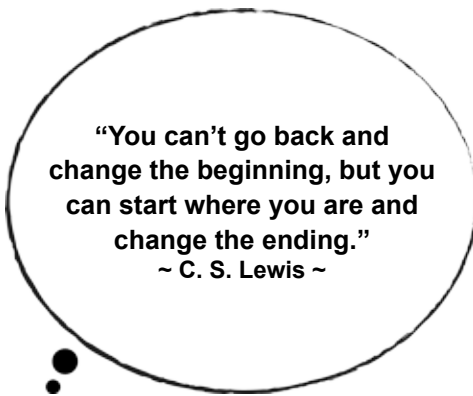


Spelling Error

Help us with our spelling... tell us about the spelling error and your name will be entered for a \$5 gift certificate drawing. You are welcome to leave a message on our voice mail if your call is after hours. Thanks to all of you who participate!

Congratulations to this month's Winner!
Karen



"You can't go back and change the beginning, but you can start where you are and change the ending."
~ C. S. Lewis ~



Quote to ponder...



Care To Share

This month's Care to Share winner is

Gabby

A **BIG** thank you to this month's winner

and also thanks to

David and Scott

for referring friends and family to us for care.



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SPINE TIME

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Pain Relief and Better Health, Naturally.



When we speak or write, we use the vehicles of words to carry meaning, as well as energy, from ourselves to another person or group of people. Each word we speak or write has a life of its own, a vibratory signature that creates waves in the same way that a note of music creates waves. And like musical notes, our words live in communities of other words and change in relation to the words that surround them. If we are unconscious of the power of words, we run the risk of creating a noisy disturbance. When we are conscious of the energy behind our words, we become capable of making beautiful music in the world.

Source: DailyOm



Check out our
SUPPLEMENT STORE

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SP NE T ME

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Mark Your Calendar

Closings

Monday 7/5



Thank you to all our servicemen and women who ensure our freedom!



EAT YOUR SPF - LITERALLY!



Oral intake of vitamins C and Vitamin A can limit potential for sunburn. A salad with vitamin C rich citrus, berries, tomato, and vitamin E rich nuts is an ideal SPF meal.

• A mixed fruit treat of mango, strawberries, papaya is an amazing reward for your skin.

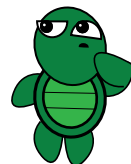
• Mango is rich in betacarotene, a natural sunscreen given to us by nature in this season. It

also fights against skin ageing, regenerates skin cells and restores the elasticity of skin.

• Papaya is also a rich source of Vitamin A with a great sun protective action.

Source: <https://www.practo.com/healthfeed/25-useful-summer-care-tips-27414/post>

RESOLUTION OF BREASTFEEDING DIFFICULTIES AND CONCOMITANT WEIGHT GAIN FOLLOWING CHIROPRACTIC CARE IN AN INFANT WITH BIRTH TRAUMA: A CASE REPORT & REVIEW OF THE LITERATURE



Objective: To describe the chiropractic care of an infant with breastfeeding difficulties.

Clinical Features: A 9-day-old female with a history of birth trauma presented for care with breastfeeding difficulties and concomitant failure to gain weight. Consultation with a lactation consultant ultimately led to recommendation of a nipple shield to reduce the pain of breastfeeding.

Interventions and Outcomes: The patient was cared for with Diversified Technique (i.e., touch and hold) with adjustment to the atlas and sacrum along with cranial adjustments. Following the first visit, the infant attended four visits in two weeks followed by twice per week. Each visit resulted in more comfortable breastfeeding for both mother/infant dyad. An increase in weight gain was recorded by the parents.

Conclusion: The chiropractic care of an infant with breastfeeding difficulties was described with successful outcomes. We support documentation of the benefits of chiropractic care in similar patients to inform clinical care and research.

Source: *Journal of Pediatric, Maternal & Family Health Chiropractic, Volume 2021*



BACKBONE documents the story of Roger Sparks: a Recon Marine, USAF Pararescueman and Silver Star recipient, who embarks on a three-month, 21-state journey to discover how chiropractic care can deliver the relief that conventional medicine often fails to provide. You'll hear inspiring stories and first-hand accounts from a wide range of patients that includes everyone from injured soldiers to professional athletes. Watch now.

The film also features an appearance from Standard Process President & CEO Charlie DuBois, who speaks to the importance of whole food-based nutrition — a powerful compliment to chiropractic care.

https://wellbeingfilms.com/exclusive?utm_campaign=backbone-documentary&utm_medium=email&utm_source=hs_email