

# TULSA CHIROPRACTIC ASSOCIATES NEWSLETTER

## WHAT'S IN THIS EDITION?

Welcome to the July addition of our newsletter. We have great deals and interesting information for you. We hope everyone had a great Fourth of July and spent time with friends and family!

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[WELCOME](#)

[CARTOON](#)

Our Patient Appreciation Day is coming up on **August 25th** 9 a.m.–5 p.m. We encourage all patients who want to add a **FREE** maintenance adjustment, in addition to your already carefully made schedule, to come. Unfortunately patients who have Medicare, Medicaid, or are receiving care for worker’s compensation or personal injuries are not eligible for free adjustments. This is for legal reasons and we still appreciate all our patients. Help us reach our goal of 200 patient visits that day! It will be a fun filled day with free adjustments, food and more! Be on the lookout for more information in our next newsletter, on our website and on all of our social media pages. Make sure you call the office at 918.622.9655 and schedule before **August 22nd**, spots will fill up quickly!

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[PRODUCT OF THE MONTH](#)

[DID YOU KNOW?](#)

[WHAT'S HAPPENING](#)

We love our patients and always like to do special things for them. We encourage you to refer your friends and family who aren’t currently receiving chiropractic care so they can participate in our next Patient Appreciation Day and the many other fun giveaways we have throughout the year. Help us make this the best Patient Appreciation Day yet!

Sincerely,

Tulsa Chiropractic Associates Staff

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[CONDITION OF THE MONTH](#)

[CONTACT INFORMATION](#)



# PRODUCT OF THE MONTH



**Biofreeze** temporarily relieves minor aches and pains of sore muscles and joints associated with arthritis, backache, strains and sprains. We carry **Biofreeze** professional. It is longer-lasting with a smoother professional formula compared to regular biofreeze. We carry the colorless roll-on, colorless gel and continuous spray.

20% OFF all month long

Offer valid until 7/31/2018

## DID YOU KNOW?

**D**id you know? There are all-natural alternatives to Ibuprofen. Studies found 10 different natural remedies to use instead of taking Ibuprofen. These tricks can be used for their pain-killing and anti-inflammatory effects. **Ginger capsules** were shown to relieve pain for women experiencing menstrual cramps in a study done in 2009. **Omega-3 fatty acids** are beneficial because they have less side effects than Ibuprofen. Adding omega-3 fatty acids to your diet or taking dietary supplements that contains omega-3 helps relieve arthritis pain, showed a 2006 study. Another option is **olive oil**, which contains a compound called olecanthal that has similar anti-inflammatory properties as ibuprofen. Although these are all great alternatives to ibuprofen we still encourage patients to look deep into what is causing the pain and not just eliminate the symptoms. For more information about the studies conducted please visit the [National Library of Medicine](http://www.nlm.nih.gov).

## WHAT'S HAPPENING IN JULY & AUGUST

### New Patient Orientation

Every other Tuesday at 12:15 PM

Every other Thursday at 6:00 PM

Doctor's Day - July 1st

Independence Day - July 4th (Office Closed)

Juvenile Arthritis Awareness Month

### New Patient Orientation

Every other Tuesday at 12:15 PM

Every other Thursday at 6:00 PM

Patient Appreciation Day - August 25

# CONDITION OF THE MONTH

Everyone loves being able to cool off during these hot summer months by doing things like going to the pool, the lake and if you're lucky the beach! That makes this time of year a higher risk for water related activity injuries. We want to make our patients aware of the injuries that could occur while in the water, what to do when these injuries happen and even what you can do to prevent them.

Common water sports injuries include **whiplash, concussions, strains and sprains** to the neck and head, and sprains and strains to your lower extremities. These injuries can come from all sorts of water related activities such as,

**tubing or rafting, water skiing or jet skiing, wake boarding and cliff diving.** Although water sports are a great way to stay active it is important to be cautious and careful while in the water.

## WATER SPORTS INJURIES



The best way to avoid these injuries is prevention. Making sure you're not putting yourself in harm's way is the best way to not get hurt. If you do want to be active in the water here are a few tips for after your fun in the sun. Using ice instead of heat is good for any type of swelling. Also coming to see us after a day at the pool, a trip to the lake or a week-long vacation at the beach will help you to feel better in no time.

Don't forget that our product of the month is Biofreeze. You can use Biofreeze if you get strains or sprains while enjoying your time swimming, tubing, water-skiing and other various water related activities. If you're feeling sore after a fun day in the water Biofreeze can help to relieve those aches and pains. So make this summer enjoyable and make sure you come and see us, and if you do get injured we want to help you get back to feeling great and enjoying time outside with friends and family.

**FOR MORE INFORMATION ON ANY OF THESE  
TOPICS VISIT THESE WEBSITES:**

[www.biofreeze.com](http://www.biofreeze.com)

[www.nlm.nih.gov](http://www.nlm.nih.gov)

[www.radianthealth.us](http://www.radianthealth.us)

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