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Helping you  
to live your life  
well-adjusted...



## Miller Chiropractic Newsletter

February

2017

No matter what the Groundhog might predict, February always means we have turned the corner on winter and start thinking of spring. However, there is still plenty of cold, snow and ice ahead, and we have some tips for dealing with all of it.

Perhaps [Valentine's Day](#) will warm things up for you? Need a gift your lover will love? A gift certificate from Miller Chiropractic is a great way to make sure the person you love is well-adjusted! Have any special Valentine's suggestions or sweet treats? share them at the [Miller Chiropractic Facebook page](#) where we always have useful tips and great special offers.

It's National Heart Month, appropriately, and [Go Red for Women](#) is the American Heart Association's campaign to educate that heart disease is the number one killer of women.

### SAD is More Than Just an Emotion

Seasonal Affective Disorder (SAD) is a form of depression that occurs mainly during the winter months. It's more than the "winter doldrums;" psychologists have identified SAD as a true depressive condition.

Over 10 million Americans suffer in some way from Seasonal Affective Disorder - about 20% of the population, and 4%-6% have serious affects from the condition. Statistically, it most often affects women in their 20s through 40s, but men are not immune.

How do you know if you have it? According to the Mayo Clinic, the symptoms include hopelessness, anxiety, difficulty concentrating and processing information, loss of energy, social withdrawal, oversleeping, appetite changes - especially a craving for foods high in carbohydrates, and, as a result, weight gain.

General consensus attributes SAD to the reduced amount of

#### In This Issue

Keep Your Recessions  
Stay Warm Out there  
Diet & Nutrition

#### Quick Links

[Miller Chiropractic on Facebook](#)  
[www.well-adjusted.biz](http://www.well-adjusted.biz)  
[More About Us](#)

#### OFFICE HOURS

Monday & Wednesday  
8:15 a.m. - 6:00 p.m.

Tuesday  
12:00 p.m. - 2:00 p.m.

Thursday  
12:00 p.m. - 5:30 p.m.

Friday  
8:15 a.m. - 5:30 p.m.

#### Relief that only Dr. Miller can Provide

Dr. Miller has been successfully treating several patients for symptoms of vertigo using a method that can result in dramatic improvement - or even complete elimination - of symptoms; it's called the Canalith Repositioning Procedure (CRP).

Athletes with injuries or anyone seeking solutions to headaches, back pain, carpal

sunlight in the winter months and the resulting drop in our melatonin and serotonin levels, which are hormones that regulate mood. Diminished sunlight can also disrupt our circadian rhythms (our body clock) which can lead to feelings of fatigue and depression.

Treatment lamps can be effective and sometimes vitamin D supplements are enough to deal with mild cases of SAD. Dr. Miller can help you find a vitamin supplement that is right for your lifestyle and needs.

tunnel syndrome, shin splints, shoulder pain, sciatica, plantar fasciitis, knee problems and tennis elbow find great relief from Active Release Technique, or ART.

Dr. Miller is the ONLY Master Certified ART provider and the only certified CRP provider in the Fox Valley

## Wellness Wednesday

If a supplement is right for you in fighting SAD, Dr. Kay is offering this special on Wednesday, March 1. Mark your calendar.

Miller Chiropractic  
435 South Main  
Fond du Lac, WI, 54935  
920-933-3536



**wellness**  
*Wednesday*

**15% off**  
**Clinical D3**

**GOLDEN SUN**  
**CAPTURED IN A BOTTLE**

Winter and early spring months are associated with an increase in pro-inflammatory immune responses that lead to seasonal symptoms. Several supplements provide immune support including vitamin D3.

**Miller Chiropractic LLC**  
435 S. Main St., Fond du Lac  
Wednesday, March 1st ONLY

**Get Outside! There are Ways to Enjoy Winter!**

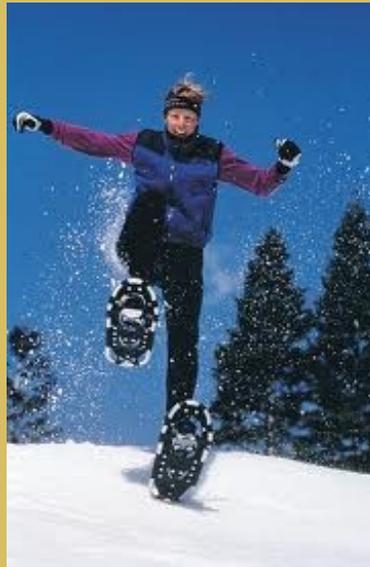


This is about the time of year when cabin fever sets in for many, and while there are endless lists of [winter outdoor activities](#), sledding and snow-shoeing aren't practical for everyone.

You can still get some much-needed exercise with something as basic as a good walk, but you need to prepare differently to walk in winter conditions. One thing that isn't different is proper warm-ups; you should stretch for ten minutes or so before going out, and remember, you'll be using more energy in the cold.

The key, as in so much of life, is good footwear. Insulated, water-proof boots with a non-slip tread sole and a wide, flat heel aren't fashionable, but function very well. Wear a scarf or mask loosely over the nose and mouth to warm the air you are about to breathe.

Finally, make sure you wear gloves. It is easier to balance if your hands aren't deep in your pockets to keep warm! Here is some good [winter walking information](#), and if you do fall and hurt something, call the office for an appointment.



**Stay well-adjusted and don't forget to call the office for your next appointment.**

**920-933-3536**