

Chiropractic

NATURAL HEALTH™

Vol. 24, Issue 11



Get Rid of Your

NECK PAIN!



No doubt, you're thinking about everything you have to do this holiday season while we're thinking about ways to keep you structurally sound so you can get all those things done and enjoy the holidays, too!

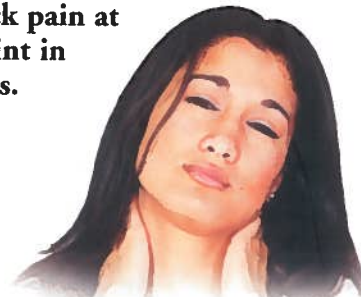
During this hectic time of year, whether you're shopping, wrapping, baking, working, driving or playing sports, **neck problems can make every day miserable!**

Yet, neck pain often points to a treatable structural problem such as misaligned vertebrae, a disc problem, muscle spasm or nerve inflammation. **Our goal is to correct the cause of your neck discomfort and related conditions**, such as headache, shoulder, arm, wrist and back pain.

It shouldn't hurt to turn your neck from side to side...or move your head forward and backward! And there's nothing normal about that burning, "crunching," or grating in your neck!

We Can Help Eliminate Painful Tension In Your Neck!

An estimated two-thirds of American adults will suffer from neck pain at some point in their lives.



Your neck pain may stem from whiplash, a work-related injury, a fall, an old sports injury or an arthritic condition. Regardless, **ignoring neck problems can lead to an unsightly, unhealthy and uncomfortable "forward head position."**

Why suffer needlessly when we have a proven way to help you...*naturally!*

As an initiative of the *World Health Organization*, The Bone and Joint Decade 2000-2010 Task Force on Neck Pain was formed to evaluate the best available research on the prevention and treatment of neck pain.

This "Unique Medical Study" Says Chiropractic Works!

The 53-member Task Force was affiliated with eight internationally-recognized research institutes, including UCLA. They reviewed 31,878 study citations and finally narrowed it down to 552 of the most relevant scientific studies.

Various proven treatment options were recommended, including "manual therapy." **Chiropractic treatment consists of manual adjustments of your joints, muscles and connective tissues in order to improve motion by reducing restrictions and nerve irritation.**

The report reinforced what doctors of Chiropractic have known for over a century—**Chiropractic care is a proven, safe and effective natural treatment for neck pain relief *without* drugs or surgery!**

Inside...

Find out why 94% of patients are satisfied with their Chiropractic care!

Where Else Can You Find a “95% Probability” of IMMEDIATE Improvement!

Honestly, what else can you possibly do to enhance your health that will get you **RESULTS like this!**

The Journal of Manipulative Therapy—the premier scientific journal of the Chiropractic profession—published a study that evaluated immediate responses to some 38,595 Chiropractic neck adjustments.

Patients initially presented symptoms of neck, shoulder, arm, upper/mid-back pain and headaches. According to researchers, in those cases where four or more symptoms were present, **the probability of immediate improvement of presenting symptoms was as high as 95%!**

Millions of Chiropractic manipulations are performed in the U.S. each year for the treatment of neck pain! One study, evaluating the results of 2,303 Chiropractic office visits treating patients for acute neck pain, showed the **overall satisfaction level to be 94%!**

While most patients benefit from a series of spinal adjustments to enjoy optimal spinal health and lasting pain relief, it's always amazing to review the science that measures favorable responses as soon as patients start their neck adjustments!



Help Your “Growing Kids” Grow into “Healthy Adults”!

A Finnish study on 394 high school students found a high incidence of neck and shoulder pain. After investigating the same group seven years later, it was determined that the prevalence of weekly neck and shoulder pain increased during that 7-year time frame!

Knowing your teens, chances are they won't tell you about their neck discomfort or headaches, so...

Schedule Your Spinal Exams Today!

“MY NECK AND BACK ARE 100% BETTER!”

by Kasey Clifford



As a home stager, I prepare sellers' homes to give them a “model home” appearance. One day I was rearranging furniture for a client—just as I had done many times before—only this time, I threw my back out!

I rested for a couple of days and assumed the pain was gone for good.

I never even gave it a second thought. After all, I had never had neck or back pain before!

As I was walking my dog, I pulled her away from an approaching dog and I experienced excruciating neck and back pain. In fact, I was almost immobile.

A friend of mine, who is a nurse, referred me to her Chiropractor.

