

Hí,

Just a quick note to say hi and wish you a wonderful and health filled early spring. We wanted to let you know that you are in our thoughts each day. We hope you have been enjoying the beautiful weather, although it has been a bit rainy the temperatures have been great.

Sometimes people get so busy just surviving that they forget to take care of themselves - I sincerely hope this is not the case with you! Remember that it is Early Spring - time to get your meridians checked and balanced! It only costs \$ 45.00!



Each day comes and goes and sometimes we just forget to take the time to remember that when our health fails there is no replacement. It is simply over.



Wow, it has been forever since I wrote a letter to you. I have returned to full practice in the office since April 2011. So far we have been staying pretty busy around here. The office is open from 8 to noon now, Monday, Wednesday, and Saturday's. Open 1-5 pm on Tuesdays and Thursdays. We are still closed on Friday.

We have a wonderful massage therapist - Cassie Reynolds - she is working in the office during the same hours we have. She is also running a special through the end of February 2012, Buy 1 massage \$65.00 and get one for \$50.00. Such an awesome deal and a great Valentines gift idea!



Many of you know that I took the Certified Chiropractic Sports Physician's training at Parker so remember to get the athletes all checked over and make sure they are ready to compete.

I have been using Graston - which is tool assisted myofascial release. The results have been phenomenal. I have had wonderful results with athletes (and everyone else who has a mis-step) and have sprained their ankles, one treatment and they are walking, two and they start dancing. Decreasing the size of a Ganglion cyst's and the pain associated with them. Heel spurs, tight hamstrings, tight quads, sore thumbs, you name it when it comes to tendons, ligaments, and muscles this has been a real asset.



The Palm



The Leg

In The News - I read a scary thing this morning about the effects of Tylenol on the liver. The study in the Journal of American Medicine stated that people who regularly take 8 grams of Tylenol had problems with their liver enzymes being out of whack and if you consume alcohol it increased the effects. Then I was listening to the radio and they were talking about the effect of Advil on the Kidneys!!! - maybe we should all get adjusted and get relief naturally.

Health Tip - If you get bit by a fire ant then here is a secret. Use Bleach to treat the bite. Bleach works as an antitoxin for their bite. I suggest having a bleach pen in your home, pocket, or purse. You can buy the Clorox pens at any store.

Please take care of yourself and if we can assist you in your health care please feel free to call us.

We look forward to hearing from you soon.

May 2012 be your healthiest year ever!

***Happy Valentines to My Wonderful Patients and
Their Families!!!***

***This coupon entitles you to 15% off on any service
offered by Burgess Chiropractic, PA***

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