

MAIN STREET CHIROPRACTIC FEBRUARY NEWSLETTER



IPODS AND BLACKBERRIES CAN BE A LITERAL "PAIN IN THE NECK"

By: American Chiropractic Association



Cell phones, Blackberries, iPods and handheld games have Americans spending a lot of time peering down at their laps. While the gadgets are a source of entertainment and help keep people connected to friends and coworkers, **handheld devices are also a source of muscle pain and injury.**

"I have seen a dramatic increase in the number of people complaining of pain as a result of their handheld devices," said Dr.

Keith Overland, a chiropractor from Norwalk, Conn. Dr. Overland says most of his patients don't realize how much looking down at a gadget can worsen neck, back and shoulder problems.

"We actually ask patients to hold the device in their hands and then take a look at the way they're holding their body," Dr. Overland noted. "We can see almost immediately the cause of their pain – **poor posture and overused muscles.**"

To help lessen muscle soreness caused by popular handheld devices, Dr. Overland and the American Chiropractic Association suggest the following:

- **Practice good posture when using any handheld device.** Sit in a chair that provides solid back support and keep feet comfortably on the floor.

Continued on [Page 2](#)



Page 2

HEALTHY RECIPE FOR YOU TO SHARE WITH YOUR LOVED ONES ON VALENTINE'S DAY.

VITAMIN OF THE MONTH: GARLIC AND PARSLEY WILL HELP FIGHT YOUR COLD THIS WINTER



TWO GREAT GIFT IDEAS FOR VALENTINE'S DAY!

GIVE IT TO SOMEONE SPECIAL OR SPOIL YOURSELF.

Insert



Page 3

KIDS CORNER FUN COLORING AND A MAZE.

LAST MONTH'S REFERRAL CONTEST WINNER AND THIS MONTH'S PRIZE

IPODS AND BLACKBERRIES CAN BE A LITERAL "PAIN IN THE NECK"

Continued from Page 1

- Spend 10 minutes or less with your head tilted down looking at the device, and when possible hold the gadget at eye level.
- When at home or in the office, connect the device to your keyboard or computer.
- Take frequent breaks and alternate activities that use different muscle groups.
- Watch for warning signs of overuse such as headaches, fatigue or muscle pain.

If you continue to feel soreness, pain or muscle strain after following these tips, it may be time to see Dr. Hamilton. He is trained to provide suggestions for stretching and light exercises to help with your neck pain. Call our office today at **248-656-2273** to schedule your appointment.

Free Neck Pain Evaluation

For February receive a free spinal evaluation to determine the cause of your neck pain. Don't let this pain take over, call TODAY!

VITAMIN OF THE MONTH

Garlic & Parsley for a Healthy Immune System



The blend of garlic & parsley is an essential supplement that is used to enhance your body's immune system.

Garlic has been shown to help the body's immune system fight infections. Garlic can also be used to help lower blood cholesterol and decrease the risk of blood clotting.

Parsley is mainly used for promoting good digestion and helps to nourish the liver, kidney and bladder.

Call our office today to order your bottle of Garlic & Parsley at 10% off. We will even mail it right to your door if you call before the end of February!



HEALTHY VALENTINE'S DAY RECIPE

Provided by Whole Foods Market

Heart Shaped Chocolate Cookies

Method

Cream together sugar and butter in a large bowl. Whisk in egg and vanilla, then whisk in melted dark chocolate until smooth. Stir in flour and baking powder until combined, then cover and refrigerate cookie dough for 1 hour.

Preheat oven to 375°F.

Lightly flour the surface on which you will be rolling the dough. Do not flour the rolling pin or the top surface of the dough. Roll dough out to 1/4-inch thickness, then cut out cookies using a 2-inch heart-shaped cutter.

Break remaining dark and milk chocolate bars into small squares and gently press one square of chocolate into each cookie. Place cookies on cookie sheet and bake for 8 minutes. Set aside to let cool, then serve.