I could hardly believe how quickly my neck pain was relieved! Now at the tail end of my treatment

program, **my neck and back pain are 100% better!**

I don't have insurance coverage for Chiropractic care, but I can honestly say it has been worth every penny. Considering the potential costs of missed work and future hospitalizations, **I'd rather be proactive and invest in preventive care now!**

I enjoy letting others know how effectively Chiropractic works—*without drugs or surgery!* ❖

How To Get “TechnoHealthy”!

Have “the Power” Without the Pain!

Each year, technology conjures up new, innovative, powerful tools of communication. The problem is that our bodies can't always keep up!

Slouching or repeating the same motions over and over takes its toll. Many folks, young and old alike, are beginning to suffer the musculoskeletal effects of daily use of high-tech devices.



The good news is that a program of Chiropractic care and stretching exercises can effectively prevent and treat painful musculoskeletal imbalances:

- **Schedule routine spinal exams.**
- **When using devices that have small keyboards, avoid typing for more than three minutes without a break.**
- **Keep messages short and simple; abbreviate.**
- **Practice using other fingers for typing, especially when thumbs hurt.**
- **Don't slouch when texting.**
- **Keep wrists upright, straight and close to the body when holding a device.**
- **Don't bend your neck excessively when texting; tuck your chin in, instead, and look down.**
- **Turn your devices off on the weekends (or at least one day).**
- **Get outside, exercise and enjoy nature, too! Balance is key to staying healthy.**

(Source: American Chiropractic Association)

The world is getting smaller, thanks to modern technology. However, the list of aches and pains related to prolonged use of personal electronic devices is getting bigger!

Assuming an incorrect posture while using computers, smart phones and other gadgets can lead to neck, back, wrist and even thumb pain, in addition to other musculoskeletal imbalances.

The problem is so widespread that earlier this year a spokesperson for the Occupational Safety and Health Administration said that **musculoskeletal injuries remain one of the biggest workplace health and safety problems in American industry!**

Experience the *Benefits* of Chiropractic Care
and its natural, whole-person, patient-centered approach to health and wellness!



We are truly thankful for you...

Thank you for the pleasure of allowing us to serve you and those you've referred to us this past year.

We appreciate you taking the time to share this newsletter.

To-Your-Health Tuesdays - \$20

I will dedicate the **Third Tuesday** of each month to **TUNE-UPS** - a health and wellness program designed to *keep you moving and feeling your best.*

As it is maintenance, it is not covered by health insurance. I want to make it worthwhile for you to plan ahead, so you receive a preferred rate.

Call NOW to make an appointment for **November 15th or December 20th!**

A Healthy Thanksgiving!

November is known for Thanksgiving.

But, did you know it is also "Good Nutrition Month?"

So, on Thanksgiving, keep the following tips in mind.

The skin of the turkey is fattening, so bake a skinless turkey breast instead. White meat without skin is an excellent source of protein.

Serve wheat or whole grain rolls or bread instead of white.

Don't starve yourself before dinner. Eat breakfast and/or lunch. At dinner, eat smaller portions.

If you eat too much, don't worry. A brisk walk or game of touch-football will help you shed those pounds. It's also a good way to spend quality time with friends and family!

No Charge



Half-Hour
Massage for
the Referral
of a Friend!

Let us know whom you referred so we can schedule you for your massage. Offer good for 30 days.

We also accept:



Call Now!
348-5134

C09881

Dr. Alan Juel
Juel Clinic
3202 West Main, Suite D
Rapid City, SD 57702-8126

PRSRT STD
U.S. POSTAGE
PAID
DCM

Juel Clinic

Dr. Alan Juel

Dear Friend,

**We Will Help You Get Through The
Holidays...HEALTHIER!**

With the holidays in full swing... between shopping, work, family life and entertaining guests...you're no doubt feeling the tension mounting!

That's why you should spend at least as much time planning ahead for your health as you do planning for the holidays. After all, if you're stressed, in pain or feeling run down, you won't enjoy the festivities anyway.

Thankfully, Chiropractic spinal adjustments can help **release muscle tension** and **supercharge your immune system!** One of the best gifts you can give your loved ones is to take care of yourself. So, **call us today** to schedule your appointment!

Please share this newsletter with your family and friends. And, do take time to reflect on all that you are thankful for.

Wishing You a Happy, Healthy Thanksgiving,

Dr. Alan Juel

3202 West Main, Suite D • Rapid City, SD 57702-8126 • 348-5134