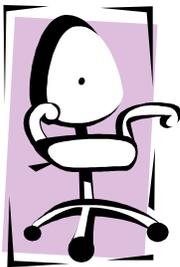


## In This Issue:

- How's your chair?
- Benefits of Chiropractic
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- Chiropractic Testimonial

### Does Your Chair Support You?

Just think about how many hours a day we spend sitting. For this reason, it is important to make sure the chair of your choice isn't fighting against your overall body health.



Here are a few things to check for:

- Be sure your chair has ample lumbar support that adjusts as you move your lower back
- The seat size should fit your frame; not too wide so that you strain your shoulders when using the arm rests, or too constricting making you feel cramped
- Your feet should be planted firmly on the ground in order to properly support your spine position and prevent spinal disc injury
- The chair seat should not restrict circulation in your legs by cutting into your knees or thighs
- Your arms should be positioned in a way that does not cause your shoulders to be hiked up. They should be as relaxed as they are when you are at rest

- Chiropractic Wellness 2010 Calendar

## Wilson Family Chiropractic Newsletter

Volume 5, Issue 2 February 7th, 2013

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## Benefits of Chiropractic Care

Regular Chiropractic care can help you in many ways:

- Restores normal nerve supply
- Improves athletic performance
- Restores normal joint mobility
- Counteracts the effects of gravity
- Improves spinal structure
- May provide instant pain relief
- Natural with no drugs or needles
- Often reduces the need for surgery
- May get you back to work faster after an injury
- Provides more energy
- Allows for better sleep
- Helps improve posture
- Slows spinal degeneration
- Allows for quicker recovery
- Is helpful for all ages
- Relieves stress and tension
- Improves the quality of life
- Deals with the cause of the problem rather than treating the symptoms

Our hearts are not pure; our hearts are filled with need and greed as much as with love and grace, and we wrestle with our hearts all the time. The wrestling is who we are. How we wrestle is who we are. What we want to be is never what we are. Not yet. Maybe that's why we have these relentless engines in our chest, driving us forward toward what we might be.—Brian Doyle

## An Athlete's Best Friend

It doesn't matter if you are a professional or a weekend athlete, your best friend is your chiropractor. Chiropractors are some of the most actively involved health-care professionals in sports-related conditioning, injury prevention, treatment and rehabilitation. The most typical injury involves the back, neck or shoulder, caused by over the head movements found in sports like tennis, softball, pitching, hockey and even golf leading to pain and restricted mobility. Chiropractic adjustments are vital in restoring the biomechanics of shoulders, neck, upper back and hips. Many professional sports teams employ chiropractors to prevent and treat sport-related injuries.

A sport injury can take up to 8 weeks to heal depending on the particular injury. Shoulder & knee injuries take the longest as those joints are the least stable. Once the injury has healed, it is a good idea to continue with regular chiropractic adjustments to keep the body balanced properly and functioning at its peak. Do not wait until you are injured. Preventative chiropractic treatments are the place to start your athletic endeavors.

- Chiropractic Wellness 2010 Calendar

### *A Testimonial to Chiropractic Care*

*Before receiving chiropractic care I experienced extreme pain in my lower back, hips and neck. This pain occurred after two extensive surgeries on my ankles due to torn tendons in 2005. My body alignment became intolerable. I began taking Vicodin daily just to make it through the day. The thought of going to a chiropractor never entered my mind until my cousin suggested a chiropractor might alleviate my pain.*

*I began seeing Dr. Katie at Wilson Family Chiropractic in 2009. Chiropractic adjustments have changed my life. I wish I had before and after pictures. Before treatment, my alignment was so bad that you could visually see my left shoulder was much higher than my right, now they are even. My neck and hip pain are gone and while I occasionally experience low back pain after exerting myself, I am always remedied by an adjustment with Dr. Katie.*