Ingredients

- 1 cup sugar
- 1/2 cup (1 stick) butter, softened
- 1 egg
- 1 teaspoon vanilla extract
- 2 (3-ounce) bars dark chocolate (1 melted, 1 left whole)
- 1 3/4 cups all purpose flour
- 1 teaspoon baking powder
- 1 (3-ounce) bar milk chocolate

This is What I Want for Valentine's Day!



*Two Great Gift
Ideas for your
Loved One!*



**60 Minute
Massage
for only**

\$39.95



**First
Chiropractic
Visit for
only**

\$49.00

REFERRAL CONTEST



HERE IS A PICTURE OF OUR JANUARY REFERRAL CONTEST WINNER! SHE WON A \$25.00 GIFT CARD TO MEIJER FOR REFERRING ONE OF HER FRIENDS TO OUR OFFICE. THANK YOU FOR THE REFERRALS.

Keep trying to win:

For February we are giving away a \$25.00 gift card to Best Buy for our winner. Just refer someone to our office and you will automatically be entered to win.

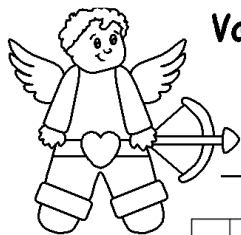
WELCOME TO OUR OFFICE

- | | |
|---------------|-----------------|
| ● David G. | ● Michelle S. |
| ● Cindy S. | ● Angela W. |
| ● Sara G. | ● Stephen G. |
| ● Jennifer K. | ● Chrisstina S. |
| ● Michael M. | ● Alexa P. |
| ● Andrea S. | ● Martin Z. |
| ● Courtney W. | ● Rica M. |
| ● Tonya F. | ● Stephanie G. |
| ● Gilbert M. | ● Jenine P. |
| ● Kathy M. | ● Lindsey G. |

THANK YOU TO THE FOLLOWING PATIENTS FOR REFERRALS

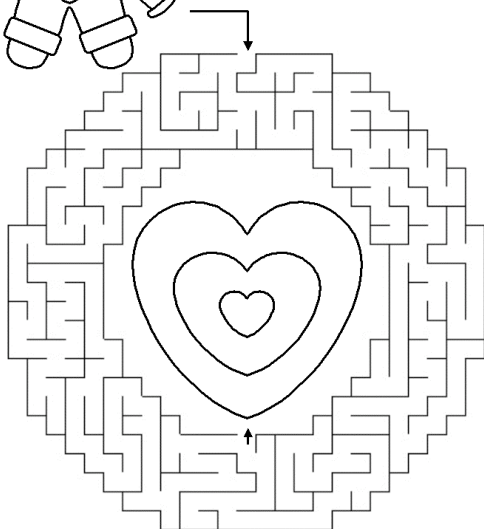
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|-------------|-------------|
| ● Martin H. | ● Rhonda C. |
| ● Cheryl H. | ● Irys F. |
| ● Robert D. | ● Lauren B. |
| ● Ken V. | ● Sarah G. |
| ● Steven S. | ● Ruth S. |
| ● Kirk W. | ● Maria G. |

WE HOPE YOU ENJOY YOUR FREE 30 MINUTE MASSAGE

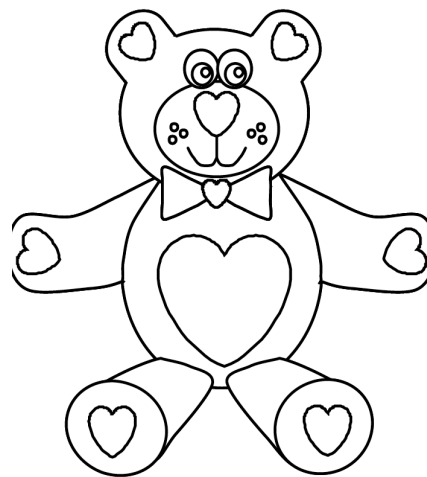


Valentine's Day Maze

Help cupid aim for the heart.



Kids Corner



Happy Valentine's Day!

Have fun coloring this Valentine's Bear for someone special.