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



Miller Chiropractic Newsletter

October

2016

Crisp, cool air and falling leaves is a sure sign that October is here along with the Fall season. It is also the unofficial beginning of the cold and flu season, so we have some tips on avoiding those.

You can't avoid raking leaves and other Fall yard work - unless you hire help - so we have some tips on how to save your back, And finally, some tips for a safe and healthy Halloween.

We have valuable tips like this, along with other useful and fun information on the [Miller Chiropractic Facebook page](#), please come join us there.

October is Breast Cancer Awareness Month. Chances are you know a survivor - but may not know that you do. Early detection is a key to surviving, use this [Early Detection Plan](#) for yourself or share it with someone you know.

It's back-to-school for Dr. Kay, in a way, as she will be leading three continuing education credit seminars for Chiropractic Technicians (CTs) from around the state. October 1, she was in Oshkosh and will be in Wausau October 8 and Eau Claire on October 22.

Easy Steps to Avoid Colds & Flu

Believe it or not, you can avoid colds and the flu, by taking some proper precautions and with some general luck. You can certainly help minimize the spread of these vicious little germs if you or your family take ill. Most of these things we learn from mom when we were little, and they still hold true.

Cover that cough! It's not enough to put your hand in front of

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Chiropractic for Carpal Tunnel.
CHILDREN'S VITAMINS

Quick Links

[Miller Chiropractic on Facebook](#)
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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 tunnel syndrome, shin splints,

your nose and mouth if you sneeze or cough because hand contact is a major cause of spreading germs. Turn your head, look down and cough or sneeze into the crook of your elbow.

Wash your hands! Even if you haven't contaminated your hands directly, germs can last up to 8 hours on surfaces like your cell phone, TV remote, computer keyboard, or a counter top. Use soap and water or a hand sanitizer frequently.

Clean the "touch" areas! Use a cleaning product that contains at least 50% alcohol and wipe down your phone, the remote, tables and counter tops. Take these steps before someone gets sick and then redouble them if someone in the house becomes ill.

Eat Healthy! While this should be a daily practice, we don't all do it every day. Foods high in vitamins C & D are especially important. Dr. Miller received her nutrition certification through the Wisconsin Chiropractic Association and can consult on vitamins and supplements that may benefit you. We have a variety of vitamins for adults and children available in the office.

Simple, common sense steps can go a long way toward preventing or minimizing the cold and flu, IF we all practice them.

Back to Basics

Just like with cold & flu prevention, mom also had some healthy advice for maintaining a healthy back: "Sit up straight!" "Stand up straight!" In other words, practice good posture.

With leaf raking and snow moving on the horizon, you should start now to get your back back in shape to help prevent those common aches and pains or a more serious injury.

Obviously, staying well-adjusted will go a long way to keeping a healthy back, but there are other, easy steps that you can employ as well.

Reduce stress because muscle tension that builds during stress-filled days can affect your spine. Maintaining a healthy weight will also put less stress on the back. You can achieve both of these through regular exercise, which doesn't have to mean a full-on gym membership. There are simple, at-home conditioning programs you can follow to strengthen the muscles in the upper legs, stomach and back while increasing flexibility.

Some basic, easy exercises for a healthier back include the [standing pelvic tilt](#) or the [wall slide](#) (video demonstration).

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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When sitting at a desk or table, you should not have to slouch or reach to accomplish your tasks. Work at a comfortable height by adjusting your chair to keep your knees at or slightly below the level of your hips (the same is true when riding in a car). A good back support will help you sit up straight. If the chair itself does not offer this support, consider using a pillow or special back support like the [Sitback Mesh Backrest](#), which you can see in-use during your next visit to the office. And don't sit too long.



Get up, stretch and walk around from time to time.

While standing, think of your ears, shoulders, hips and ankles as a series of dots. Then just adjust your body to "connect the dots" in a straight line. It's really just that easy.

Few things are more restful for the back than sleep, assuming that you use a mattress that supports your back's three natural curves. Sleep on your side, with your knees bent or sleep on your back with your knees raised on a pillow.

And speaking of pillows, the right one can also make a BIG difference. [Tri-core Pillows](#) are designed with the neck and back in mind, providing proper support to lead to better spinal health and a perfect night's sleep. We have two varieties available at the office to make sure you get the best night's sleep possible.



A Safe & Healthier Halloween

Halloween is one of those holidays that easy to love and hate. The kids look so cute in their costumes, but they come home with enough candy to rot their teeth and keep them awake for weeks, and trick or treating can be tricky. When do you let the kids go without parental supervision and what's the best way to keep them safe?

A good rule of thumb is, kids under 12 shouldn't be out without parental supervision, or at least a group of friends for the 10 and 11 year-olds.



Most communities in our area have set hours for trick or treating that should end by time it gets fully dark, but not always. A glow stick or flashlight and some reflective material on the costume or goody-bag will help them be seen. Costumes should also fit properly to avoid falls. Try and use

makeup or face paint to stay away from masks that can make it harder to see. Or encourage the child to put on the mask only when approaching each door, not walking between houses.

If you're out driving the day of trick or treating, use extra caution. Remember, there are excited kids, hyped-up on adrenaline and sugar running around.

Consider giving something out other than candy, but not so uncool you'll get the "trick" part of the equation. Granola bars, pretzel or cheese and cracker packs or sugar-free gum are great alternatives. So are non-food treats like funky pencils, note pads, or bubbles. Just keep choking hazards in mind for the wee ones who will be ringing your doorbell that day.

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

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