

BLAKELY CHIROPRACTIC WELLNESS NEWS



February



Referrals

Thanks to all of you who recommended our practice to your friends, relatives and neighbors. We appreciate your confidence and pledge to care for these "VIPs" as well as we care for you.

"The doctor of the future will give no medicine but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease." – Thomas Edison

"Nothing can stop the man with the right mental attitude from achieving his goal: nothing on earth can help the man with the wrong mental attitude" – Thomas Jefferson

CHIROPRACTIC AND EXERCISE WORK TOGETHER!

Back and neck problems usually begin with an acute episode which heals quickly. However, recent evidence indicates these problems tend to re-occur, with gradually increasing pain and disability. The best predictor of a new episode is a previous one. It is now understood that back and neck pain are similar to asthma. They are both chronic, intermittent problems that occur periodically over the course of a lifetime, rather than an acute disease that can be cured. Like asthma, back and neck problems must be managed and kept under control.

The studies have shown that exercise training is effective in preventing back and neck pain. Proper exercise improves muscle strength, endurance and motor control, enhancing the way muscles work together to stabilize the spine, protect it from injury, and decrease pressure on discs, joints and ligaments.

Chiropractic care increases the benefits of exercise by restoring and maintaining movement and function, as well as reducing pain and relaxing muscle spasms. Chiropractic empowers patients, encouraging them to play an active role in their care. Patients work together with their doctor to understand their health problems, gain a sense of confidence, effectiveness, motivation and control of their own health.

Chiropractic and exercise help restore and maintain health, function, activity levels and quality of life.

JACK LALANNE A LIFETIME OF HEALTH & INSPIRATION

Jack LaLanne was an American fitness, exercise, and nutritional expert and motivational speaker who is sometimes called "the godfather of fitness" and the "first fitness superhero."

Decades before fitness began being promoted by celebrities like Jane Fonda and Richard Simmons, LaLanne was already widely recognized for publicly preaching the health benefits of regular exercise and a good diet. He published numerous books on fitness and hosted a fitness television show between 1951 and 1985. As early as 1936, at age 21, he opened one of the nation's first fitness gyms in Oakland, California. One of his 1950s television exercise programs was aimed toward women, whom he also encouraged to join his health clubs. Besides producing his own series of videos, he coached the elderly and disabled to not forgo exercise, believing it would enable them to enhance their strength.

LaLanne also gained recognition for his prodigious feats of strength. Arnold Schwarzenegger once stated, "That Jack LaLanne's an animal!," after LaLanne, at 54, beat a 21-year-old Schwarzenegger "badly" in an informal contest.

"Your health account is your wealth account" – Jack LaLanne

Schedule of Events

SPINAL CARE CLASSES:
(4:00pm to 4:45pm)
Wednesday, February 16th

DATES TO REMEMBER:
February 14th Valentine's Day Open
February 21ST President's Day Open

OFFICE HOURS: Monday–Thursday: 7:30am - 5:00pm
with lunch from 12:00pm – 2:00pm and the
First Friday of each month from 9:00am – 12:00pm
The doctor will be out of the office: February 18th – February 27th

National Month of: Sweet Potato, Boost Your Self Esteem, Hot Breakfast, Dental, Chocolate Lovers, Bake for Family, American History, Black History, American Heart and Return Shopping Carts to the Supermarket.

This coupon entitles the bearer to a consultation, chiropractic, orthopedic and neurological examination, spinal x-rays if necessary and a report of findings for the discounted fee of \$25.00 (normally \$128 or more). Auto accidents covered 100%. Treatment is for lower back pain, neck pain, headaches, shoulder pain, sciatica, numbness and tingling.

Value of coupon \$128.00.

Coupon good in the office of Dr. Beth Blakely Chiropractic
3928 California Avenue, Carmichael, CA (916) 944-1444

Coupon Expires: March 31, 2011

Blakely Chiropractic
3928 California Avenue
Carmichael, CA 95608

To My Very Special Patient:



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