

# MAIN STREET CHIROPRACTIC MONTHLY NEWSLETTER

OCTOBER 2009

## Don't Let Your Back Get out of Whack When Attacking Weeds and Leaves

By: American Chiropractic Association

The state-of-the-art equipment available today for lawn and leaf management can help turn the average homeowner into a lawn specialist overnight. But the use of weed trimmers, leaf blowers and hedge clippers has also been sending many aspiring landscapers to the office of their local doctor of chiropractic.

**The American Chiropractic Association (ACA) warns that using this equipment can result in back and neck pain, as well as more serious muscular strains and tears if not used properly.**

"The repetitive motion that your body undergoes when using such equipment can bring on a whole host of mechanical problems within the body," says Dr. Jerome McAndrews, national spokesperson for the ACA. "It is essential to operate your equipment properly. If you do not, the

## Happy Halloween Everyone!



pounding your body endures may be multiplied."

### Tips On Safely Using Your Outdoor Equipment

Dr. McAndrews offers the following tips to help you safely enjoy a productive day in the yard:

- **Regardless of what piece of equipment you are**

**using, make sure it has a strap-and that you use it.**

Place the strap over your head on the shoulder on the opposite side of your body from the device. This will help normalize your center of gravity.

- **Be sure to switch the side on which you**

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Read about our vitamin of the month and a healthy candy recipe alternative for this halloween.

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Read about the benefits of massage therapy and find out about our FREE massage special for this month.

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See this month's promotion that we are running on facebook. Let your kids color the fun halloween pictures.

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# VITAMIN OF THE MONTH

## SUPER PAK

For a Super Physique - Start with **Super Pak**

**SUPER PAK** provides a comprehensive micronutrient spectrum specifically formulated for athletes and serious fitness enthusiasts. It provides over **40 vital nutrients (vitamins, minerals, enzymes, and co-factors)** essential for optimal cellular function.

• **Supports protein synthesis and muscle building.**

• **Sustains vital metabolic processes, including energy production, carbohydrate metabolism, and fat metabolism**

• **Powerful antioxidant protection reinforces the body's defense against stress and reduces free radical barriers that compromise muscle recuperation, repair and growth.**

• **Provides elements critical for optimal hormone production.**

• **Provides a solid nutritional foundation for peak performance and overall health.**

**For the month of October get our Super Pak Vitamin of the Month for 10% off! Come and pick yours up today...**

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## Don't Let Your Back Get out of Whack When Attacking Weeds and Leaves

are operating the equipment as often as possible, and to balance the muscles being used, alternate your stance and motion frequently.

- **Take frequent breaks from the activity of the day.** Muscle fatigue may be felt when using any of these devices for an extended period of time.
- **Consider electric-powered items**, especially if you experience back or neck pain, as they tend to be much lighter than their engine-powered counterparts.
- **When picking up or putting down your equipment, be sure to bend from the knees, not at the waist.** Keep the object close to your body as you lift, not at arm's length.

### Chiropractic Care Can Help

If you experience pain or discomfort resulting from outdoor equipment misuse, call your doctor of chiropractic. Doctors of chiropractic are trained and licensed to treat the entire neuromusculoskeletal system, and can help people lead healthier lives by focusing on wellness and prevention.

## Healthy Candy Recipes for this Halloween

### Sugared Cranberries

Sweet and tangy sugared cranberries make a surprising addition to candy bowls



### Ingredients

- 3 cups sugar
- 2 cinnamon sticks
- 6 whole cloves
- 3 cups water
- 3 cups fresh cranberries, rinsed
- 1 cup superfine sugar

### Method

Mix sugar, cinnamon sticks and cloves with water in a saucepan. Bring to a boil over medium heat. Simmer for 1 minute, stirring until sugar dissolves. Remove from heat and pour into a bowl. Stir in cranberries. Cover and refrigerate for about 8 hours. Drain cranberries. Reserve liquid, strain out cinnamon sticks and cloves and use as a simple syrup to add a holiday touch to cocktails.

Place superfine sugar in a bowl and gently toss in cranberries, coating evenly. Place cranberries on a baking sheet to dry, about 1 to 2 hours. Store in an airtight container for 1 to 2 days.

From Whole Foods

**Save This  
Page!**



## **You Can be a Part of our Massage A Month Program!**

### **FREE 15 MINUTE MASSAGE!**

We've just started an exciting new program here at Main Street Chiropractic Wellness Center. It is called the Massage-A-Month program! For one very low fee you can sign up to get monthly massages, and not feel guilty about spending the money.

How great are these stress-relieving massages? We have two wonderful massage therapists on staff who can create the perfect massage for you.

**TO RECEIVE YOUR FREE 15 MINUTE MASSAGE JUST CALL OUR OFFICE AND SCHEDULE YOUR APPOINTMENT!**

Don't wait, this offer is only good through October. Call 248-656-2273 today!

What do you get with the  
Massage A Month Program?

You can choose from one of  
two memberships:

### **Platinum Membership**

One 60 Minute Massage  
**\$49/month**

### **Gold Membership**

One 30 Minute Massage  
**\$35/month**

Memberships are available in 6 & 12  
month packages.



## Stay Informed by Reading our Facebook Page!

If you did not get a chance to win the last free massage we are giving you another chance...

**For the month of October we are running a Facebook promotion and giving away another Free Massage!**

Visit our Facebook page at [www.mainstreetfacebook.com](http://www.mainstreetfacebook.com)

and tell us you like our promotion picture. Then get three more people to become a fan of our facebook page and email their names to [info@mainstreetcc.com](mailto:info@mainstreetcc.com).

**When you email us the names you will automatically be entered to win a Free Hour Massage!**

## WE LOVE REFERRALS

Thank you to the following patients for referring new patients to our office.

- Kelly M.
- John F.
- Toni P.
- Dana N.
- Beverlee R.
- Gina S.

### Remember:

If you know someone who may be interested in chiropractic care let us know, or stop in our office to pick up a referral card and brochures. With every patient you refer to our office you will receive a free massage.

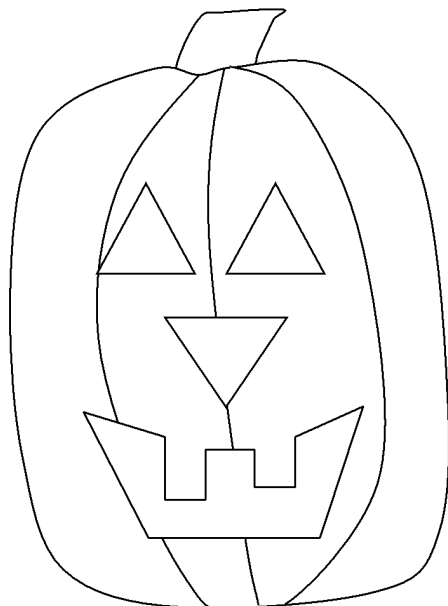
### Don't Keep Us A Secret!

## WELCOME TO OUR PRACTICE

Linda C.	Susan F.	Al M.	Ulrike H.
Jackson M.	Carol M.	Barbara P.	Adam B.
Ken H.	Syed R.	Randall M.	Heather W.

If you have any questions please contact our office:

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## KIDS CORNER

Have fun coloring these fun halloween pictures!

**For more fun, stop by our office before Halloween and see if you can guess how many pieces of candy are in our jar!**

**Good Luck!**

