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Miller Chiropractic Newsletter

September

2016

While summer isn't over on the calendar, September marks the unofficial end of a summer (that just seemed to fly by this year).

Schools are back in session. Kids of all ages may be lamenting the return to school, but parents are certainly celebrating. And we'll be doing some celebrating this week ourselves - keep reading for details and stay well-adjusted. And if you measure time by the passing of holidays, there is nothing on the horizon until Thanksgiving (unless you count Halloween as a holiday).

Please note, **Dr. Miller will return to the office September 8.** And be sure to check out the [Miller Chiropractic Facebook Page!](#)

Get Them Back-to-School Safely

No matter how old your child or grandchild, we always worry about their safety; they're never too old for that. Nor are any of us too old for some reminders about back-to-school traffic safety.

[This link provides](#) information for students walking, biking, busing or carpooling to and from school, as well tips for parents and motorists.



While everyone is adjusting to the back-to-school routine, it's important to remember some very basic safety lessons and put them into play.

In This Issue

Safely Back-to-School

More Backpack Tips

Chiropractic for Carpal Tunnel.

CHILDREN'S VITAMINS

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
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

Back-to-School: Kindergarten to College, Tips for Staying Well-Adjusted

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

Back-to-school can be a stressful time for parents and students alike, regardless of your children's ages.

If your student hasn't had a back-to-school chiropractic adjustment, schedule one.

An adjustment is especially important for students participating in athletics, dance or other physical activity to help prevent or reduce risk of injury.

Last month, we discussed one way to prevent injury is assuring a student's backpack fits and is loaded properly, but it bears repeating. Make sure your child is only packing what they need each day; the pack should weigh no more than 15% of the child's weight. Make sure straps are well padded and pulled tight so the pack is snug against the body. Load the pack with the heaviest items closest to the students back and arrange the contents so they don't shift and slide.

Backpacks that don't fit correctly can lead to back, shoulder or neck pain. If any of these occur call for an appointment immediately.

It may sound funny, but some thought needs to be put into selecting the right backpack for your students or for you.

This video contains some worthwhile information that should be heeded.



Miller Chiropractic
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We don't hear as much about Carpal Tunnel Syndrome (CTS) as we may have 10 years ago, in part because of improved ergonomic design of equipment of all types, but still one out of 10 people suffer from some form of CTS - from mild to severe.

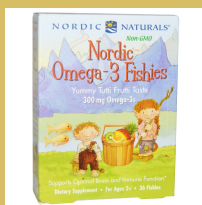
CTS occurs when the nerves running through the carpal tunnel of the wrist become irritated and enflamed. This can lead to tingling, numbness and weakness of the fingers, hands or wrists.

Anyone who performs repetitive motion with the hands can be afflicted with CTS, from computer users to meat cutters and musicians to assembly line workers.

While the most severe cases of CTS may eventually require surgery, early intervention can help delay or prevent that outcome. A chiropractic adjustment to the spine, eliminating subluxation, can help reduce the severity of CTS.

If you or someone you know have or suspect CTS is causing wrists and hand pain, call Dr. Miller and schedule an appointment. A personalized treatment program can be developed that could be the difference between a pain-free wrist and/or costly surgery.

NORDIC NATURALS® CHILDREN'S VITAMINS: A "TRIUMPH AND A TREAT!"



Many children benefit from vitamin supplements, but as parents know, getting them to take a vitamin is almost as difficult as getting them to eat right in the first place!

Most children are deficient in Essential Fatty Acids (EFA), nutrients required for optimal health but not produced by the body, meaning diet or supplements are their only source. Research shows that the most important EFAs are the omega-3s, crucial building blocks of child development.

Nordic Naturals make a line of vitamin supplements that kids call a "treat" and parents call a "triumph." Fruit-flavored, chewable vitamins that deliver the omega-3s that are essential for the proper development of the brain, eyes, and the nervous and immune systems.

Children as young as two years old can benefit from and enjoy Nordic Gummies™, easy to chew and free of artificial coloring, flavoring or preservatives, as well as milk derivatives, gluten and yeast. Select Nordic Naturals Kid-Friendly Essentials, along with adult vitamin supplements, are available in the office.

Consult with Dr. Miller during your next visit.

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

920-933-3536