

May/June 2012

## **Happy Mothers & Fathers Days!**

Wow, time has once again gone to warp speed and I feel like it has gotten quicker this year than last!!!

Hope all of you ladies have a wonderful mothers' day and all of you gentlemen have a wonderful fathers' day. There is a coupon at the end of this letter as your gift from me to you for these wonderful occasions. Please print it and bring it in for your appointment. The coupon is good for one per person, however it can not be used for insurance (good time to try BRT??? Or acupuncture)

I would like to welcome all of the new patients to the office – we love having more people to help and enjoy seeing your health return. I would also like to thank all of my patients who have been referring new patients – you are why I am able to keep my doors open and it really warms my heart that you believe in me and what I do and you want to share it with friends and loved ones – Thank You!

## **What is Acupuncture?**

Acupuncture is a healing art in which a trained practitioner uses a source; needles, electricity, heat, or pressure; to open or close channels of the body so the energy flow through the body is equalized. This equalization of energy assists the body in fighting diseases, addictions, and physical weaknesses.

Acupuncture was previously believed to be only a few thousand years old. Recently it was discovered on the body of the "Ice Man" that he had low back problems and that the acupuncture meridians, which would be used for treatment of this low back, pain had been tattooed onto his body.

Acupuncture, like all medicines, can not be considered a "cure all". A person who receives acupuncture treatments generally has marked benefits from the treatments, however, no doctor can say that their treatment is the only way to fix a health problem.

Acupuncture has been shown to help with several addictions including Cigarette smoking and Drug addiction. Acupuncture has also been used successfully for Weight

Loss. Recently doctors have been using acupuncture in the treatment of such problems as Carpal Tunnel syndrome, Hemorrhoids, Fibromyalgia, Infertility, Macular Degeneration, Migraine Headaches, Bell's Palsy, and Stroke paralysis and so much more!!!

## Home Remedies

- Fire Ant Bites -** use a Bleach pen from the store. It is a natural anti-venom for fire ant bites. Just dab the bite. I always keep one on hand.
- Tick Removal –** coat the tick with peanut butter, it can't breath so it will let go and get out.
- Car Washing -** use Murphy's Oil Soap to wash your car, it leaves it shiny, beads water, and you don't need to wax.

## For your muscles and Relaxation

Miss Cassie (massage therapist extraordinaire) is offering a special for all of the mothers and fathers! Buy one massage at regular price (\$65.00) and get a second one for \$15.00 off (\$50.00). This special will run from May 1<sup>st</sup> to June 30<sup>th</sup> so stock up!!!

## In the News 3 Things That Make Asthma Worse

From: Readers Digest May 2012

**Acetaminophen (Tylenol)** - This painkiller reduces Glutathion, a substance that helps ease inflammation in the lungs.

**Statins (cholesterol lowering medication)** - A recent, small, study found that asthma patients who used this had more breathing problems than those who didn't. Other studies show they improve symptoms so you should talk to your doctor if your symptoms are WORSE.

**Beer and Wine** - Both contain sulfites, compounds that have been linked with wheezing and other breathing issues in some people.

We look forward to seeing each of you in the month to come.

In Health,

Dr. Charlotte

**25% off on Services provided by  
Dr. Charlotte Burgess, DC**  
Chiropractic, Body Restoration Technique (BRT), or Acupuncture  
Expires: 06/30/2012