Health

Solutions, we use other healing therapies such as therapeutic massage, stretching, core strengthening exercises, other physiotherapy such as Ultrasound and Electrical Stimulation and extremity work on ankles, knees, elbows and shoulders.

The best practices one can take to prevent sports injuries are: proper warm-ups and cool downs, appropriate safety equipment, correct conditioning, staying hydrated, regular chiropractic and being aware of your body.

Chiropractic enhances athletic performance and helps maximize human potential.

Good For You!

Pink Himalayan Salt



- Provides 84 needed minerals
- Helps lower blood pressure
- Relaxes the muscles & mind
- Helps to increase hydration
- Helps to prevent muscle cramping
- Helps improve sleep
- Balances body's acidity

Muscle Cramps, Migraines, Insomnia...Think MAGNESIUM!

Magnesium is the "relaxation mineral." It is vital for many body functions yet it is estimated that up to 80% of Americans are deficient. Causes of deficiency are exercise, stress and unhealthy diet. Good food sources of Magnesium are GREENS like spinach, kale and seaweed. Our doctors recommend and supplement with MAGNESIUM GLYCINATE, the preferred and best tolerated form of dietary mag.



Ask Dr. Trish or Dr. Kevin for the dosage that is right for you!

HOURS OF OPERATION:

Tues 2:00-6:00p Fri 9:00a-12:00p & 3:00-6:00p
Wed 9:00a-12:00p & 3:00-6:30p Sat 8:30a-12:00p

THERAPEUTIC MASSAGE hours are different, please contact us to schedule an appointment.

770-565-5510