

WE GOT YOUR BACK!!

BLUE RIBBON CHIROPRACTIC
404-444-4519



MAKE THE MOST OF YOUR WORKOUTS!

With CHIROPRACTIC, of course!

“How is this possible?” you may ask. To put it simply, chiropractic takes care of your NERVOUS SYSTEM by removing misalignments from your spine and other joints in your body.

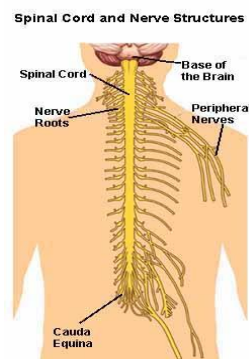
In order for your body to work BETTER, LONGER and at its BEST, your NERVOUS SYSTEM must be free from any interference caused by misalignments in your spine. “Huh?” is a response I often get from patients in my office. I will explain.

Your spine is made up of many bones (vertebra) stacked in a long column, with spaces in between that are filled with jelly-like discs. Now... running THROUGH the bones in

your spine is your SPINAL CORD, the main conductor of nerve impulses that comes down from your brain and allows the brain to communicate with all other parts of your body. Coming off the spinal cord at each place there is a disc, and on each side of the spinal cord, are smaller “branches” of the spinal cord, called NERVE ROOTS. These nerve roots send more nerves into the parts of your body that are not so close to the spinal cord. It is like a big interstate highway that has smaller roads branching off of it.

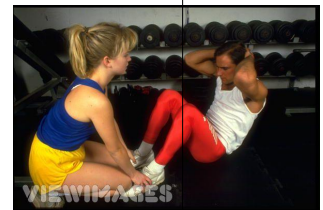
Now, picture what happens when only ONE lane of the interstate is blocked. The ENTIRE road becomes backed up. Your spine works like that, too. When the bones in your spine shift, due to injury, over-

use, incorrect posture, everyday stresses, your nerve roots become “pinched” and the result is a “blocked road” on which traffic flows veryyyyy slowwwwwly. Chiropractic



care removes the “road block” so that your NERVOUS SYSTEM functions at its best.

Call us for an appointment, we'll be happy to sit down and explain more for you.



January Dates to Spotlight:

- **January 1** —HAPPY NEW YEAR!!
- **January** —Make your chiropractic checkup or your consult appointment at 404-444-4519.
- **January 21**—Dr Donna's birthday! She's 39... again... =D
- **January 26**—Member Appreciation Day at Cosmos Fitness—many vendor booths to visit.

OUCH, I'M SO SORE!!

Yes, getting back into shape is very popular this time of year, with all the new year's resolutions, and it IS gonna happen... you will get SORE from your workouts!

What makes you sore are tiny little tears in the muscles you are overwork-

ing. They eventually heal, you are less sore, and the muscle builds. To make this happen FASTER, you need for your NERVOUS SYSTEM to be working at its very best. That's where chiropractic care can help you. We can also help with

physical therapies and ointments such as Biofreeze®.





Chiropractic Tip of the Month:

REBOOT YOUR SPINE for 2009, get your spinal checkup TODAY!! 404-444-4519



THE “OTHER” DRUG PROBLEM

Drugs. The word brings up bad feelings for some of us, because we first tend to think of illegal drugs, such as cocaine or heroin or ecstasy. However, the word “drugs” includes any prescription medications that our medical doctors prescribe for us and also any “over the counter” (or OTC) drugs that we take... perhaps something to relieve a headache or other pain. OTC drugs do not require a prescription from a doctor to get, you can just get them “over the counter” at the store without having to go through the pharmacy.

Many believe that all chiropractors are totally against drugs. That is just NOT TRUE!! Any doctor worth the paper his or her diploma is printed on is truly concerned about patients and their welfare. This includes advising



A misalignment in the low back—circled to show affected nerves being squeezed and inflamed.

a patient to do what is best for that patient’s health care. Sometimes that may involve the prescription of drugs such as antibiotics, blood pressure medication or drugs to treat Type II diabetes. However, doctors and even many pharmacists are cautious when it comes to advising a patient to take OTC drugs.

The reason for this is that the average person is not aware of the side effects that OTC drugs can cause in the human body. Often, OTC drugs can also interfere with or even cancel out the good of any prescription drugs that a person may be taking. Also, if a person takes TOO MUCH or TOO MANY of an OTC drug, because they don’t follow the label instructions, the danger of an overdose becomes very real. For example, there is such a thing as “Tylenol poisoning” which occurs when someone takes too many Tylenol pills; this can severely damage the liver.

Lesson? Take OTC drugs with caution and only after checking with your medical doctor or pharmacist. And... Get your spine checked out ... call us at 404-444-4519. With chiropractic care, most drugs are unnecessary!

WHO’S TO BLAME?

Going back to the above article, it is necessary for us to look at WHY the OTC drugs have become such a problem.

Some blame goes to medical doctors, who write more than 1.6 billion drug prescriptions each year. In fact, 75% of all office visits to an M.D., drugs are prescribed. Another part of the blame goes to patients them-

selves, for not requesting drug-free care and wanting to get “the quick fix” instead of a slower, more sensible approach. Most of the blame, however, can be laid at the feet of the multi-billion dollar pharmaceutical industry, which spends more than \$10 billion each year just to market these drugs, more than they spend on research for the safety of these drugs.

It is a sad conclu-

sion: the “other drug” problem is driving the cost of health care up and the level of our health down. Not good any way you look at it, is it?

“All the drugs in the world cannot adjust a misaligned spinal bone.”

—Dr. B.J. Palmer, the Developer of Chiropractic



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ADHD AND RITALIN

We hear about it all the time, about how one child or another has been diagnosed as ADHD (attention-deficit hyperactivity disorder) or something similar. If you are over the age of 30, isn’t it funny how this was practically UNHEARD OF when you were a kid?

The question comes up, then: “What is causing this alarming jump in hyperactive kids?” One BIG answer may be SUGAR. It is a chemical that

has adverse effects on the body by throwing it off its chemical balance.

Research done by Dr. Lendon Smith, a famous pediatrician, showed that supposedly “hyperactive” children given the drug Ritalin were turned pretty much into zombies. However, if the kids ate a heavily sugared meal, they again be-



came hyperactive. Dr. Smith also found that hyperactive behavior could be reversed by altering the diet to eliminate all sugared breakfast cereals, lunch-time sugar treats, mid-afternoon cakes and cookies and candy eaten before bedtime. Result? Lowered blood sugar to normal levels and a pancreas with an easier job. Let go of the sugar!!