



HEALTH IS NOT A MATTER OF LUCK

The greatest gift you can give is the gift of Health and Happiness.

Think about how often you tilt your neck and head downward while texting! Hunching over to view your devices can wreak havoc on your spine.

The "text neck" is sort of like bending your finger all the way back for about an hour. Stretching spinal tissue for long periods of time can cause tissue soreness and inflammation, disc problems, and nerve irritation.

We want you to avoid unnecessary drugs & surgery

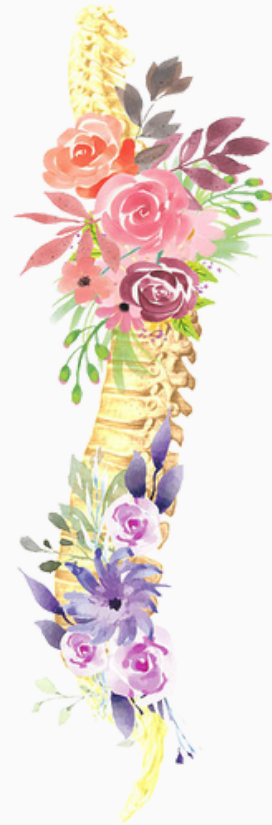
But the posture problem isn't limited to texting or the use of mobile devices; it includes computer work, hobbies, and reading. Ideal posture involves keeping your ears vertically aligned with your shoulders.

Whenever possible, lift your device up to eye level, or move your eyes to look downward in favor of bending your neck.

Since that's not always practical, regular Chiropractic spinal adjustments are key to preserving your spine's natural curves and avoiding painful spinal stress.

Be "Spine Wise"

WHEN USING YOUR DEVICE



DO



DON'T



PATIENTS SPEAK

“

"As I was lying on my back I remember clearly the pain melting off the left side of my face. By the time I left, the flare was only a memory".

Carol



”

"I feel more alive now than when I first started receiving treatment. I am getting stronger, thinking clearer, feeling better.".

Nebef

“

I feel this family of health professionals have so contributed to me, feeling, balanced, aligned, and full of energy so I can continue to do the work that I love".

Ines S.



MARCH

OFFER OF THE MONTH



VALUED AT \$179

\$39

Thank You

For letting your family,
friends, and co-workers
know we'll help them just
as we've helped you!

Call Now!

770-451-0799

**Postural, balance,
function examination.
and home
recommendations**

**Don't forget to take care
and love your body**

1/2- Hour Massage!

Relax, Get Relief and
prevent Injury

