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



## Miller Chiropractic Newsletter

July

2016

Mid-summer has arrived and we trust you had a safe and happy Independence Day.

**Dr. Miller will be out of the office through July 8**, but the office will be open should you need to schedule an appointment or stop by for your BioFreeze or vitamin supplements.

Are you staying active this summer? Hard not to with all of the summer-time activities taking place. If you have a favorite summer event or grill recipe share it on the [Miller Chiropractic Facebook page](#). And don't forget through all the hectic happenings that are summer to keep yourself well-adjusted.

### 12 Steps for Improving Your Chiropractic Health

Chiropractic wellness and good overall health are closely related. Here are a dozen steps you can take to improve both.

1. **QUIT SMOKING!** In addition to the obvious reasons, smoking cuts blood flow to the discs between the vertebrae, so they degenerate faster.
2. Lose weight, if you need to.
3. Avoid sleeping on your stomach; it twists the neck.
4. Avoid the fetal position; it reverses your spinal curve.
5. Add organic, unrefined foods to your diet and drink at least eight glasses of water EVERY Day; more in very hot weather.
6. Take a walk after dinner; it aids digestion, weight loss, and is a nice way to spend time together with someone you love.
7. Avoid drugs, whether recreational or prescription. This would include alcohol, nicotine and caffeine.
8. Take time to relax, meditate, pray and play every day.

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#### 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  
By Appointment

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

9. Find fulfillment and creativity in your work.
10. Connect. The more relationships in your life, the healthier, happier and longer you will live.
11. Men: Keep your wallet out of your back pocket, especially when driving or sitting for long periods of time.
12. Ladies: Breastfeed your baby for at least one year for both baby's and mommy's health.

And it never hurts to see your chiropractor regularly!

## Have a Ball this Summer & Save Some Money Doing It!

Whether you are trying to lose weight, tone up, or just looking for a different office chair, the Body Sport® Fitness Ball is just what you have been looking for.

The Fitness Ball will improve your core stability, balance, posture and strength whether you're sitting at your desk or doing a rigorous workout.

Used as a chair at work, while eating dinner or watching TV, the Fitness Ball works your core and legs all day, improving posture and balance quickly. Dr. Miller has such faith in the benefits of Fitness Ball, she's offering **\$4 off while current supplies last**. At \$16, it's an easy and practical gift idea, as well.

The Body Sport® Fitness Ball comes with a pump and an illustrated guide containing fitness ball exercises.



## Facts About Fat

About 30-percent of Americans are considered "obese" - defined as 20-percent above ideal body weight.

On average, adult Americans weigh about 8 pounds more than they did a decade ago, which becomes more obvious at this time of year when we wear far fewer layers of clothing!

Many factors contribute to being overweight, including diet, and in

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

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particular the amount of fat in our diet. On average, women consume 80 grams of fat per day compared to the recommended 56 grams. For men, about 110 grams are consumed while 90 grams is the recommended number.

Saturated fats - found in animal products and hydrogenated vegetable oils - found in hard margarine and packaged baked goods, are the least healthy varieties. Mono-unsaturated and poly-unsaturated fats are generally considered "healthy" fats. These are usually found in vegetable products. The key to healthy eating is balance. It is important to reduce the amount of fat you consume, but do not try and eliminate all fat from your diet. And always check with your medical professional before starting any diet.

Proper nutrition is an essential part of preventative healthcare. There are many vitamin supplements that can help with energy levels, memory issues and other functions of a healthy body. Ask Dr. Miller during your next visit or call for an appointment today.

## Chiropractic for Kids

Did you know that children under chiropractic care not only experience the same benefits as adults, but many common childhood maladies can be thwarted if you keep your child well-adjusted. kids



Kids receiving regular adjustments rarely experience ear aches, allergies or headaches. Behavioral and attitude issues are diminished in these children as are incidence of bed wetting, constipation, and other

common occurrences and symptoms.

How young is too young? Dr. Miller has adjusted newborns just hours old, so chiropractic can truly be a lifelong path to a healthier, happier YOU!

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

**920-933-3536**