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Miller Chiropractic Newsletter

March

2017

Lion or lamb? How will March enter and exit? Just a few warm days in February is all it takes for everyone's thoughts to turn to [Spring](#). Plan now to start stretching and getting your body ready for outdoor activities.

Did you know that March starts on the same day of the week as November and ends on the same day as June every year except leap years? March is [American Red Cross Month](#). The Red Cross plays a vital role in our local community, helping those struck by disaster.

And of course, any month is a good month to march on in and get well-adjusted by Dr. Miller.

Don't forget to stop by the [Miller Chiropractic Facebook Page](#) and say hello!

March Wellness Wednesday: D3

This time of year is known for an increase in pro-inflammatory immune responses as well as Spring Seasonal Affective Disorder (SAD) as we discussed here last month.

Dr. Miller continues the popular Wellness Wednesday special offers with a reduced price on Clinical D3, which helps both conditions mentioned above, as well as other uses you may discuss with Dr. Kay on your next visit. This special is **Wednesday, March 1 ONLY.**

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Wellness Wednesday

MR & AR For Active adults

Safe & Healthy St. Pat's

Quick Links

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www.well-adjusted.biz

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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).

Dr. Miller is the **ONLY** certified CRP provider in the

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

**MYOFASCIAL RELEASE & ADHESION
RELEASE TECHNIQUES**

Athletes and active adults - from runners and bicyclists to golfers and tennis players - suffer from a variety of injuries to the muscles, tendons, ligaments, fascia and nerves. Many of these patients find great relief from myofascial release and adhesion release. However, it is not just the athletic that benefit from this type of soft tissue manipulation, but anyone seeking quick and permanent solutions to headaches, back pain, carpal tunnel syndrome, shin splints, shoulder pain, sciatica, plantar fasciitis, knee problems and tennis elbow. These conditions all have one important thing in common: they often result from injury to over-used muscles.

Dr. Miller uses her hands to evaluate the texture, tightness and movement of muscles, fascia, tendons, ligaments and nerves and offers a very specific treatment protocol to identify and correct the specific problems affecting each individual patient.

Abnormal tissues are then treated by combining tension with patient manipulation, either through manual movements or the use of small, non-invasive instruments.

The use of Myofascial Release or Adhesion Release, along with chiropractic adjustments, are helping to work both the muscles and vertebrae to correct a given problem and keep it from reoccurring.

Kay Miller, DC, CCSP, was certified by the New York Chiropractic College in the methods and techniques utilized in Myofascial Releases and



Adhesion Release and for more than a decade, and has volunteered for various Iron Man competitions, bicycle races and marathons, using both of these techniques to treat athletes at these events. She became involved in these competitions because many of her patients are participants and Miller Chiropractic is an active sponsor of both the Redline Triathlon Club and Fond du Lac Running Club.

Safer, Healthier St. Patrick's Day Alternatives



It's difficult to maintain traditions and keep your resolution to eat healthier when a holiday rolls around, and let's face it, Corned Beef & Cabbage is a great tasting meal, but very high in both fat and sodium.

The sodium in just four ounces of corned beef has more than half of the day's recommended total of salt, and who eats just four ounces of corned beef? While there is no way to reduce the sodium in corned beef, due to the brining process used to bring out the meats flavor and achieve the tempting pink color, there are ways of making the meal healthier. Start with as lean a cut of corned beef as you can find and trim any visible fat from the meat.

Sometimes a special occasion, like St. Patrick's Day, can lead to unintentional binge drinking, but you can still imbibe without going overboard by following these tips:

1. Drink "tall" drinks. This allows for more mixer to dilute the alcohol and they take longer to drink; if you...
2. Sip drinks rather than gulping them.
3. Put your drink down on a table or counter rather than holding it in your hand. This, too, will allow you to drink slower.
4. Alternate between alcohol and water or a soft drink.
5. Limit the amount of money you carry and **LEAVE YOUR BANK CARD AT HOME!**
6. Limit the amount of time you are out. If you know you'll be staying out late, then leave home later. You really won't miss anything!



And of course, should you be over served, make sure you have a designated driver or call for a ride home, because staying alive is more than a song, it's the best way to stay well-adjusted.

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

920-933-3536