

Tulsa Chiropractic Associates Newsletter

November, 2018 Edition 8

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Welcome to the 8th edition of the Tulsa Chiropractic Associates Newsletter. We have so much great information for you this month. We have discounts on leg spacers, how to get in and out of your car correctly and what do about those pesky headaches. Don't forget to check out the key dates so you always know what's going on in the office.

It's November! That means it's time to guess the weight of the pumpkin again. Each patient will be given the chance to guess each time they come in for an appointment. Three additional guesses will be given to patients who refer someone to our office. You must guess the weight in pounds and ounces. In the event of a tie there will be a second drawing. The patient who guesses the exact amount of the pumpkin wins. If no one guesses the exact amount then the person who guessed the closest without going over wins. Each doctor will be giving a \$100 gift card so make sure you come in as many time as you can during the month of November to increase your chance to win! There is only one winner per doctor so make your guesses count.

Important reminder: We are closed Thanksgiving Day and the following Friday.



PRODUCT OF THE MONTH

Are you constantly twisting and turning all night? Even when you sleep your body can be put through stress. Not anymore! Use a leg spacer for sleeping support. The leg spacer from core products is designed to relieve pressure and strain on your lower back, knees and ankles. This will help to align your spine while you sleep and easily moves with you during the night. It also helps relieve pressure on joints and improves the circulation in lower extremities. Make sleeping easier on your body and try a leg spacer today!



20% OFF all month long

Offer valid until 11/30/2018

DID YOU KNOW?

Did you know, getting in and out of your car incorrectly can cause back pain? If you get in by sticking one leg under the steering wheel and sliding in then you are unnecessarily twisting your hips and back. Also if your seat is not adjusted properly it can cause stress and strain on your back. Even riding in your car for long periods of time while sitting in the correct position can cause problems by keeping your spine locked in one position.

There are many ways to avoid back pain caused from getting in and out and sitting in your car. The correct way to get into your car is by sitting down while facing out of the car, then turning your whole body as a single unit and placing your legs under the steering wheel. When getting out of the car turn your whole body back to facing the outside of the car and use your hands and arms to push off from the seat keeping your back straight and head up. When going on long road trips get out and stretch as frequently as possible. Stand up, place your hands on your hips and gently arch your back. Use these easy recommendations the next time you're getting in and out of your car.

KEY DATES

NOVEMBER

22nd - Thanksgiving (office closed)

23rd - Day after Thanksgiving (office closed)

New Patient Orientation
Every other Wednesday at 6:00 PM
Every other Thursday at 6:00 PM

DECEMBER

24th - Christmas Eve (office closed)

25th - Christmas Day (office closed)

New Patient Orientation
Every other Wednesday at 6:00 PM
Every other Thursday at 6:00 PM

CONDITION OF THE MONTH

You've probably had some form of headache at one point in your life. It is estimated that 7 out of 10 people will experience at least one headache every year. That's a lot of people with headaches! But what causes them? And what can we do to get rid of them?

There are different kinds of headaches such as, tension, cluster, migraine and sinus. Each type has different symptoms and remedies to get rid of them. You can use medication to help ease the pain or you could use more natural routes such as foods or chiropractic care. There are many things that can trigger a headache including stress or anxiety, skipped meals, too little or too much sleep, bright and strong lights, and caffeine withdrawal. These are just a few of the many things that could cause you to experience a headache.

Tension headaches usually last for several minutes and are described as feeling like a tight band around your head. These happen when the muscles in the neck and scalp tighten. Cluster headaches can last for a cluster period which can be extended periods of time. These headaches are non-throbbing, but can cause pain behind the eye or on one side of the head resulting in watering of the eyes or a runny nose. Migraine headaches are

throbbing and pounding. There are several types of migraine headaches including chronic migraines that occur fifteen or more days out of the month. Sinus headaches are caused by inflammation in the sinus cavity creating pressure.

The cause of the headache depends on what treatment you should use. Most headaches can be treated with over-the-counter medication, but we recommend a more natural approach. Exercising can increase the production of certain chemicals in the brain making you feel happy and more relaxed. Using hot or cold packs and applying them to your head multiple times a day can also help. You can even use contrast therapy, using both heat and cold at the same time placed at the front and back of your head. According to the University of Minnesota, Vitamin B-12 may have headache-reducing properties. Getting regular adjustments can relieve some of the tension from a headache.

Don't think the only way to get rid of headaches is through medication. Try one of our natural solutions the next time you feel one of those annoying headaches coming on.



FOR MORE INFORMATION ON THESE TOPICS VISIT:

www.coreproducts.com

www.healthline.com

health.howstuffworks.com

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