



Complete Health Chiropractic, PC

It's your future...Be there healthy!

Happy 
St. Patrick's Day

Welcome to Complete Health Chiropractic, PC's March *E-Zine*! This forum will be used to provide quick, useful information to patients and friends of Complete Health Chiropractic, PC. Enjoy and feel free to pass it along to your friends and family! Don't forget to check out our website, www.theadjustmentdoctor.com. We encourage you to take a look and let us know what you think! - Dr. Jeff

From the Front Desk

Don't forget to let us know if you have moved or have any changes to your personal information. Often these changes affect insurance billing and if not kept up to date could result in your claims being denied by your insurance carrier. If you have any questions, or if you have changes to make to your account, please feel free to give me a call! - Ann

Dr. Jeff's Corner

March is almost upon us, which means that warmer weather is finally on the way! As temperatures rise, many of us imagine that our immune system will be under less strain since the traditional cold and flu season are almost behind us. Did you know that the opposite is true? As a matter of fact, season changes- whether from winter to spring, spring to summer, or summer to fall, actually cause strain to your immune system.

The amount of strain on your immune system is what actually controls whether or not you get sick. The less strain, the healthier you are, while more strain equals being sick. So how do you get, and keep, your immune system working properly? Here are 4 basic guidelines that will help you achieve this goal:



Normal Position and Alignment of the Spine- The Spine and Central Nervous System must be in its normal position and alignment in order for the normal amount of nerve impulses to flow to the body. How do you do this? By getting adjusted! Adjustments not only get rid of your aches and pains, but they allow the body, and all of its systems, to function at the highest possible levels.

No Drugs or Chemicals- Your body is a Temple. Prescription drugs, drugstore medications, and other artificial chemicals that are in processed food poison the body and *interfere with normal, natural body function.*

Good Posture and Proper Movement- Poor posture puts stress on the Central Nervous System interfering with the normal flow of nerve impulses. The body is designed to move. You and your family intake and absorb oxygen more efficiently when you are moving. Without some form of proper, regular exercise you **interfere** with normal oxygen supply.



Rest and Reduce Stress- The body only heals when it is at rest. By not getting enough rest and indulging in too much stress, you and your family **interfere** with healing and body function. This will actually shorten your lives!



All four of these items are extremely important to boosting your immune system and allowing you to enjoy the warmer weather. If you, or anyone you know, seem to always get sick when the weather changes, call me for an appointment today. Your immune system might come into March like a lamb...but it can leave like a lion!

Complete Health Chiropractic, PC
820 Charlevoix Dr Suite 210
Grand Ledge, MI 48837
517-622-2273