*I plan to continue routine chiropractic treatment as it has been my saving grace. My husband also began seeing Dr. Katie after witnessing my results and suffering an injury from a fall. He has had similar results and great relief from his pain. We are continuing maintenance treatments twice a month and thankful our problems have not returned.*

*Thank You - Lynn Hyde*

If your pursuit of wealth causes you to sacrifice any aspect of your health, your priorities are turned around. Your physical condition is your compass; it will tell you if you are headed in the right direction or if you're going astray. It's not your checkbook, but you who is counted on to be there for the people in your world. Be farsighted. Weigh the differences. Think of the prices to pay.—



Resist the urge to take anything for granted. Changes always come along, some for the better, some for the worse. The people who manage to make it through the turns in the road understand this, and they take their place in the driver's seat, headed for tomorrow, secure in the knowledge that nothing is more natural than change. And the natural way is the only way it works.—Alin Austin

The best way to hand the future is to be like a carpenter on a job. First, make sure the work on the foundation is all through. Then, just show up on time, bring along all the tools you need, and keep a level head about



Everyone has an agenda. Maybe it will help if you remember that. To better understand a person involves being aware of the depth of their needs. People are like clocks. And here's the interesting part of it: You can look them in the face and get an idea of what's going on at the time, but the essential thing is figuring out what makes them tick.—Alin Austin



Follow your hopes and dreams while you can. While the desire is burning. When the chance comes your way. Don't be a ship that stays in the harbor, never straying from its safety. Don't get tangled up with "maybe... maybe someday." Too many folks will tell you that if you spend your whole life waiting, "someday" arrives too little, too late. Maybe it's already a little later than it seems. If you really want to do it, do it while you can. Be brave... and sail away on your dreams.—Alin Austin

Before receiving chiropractic care I had migraines daily. I was not able to carry out my daily activities. For fear of the unknown I did not seek medical treatment and I self-medicated with Aleve, Excedrin Migraine, Extra Strength Tylenol, hot/cold compresses to head, heat pads, hot showers and baths.

Chiropractic care had been recommended for my headaches but I was afraid I would get hurt and / or headaches would get worse with treatment. As a last resort I made an appointment with Dr. Katie. My awareness has expanded. I wished I had come sooner - - No more Headaches!!! I am not afraid of chiropractic anymore and I recommend it to everyone no matter what their ailment. Finally I feel like I can live my life to the fullest as I am pain-free. Thank you! - Sara Beth Foti

Don't take troubles - - yours or those of the world - - to sleep with you. Pay attention to the news, but don't take homage to it. When there are taken all together, problems have a contagious way of compounding. Find a way to turn off the day. Make sure you have a private place where you can get away from it all - - a sanctuary in the midst of your surroundings.—Alin Austin

I began being treated by Dr. Katie at Wilson Family Chiropractic in December of 2009. At 8-months pregnant with my second child, my gracilis (groin area) had become so inflamed that the pain nearly prevented me from being able to walk. The inflammation affected my mood and energy levels while also making it difficult to sleep. While the pain affected me, my discomfort affected my whole family as I was unable to care for our 2-year old.

Prior to considering chiropractic care I worked with a Physical Therapist at a local hospital. Throughout my treatment they were never able to give me a clear diagnosis of my pain. I was continually encouraged to work on exercises and wear a maternity belt - - neither of which provided any comfort. During my first pregnancy I was told my pain was normal during pregnancy and it would go away after delivery. While this thought was presented to me during this pregnancy I did not believe I could or should ignore this problem.

Being raised to think chiropractic care was not medically sound or credible, I have changed my way of thinking since being treated. Dr. Katie has helped me understand and realize the logic and impact chiropractic treatment has on the healing process. I understand how stress and general wear and tear on the body create imbalances that need to be addressed and corrected. She helped address (and diagnosis) my acute gracilis pain, realign my pelvis and relieve my pain. Although I still have some pain due to the extra weight I am carrying with my pregnancy, I truly feel better after each adjustment. I am sleeping better, my mood is elevated and my family life has improved.

- Jenny Wilson