

Spelling Error

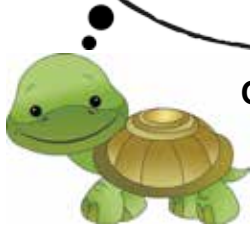
Help us with our spelling... tell us about the spelling error and your name will be entered for a \$5 gift certificate drawing. You are welcome to leave a message on our voice mail if your call is after hours. Thanks to all of you who participate!

Congratulations to this month's Winner!

Julie



“Raise your words, not your voice. It is rain that grows flowers, not thunder.”
~ Rumi ~



Quote to ponder...

Care To Share

A **BIG** thank you to all patients for referring friends and family to us for care.



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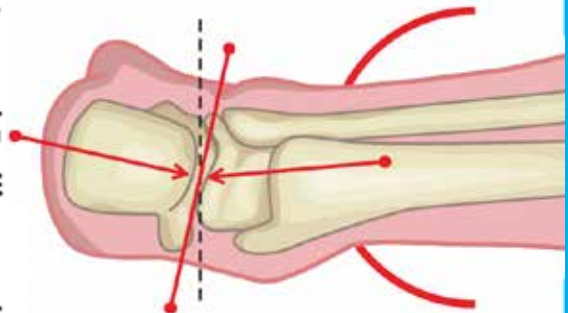
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SPINE TIME

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Pain Relief and Better Health, Naturally.

**Overpronation
Affects the Whole Body**



Inward Rolling and Flattening of the feet can affect:

-  Hip & Knee
-  Shoulder
-  Lower Back
-  Head & Neck



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SPINE TIME

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Mark Your Calendar

Closings

Wednesday 6/15 - Saturday 6/25



Sunday, 6/19/22



"My friend, Zig Zigar, had a way with words. He said, "When I speak, people will occasionally say, 'Zig, I loved your talk, but for me, motivation doesn't last!' I always tell them, 'Bathing doesn't either. That's why I recommend it daily..'"

~ Mac Anderson ~

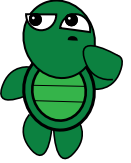


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CHIROPRACTIC CARE CENTER
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CARS ARE FARADAY CAGES THAT CONCENTRATE EMFS



The metal parts of the car's frame and body panels act to block the dispersal of EMFs generated inside the vehicle. In free space, they would escape into the surrounding area, diluting their concentration. Inside a car, because the metal body will partially block external signals, it is more likely that your phone will have a harder time receiving a signal from a nearby cell tower, thereby ramping up the signal amplitude to a higher level to achieve a connection, increasing the EMF exposure of those inside the car by up to 400%.



Additionally, the signal the phone tries to send back to the tower may "bounce off" the metal walls inside the car several times before it finds its way out and back to the tower, exposing everyone in the car to higher levels of radiation. It makes complete sense that these study results showed increased EMF intensity inside the car.

Modern cars have additional problems. Most new cars come with radar sensor systems that are designed to alert the driver to other vehicles or obstructions around the car, for the purpose of decreasing collisions due to driver negligence. These radar systems operate in the millimeter wave range, usually between 24 GHz and 77 GHz. These are higher frequencies than most 5G antennas currently use! Although they are fairly low power (low amplitude) in their signal output, they are also much closer to our bodies than 5G antennas, and they are operating the entire time the vehicle is turned on, so our exposure is constant. Due to the Faraday cage-like structure of the car body, these millimeter wave radar signals will also concentrate inside the car.

See how much EMF exposure is reaching you while you are in your house:
<https://www.antennasearch.com/index.php>

Source: <https://www.blushield-us.com>



Health HACK



A walk around the block is better than no walk at all

When it comes to a healthy lifestyle, doing just a little bit is better than doing nothing at all. If you want to go on a walk but don't have time for your usual hour-long walk, take a short walk around the block. A 5-minute walk is better than no walk at all!

Source: <https://fourwellness.co/blog/31-simple-wellness-tips-for-healthy-and-happy-living>