

January 2010

MAIN STREET CHIROPRACTIC

Monthly newsletter

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The Referral Contest That Kept on Giving!

January Referral Contest!

For this month we are giving away a \$25 gift card to Meijers. Refer someone to our office for a chance to win!

OUR CHRISTMAS REFERRAL CONTEST DIDN'T JUST MAKE ONE FAMILY HAPPY...

This month we decided to do something different with our Referral Contest. Rather than giving a gift card we decided to give away the **World's Largest Christmas Stocking** to one of our lucky patients for Christmas.

We were very happy to give this stocking away to one of our loyal patients (and their children of course). To our surprise the family decided that they were going to **donate half of the toys to children in need**. So, as you can see this referral contest is a gift the kept on giving.

Thank you to all the participants, stay tuned for more contests and specials.

WATCH YOUR MAIL BOX

In the next few weeks we will be doing a fundraiser for **Leader Dogs for the Blind**. Watch for a postcard in your mail box. This special postcard lets you get your next office visit for whatever amount you thought it was worth and that amount will be donated directly to **Leader Dogs**.

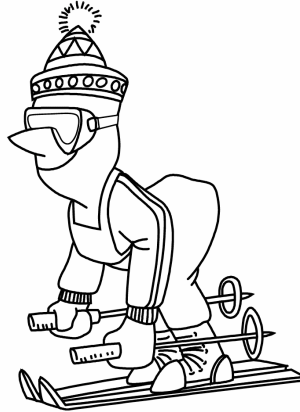
If you do not receive a postcard please call our office to update your mailing address.



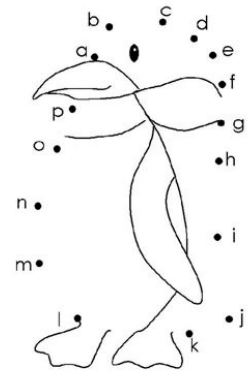
Here is a picture of our December Referral Contest Winner!

Congratulations to our winners!

Kids Corner Coloring Fun



Connect the Dots



HEALTHY RECIPES TO KEEP YOU WARM THIS WINTER

Provided to you by Whole Foods Market

CREAMY BLACK BEAN SOUP

INGREDIENTS

- 2 tablespoons of bottled vinaigrette
- 3 carrots, chopped
- 2 bunches green onions, thinly sliced, divided
- 2 (15-ounce) cans no-salt-added black beans, rinsed and drained
- 1/3 cup lowfat sour cream
- Salt to taste
- Ground black pepper to taste

METHOD

Heat vinaigrette in a medium pot over medium high heat. Add carrots and two-thirds of the green onions and cook, stirring occasionally, until softened and lightly caramelized, 8 to 10 minutes. Add beans, 3 cups water, salt and pepper and bring to a boil. Reduce heat, cover and simmer until carrots are tender, 12 to 14 minutes more. Working in batches, carefully transfer contents of pot to a blender and puree until smooth. Return soup to pot and heat over medium low heat until hot throughout. Stir in sour cream, salt and pepper and serve, garnished with remaining green onions.



NUTRITION INFORMATION

Per serving (about 12oz): 270 calories (60 from fat), 7g total fat, 2g saturated fat, 10mg cholesterol, 440mg sodium, 41g total carbohydrate (14g dietary fiber, 6g sugar), 14g protein

The Answer to All
 Your Problems...
THE ICE PACK
THAT DOESN'T
FREEZE SOLID



*Leave this ice pack in your freezer all day and it will never freeze solid. Guaranteed!

Dear Friend:

Are you one of those people who puts ice cubes in a plastic bag to relieve your pain? Do you end up with water all over the place? Is your bag of ice not comfortable to lay on? Do you want something that is travel friendly and won't leak wherever you go?

THIS ICE PACK IS THE ANSWER FOR YOU...

