

# We Got YOUR Back!!

## Special points of interest:

- Chiropractic and Sports—What's the Deal?
- Why Should My Children Have Chiropractic Care, Too?
- 10 Fitness Myths Addressed.
- Interesting Facts About the Human Body.
- Why Are Chiropractors Concerned with the Nervous System?

## Chiropractic and Sports—What's the Deal?

Do you remember watching Lance Armstrong win that final 7th record-breaking Tour de France cycling race? What a moment for sports that was! Imagine this small, lean man, already affected by a brush with testicular cancer, reaching into the depths of his strength and endurance and accomplishing such an amazing feat. Did you know that Lance won that race, and so many others, with the help of his **chiropractor**? Lance, and his Doctor of Chiropractic, knew that new heights were possible with the advantage of an optimally functioning nervous system. No more proof is needed other than what is already obvious... Lance Armstrong is able to LIVE STRONG and accomplish the almost impossible through the miracle of Chiropractic.

Lance Armstrong is not

the only elite athlete smart enough to realize what Chiropractic can do for performance and power. Others, not only elite athletes, but also pro and Olympic athletes, figured out early on that Chiropractic can help them reach unbelievable summits of performance. Joining these ranks are names such as Arnold Schwarzenegger,



**Think that THIS guy doesn't believe that Chiropractic helps him achieve a healthy nervous system? Think again! Lance DID IT!**

Tiger Woods, Michael Jordan, Charles Barkley, John Smoltz, Dan Marino, Sugar Ray Leonard, Wayne Gretzky, Tracy Austin, Bruce Jenner, John McEnroe and so on. These athletes know that the nervous system is extremely important in performance. The Doctor of Chiropractic is specially trained to optimize each and every patient's nervous system by removing misalignments, or subluxa-

tions, in the spine and other joints.

Maybe you are not an elite, pro or Olympic athlete... but don't you want every advantage you can get to shine in whatever activity you pursue? Not only in athletics, but in your everyday work and home life? Of course you do!

Let us help you reach your goals. Call us today at 678-822-0221 to set up your appointment.

## Child Scoliosis



## Why Should My Children Have Chiropractic Care, Too?

I know what you're thinking... it's ENOUGH that our kids have to go to the pediatrician, the dentist, the orthodontist, etc., etc. Why would my child ever need chiropractic care? Why, indeed? I thought the same thing... right up until the time that my daughter,

then 5, was diagnosed with an 18-degree scoliosis. I shuddered at visions of surgery, metal braces...

**yikes**, you get the picture. I took her to my chiropractor, who took x-rays and measurements. Over a course of 6 months, he adjusted my daughter's spine and her scoliosis went from 18 to 4

degrees. As near to normal as possible. All without drugs, surgery or major embarrassment for her and expense to me. Chiropractic can help our children with so much more, especially during their formative growing years. Think about it. Now DO something about it! 678-822-0221.

## 10 Fitness Myths Addressed



"What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?"

- Women will get BIG if they weight train.** PUH-LEEZE. Women have 1/3 of the testosterone of a man, and THAT'S what builds men BIG.
- You have to work out 5-6 days a week for real progress.** NOT... consistency and degree of effort do the job.
- Spot reducing is possible.** Sorry, folks, it's just physically impossible. Sighhhhhhh.
- Stretching prevents injuries.** Most injuries occur within normal ranges of motion, and all stretching does for you is to increase flexibility and strengthen
- muscles, but it doesn't PREVENT injuries.**
- A person should lose weight before beginning an exercise regimen.** Any exercise regimen has health benefits, so get started NOW!
- Lifting weights slowly is the best way to train.** Nope, doing it faster burns more calories.
- Eating a lot less or crash-dieting produces real results.** Ugh... yeah, you lose weight, in the form of muscle and fat. You DON'T want to lose muscle. BALANCE is the key.
- Crunches get rid of your tummy "pooch."** Nope, this is trying to spot reduce, and it just DOESN'T WORK.
- Long cardio sessions are the best way to lose**



**fat.** The key here is INTENSITY, go for shorter, more intense.

10. **Only calories count when losing weight.** Yikes! It's BALANCE!

"The Power that made the body can heal the body."

## Interesting Facts About the Human Body

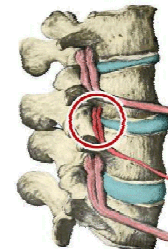
- 50,000 of your cells will die and be replaced with new cells, all while you are reading this sentence.
- Your central nervous system (brain & spinal cord) are connected to every part of the body by 43 pairs of nerves. There are almost 45
- miles of nerves running through your body.
- Messages travel along the nerves as electrical impulses, at speeds up to 248 miles per hour.
- Your body has about 14 billion nerve cells and over 100 trillion other cells that provide communication among and
- between all parts of the body.
- One human brain generates more electrical impulses in a single day than all of the world's telephones put together.
- Get your nervous system checked today!

## Why Are Chiropractors Concerned with the Nervous System?

Your nervous system controls EVERYTHING in your body. Without it, your body will degenerate and die. When you have a misalignment in your spine, it is like closing at least ONE lane of a busy freeway. We all know what happens when this occurs. ALL traffic slows and even stops for a period of time. Gridlock, wrecks, road rage, temper tantrums. Not good for anyone. Just as the cars on the freeway back up, so does the communication, in the form of nerve impulses, between your

spinal cord, brain and the tissues that depend on this communication.

Chiropractors are thoroughly trained to assess and discover misalignments in your spine and other joints, then to properly correct them so that your body can begin healing



**This misalignment is compressing a spinal nerve root. Eventually = OUUUCH!!**

any damage caused by degeneration from the misalignments.

Unleash the healing power within YOUR body... call us today at 678-822-0221 for an appointment to get your spine checked and assessed. No need for gridlock anymore!