

BLAKELY CHIROPRACTIC WELLNESS NEWS



May



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

SIX REASONS TO CONTINUE CHIROPRACTIC CARE

(EVEN IF YOU FEEL BETTER)

1. Research suggests ligaments and muscles that support your spine can take longer to heal than indicated by how you feel. Your body continues to heal these soft tissues after your symptoms are gone. Continuing with wellness chiropractic care encourages more complete healing. This helps assure a lasting recovery.
2. Your body adapts to the soft tissue damage caused by improper spinal function. Without continued chiropractic care, muscles and connective tissue are predisposed to assume unhealthy patterns. Rehabilitative care continues to retain and strengthen your spine to help avoid a relapse.
3. Long periods of sitting, financial worries, toxic environments, and many everyday activities can stress your spine. Even the slightest trauma can cause interference to your nervous system and compromise optimum health. Wellness care can help you stay healthy and keep small problems from becoming big ones.
4. Besides keeping you at your best, continuing your care can save money. Just as brushing and flossing your teeth may prevent expensive dental work, regular chiropractic check-ups can help avoid the expense of having to correct preventable problems.
5. Continue your chiropractic care so you can enjoy life to the fullest. I recommend a schedule of preventive care visits based on my clinical experience. Most patients who enjoy a chiropractic lifestyle report they have more energy and feel better.
6. Proper spinal maintenance is new for most people. Only you can make the decision to be an active partner in the recovery of your health. Your spine and nervous system play a critical role in the maintenance of your good health-your most valuable possession.

CALL DR. BLAKELY TODAY AT (916) 944-1444!

Schedule of Events

SPINAL CARE CLASSES

4:00PM TO 4:45PM

Wednesday May 4th
Wednesday May 25th

ALL PATIENTS, FRIENDS AND FAMILY ARE
WELCOME TO ATTEND!

DATES TO REMEMBER

May 1st May Day
May 8th Mother's Day
May 30th Memorial Day

OFFICE HOURS: Monday–Thursday: 7:30 AM - 5:00 PM

With lunch from 12:00 PM – 2:00 PM and the

First Friday of each month from 9:00 AM – 12:00 PM

May is National Month of: Mental Health, Strawberry, Physical Fitness and Sports, High Blood Pressure, Hamburger, Better Sleep, Correct Posture, Barbecue, Bike, Asparagus and Share a Story.

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 for lower back pain, neck pain, headaches, shoulder pain, sciatica, numbness and tingling.

Value of coupon \$128.00.

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

www.drbethblakely.com

Coupon Expires: June 30, 2011

Blakely Chiropractic
3928 California Avenue
Carmichael, CA 95608

To My Very Special Patient:



Address Correction Services Requested