Dr. Hamilton's Chiropractic ice packs are perfect for everyone, especially you! Everyone has those aches and pains that always feel better with a little bit of ice. Well, this ice pack is perfect for just that. Keep the ice pack in the freezer whenever it is not being used and it will be ready for you when you need it. These ice packs reach the perfect temperature and never freeze solid. They are always flexible, perfect for your lower back, neck, even knees and elbows.

WHY USE ICE AND NOT HEAT...

Ice packs are the perfect therapy for your aches and pains. It is good to use ice after exercising, working, sitting or

standing for long periods of time, and anything else that irritates your back. Just wrap the ice pack in a towel and place in the desired are for 15 to 20 minutes. Ice is better for your painful joints than heat because it reduces the swelling while heat can increase swelling and in turn cause more pain. Although heat may feel good an ice pack is always your best friend!

JUST THE RIGHT SIZE AT THE RIGHT PRICE...

In our office we offer two different types of ice packs: a cervical (neck) and lumbar (lower back) ice pack for only **\$20** each. The ice pack pictured above is perfect for your low back pain, while our cervical ice pack is just the right fit to wrap around your neck, knee, shoulders, and elbows. Stop in our office and see which ice pack is the right size for you!

ORDER TODAY!

I expect these ice packs to go very quickly so call our office right now and we will place an ice pack on hold for you to pick up. Or stop in our office today and try one out first hand.

Order now... Imagine how you will feel laying on this ice pack instead of those bulky ice cubes. It's Guaranteed to **NOT FREEZE SOLID OR LEAK OR YOU'RE MONEY BACK!**

248-656-2273

January 2010						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1 Holiday (Office Closed)	2 Holiday (Office Closed)
3 • 9:30 to 1:00 • 3:00 to 6:30	4 • 9:30 to 1:00 • 3:00 to 6:30	5 • 9:30 to 1:00 • 3:00 to 6:30	6 • 9:30 to 1:00 • 3:00 to 6:30	7 Office Closed	8 • 9:30 to 1:00 • 3:00 to 6:00	9 • 8:30 to 12:00
10 • 9:30 to 1:00 • 3:00 to 6:30	11 • 9:30 to 1:00 • 3:00 to 6:30	12 • 9:30 to 1:00 • 3:00 to 6:30	13 • 9:30 to 1:00 • 3:00 to 6:30	14 Office Closed	15 • 9:30 to 1:00 • 3:00 to 6:00	16 • 8:30 to 12:00
17 • 9:30 to 1:00 • 3:00 to 6:30	18 • 9:30 to 1:00 • 3:00 to 6:30	19 • 9:30 to 1:00 • 3:00 to 6:30	20 • 9:30 to 1:00 • 3:00 to 6:30	21 Office Closed	22 • 9:30 to 1:00 • 3:00 to 6:00	23 • 8:30 to 12:00
24 • 9:30 to 1:00 • 3:00 to 6:30	25 • 9:30 to 1:00 • 3:00 to 6:30	26 • 9:30 to 1:00 • 3:00 to 6:30	27 • 9:30 to 1:00 • 3:00 to 6:30	28 Office Closed	29 • 9:30 to 1:00 • 3:00 to 6:00	30 • 8:30 to 12:00
31	1	2	3	4	5	6

Injured Shoveling Snow?

Get the help you need, without drugs or surgery!

Dr. Hamilton has helped thousands of patients who have suffered from back, neck, shoulder, or headache pain to get pain free fast!

Has the bending, stooping and lifting of shoveling snow caused your back to go out? If you've been injured while shoveling and have been considering drugs, get a second opinion. Avoid further injury and see what chiropractic can do for you?

Free Injury Screening Available!

To get your free screening, call Dr. Hamilton today at
(248) 656•2273

**Dr. Hamilton's Six
Wellness Resolutions to
Start Your New Year With:**

- Live in the moment
- Take more walks
- Watch less TV
- Try New Foods
- Make Time to Play
- Occasionally Spoil Yourself

**These are 6 simple
realistic goals to start
your new year!**