

TULSA CHIROPRACTIC ASSOCIATES NEWSLETTER

1

WELCOME

PATIENT APPRECIATION DAY PICTURES

Welcome to the September edition of our newsletter. First, we would like to thank everyone who came to Patient Appreciation Day. We had so much fun! Now it's time to start preparing for the Tulsa State Fair. We will have a booth set up so make sure if you go to the fair that you stop by and say hi. We will also be offering a new patient special so bring friends and family who aren't currently patients and help them begin their journey of health.

We are having a few changes in the office. Currently we are updating patient records and want to make sure we have up-to-date addresses, phone numbers and e mail addresses so you can stay informed. If you haven't been in to see us in a while schedule an appointment and get your information updated. We are constantly having giveaways and special events for our patients so we don't want you to miss out! We will also have a new fee schedule effective October 1, 2018. We look forward to seeing you and keeping you informed about all the exciting things going on at Tulsa Chiropractic Associates.

Sincerely,
Tulsa Chiropractic Associates Staff

2

PRODUCT OF THE MONTH

DID YOU KNOW?

WHAT'S HAPPENING



3

CONDITION OF THE MONTH

CONTACT INFORMATION



PRODUCT OF THE MONTH



The product of the month is **CurcumaX**. **CurcumaX** is an herbal, mineral, vitamin formula for occasional muscle pain associated with exercise and overuse. If you are a person that likes to work out a lot then this product is for you. This formula also includes a standardized, high-quality extract of turmeric, which supports healthy joint function. This product is made by Integrative Therapeutics, which is one of the **top-tier manufacturers** of supplements in use by chiropractic doctors today. Make sure you stop by our office and pick some up today!

20% OFF all month long

Offer valid until 9/30/2018

DID YOU KNOW?

Did you know, **Vitamin B12 may slow brain aging?** Researchers have found that individuals with increased levels of circulating homocysteine have faster rates of brain changes associated with aging than other individuals. People who have higher levels of vitamin B12 are associated with slower rates of brain aging. You can get vitamin B12 through a variety of ways. There are supplements and injections both of which we offer in the office. You can also receive B12 through foods such as **fish, meat, poultry, eggs, milk, and milk products**. Not everyone will benefit from the supplementation the same way according to Sherwood Brown, MD, PhD. He states, "Those who have clinical signs of vitamin B12 deficiency, those are the people who will benefit from receiving those supplements." Read more about the research at www.medscape.com.

WHAT'S HAPPENING IN SEPTEMBER & OCTOBER

New Patient Orientation

Every other Wednesday at 6:00 PM

Every other Thursday at 6:00 PM

Labor Day - September 3 (office closed)

New Patient Orientation

Every other Wednesday at 6:00 PM

Every other Thursday at 6:00 PM

Halloween - October 31

CONDITION OF THE MONTH

The Impact of a Backpack

Now that school is in full swing kids are carrying their backpacks on a daily basis, but overloading backpacks can cause pain to students. **One in four** students report having back pain for **15 days or more** during the school year. There are long term effects to having a heavy backpack including strained neck and shoulders that can lead to headaches, damage to you spine, reduce breathing capacity due to poor posture, back pain and muscle spasms.

Although there seems to be many negative effects to carrying a heavy backpack there are also ways to prevent these. One thing you can do to make sure you or your student doesn't suffer is using both straps. Another thing is to make sure and carry **no more than 15%** of your body weight in your backpack. Also, try using digital texts books on a tablet or iPad to reduce the weight of the backpack.

60% of children's orthopedic visits for back and shoulder pain are the result of carrying too heavy a backpack. -Dr. Charlotte Anderson, 1999

55% of students carry more than the recommended 15% of body weight in their backpacks. -Simmons College, February 2001

When standing with the correct posture you reduce muscle strain in your upper body that can cause **head and neck aches, muscle spasms, and tingling in the hands**. If the backpack is too heavy it is hard to stand with correct posture. Paying a visit to our office can help reduce pain and strain on the body even for young children. Using these helpful tips you can reduce the stress on your back from incorrectly carry too much weight by **up to 80%**. Make this the best school year yet and stop backpack injury!

FOR MORE INFORMATION ON THESE TOPICS VISIT:

www.footlevelers.com

www.coreproducts.com

www.medscape.com

TULSA CHIROPRACTIC ASSOCIATES

3315 EAST 47TH PLACE, SUITE 120
TULSA, OK 74135

WWW.TULSACA.COM

PHONE: 918-622-9655

FAX: 918-622-9657

EMAIL: INFO@TULSACA.COM