

# Newsletter

May 2018 | Edition 2



Welcome to the second edition of our newsletter! This month we are hosting our first ever **Ladies Night Out**. The first 50 women to show up will receive a bag of goodies. There will be finger foods and drinks provided. There is a \$10 entry fee to attend the event. We will have packages available for Aesthetician, massage and chiropractic services. These offers will be the biggest discounts of the year! There will be sponsors and demonstrations for skin care. Bring along a friend who isn't currently receiving chiropractic care so we can get them established as a patient at no charge and on a path to wellness.

The event will be held from 6:00 PM - 8:30 PM and you are invited to stay the whole time or come and go as you please. Existing patients who bring a friend that schedules for chiropractic care will receive a free adjustment and the new



patient will receive an exam, x-rays and a report of findings for free. Make sure you help someone begin their journey to a long quality life.

We encourage you to come and enjoy a fun-filled evening with us. If you have any questions about **Ladies Night Out** please give us a call at (918)-622-9655. We love to do fun things for our patients and hope that all of you will be in attendance. Don't forget to bring a friend so we can make the first ever **Ladies Night Out** a success!

Sincerely,  
Tulsa Chiropractic Associates Staff

PRODUCT OF THE MONTH: FORMULA 303

CONDITION OF THE MONTH: ARTHRITIS

## BOUND & GAGGED

By Dana Summers



# PRODUCT OF THE MONTH

## FORMULA 303



**F**ormula 303 is an all-natural relaxant. It gives natural relief for muscle spasm, tension and stress associated with leg cramps, Fibromyalgia, muscle pain, neck and shoulder pain, mild insomnia, back sprain and strain, restless leg syndrome, low back pain, PMS menstrual cramps, pulled muscles and nervousness. Formula 303 is made of natural ingredients including Valerian Root, Passion Flower and Magnesium. This products contains no chemicals.

Buy one get one 15% off all month long!!

Offer valid until 5/31/2018

## WHATS HAPPENING IN MAY & JUNE

### MAY

**Ladies Night Out** – May 11th

**New Patient Orientation** – Every other Tuesday at 12:15 PM  
Every other Thursday at 6:00 PM

**Mother's Day** – May 13th

**Memorial Day** – May 28th (office closed)

**American Stroke Awareness Month**

**Arthritis Awareness Month**

**National Osteoporosis Awareness & Prevention Month**

**National Neuropathy Awareness Week (second full week of May)**

**National Women's Healthy Week (begins Mother's Day)**

### JUNE

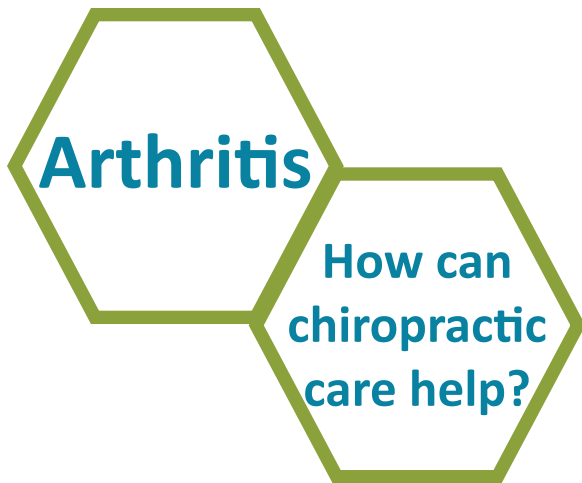
**New Patient Orientation** – Every other Tuesday at 12:15 PM  
Every other Thursday at 6:00 PM

**Father's Day** – June 17th

**Scoliosis Awareness Month**

**Men's Health Week (Second week of June)**

# CONDITION OF THE MONTH



**M**ay is **Arthritis Awareness Month**. We want to educate our patients on this condition and what you can do to help it. Arthritis is the inflammation of our joints that causes stiffness and pain, which usually worsens with age.

The Arthritis Foundation's goal is to raise awareness of this condition and the issues involved with having it. The Arthritis Foundation wants to motivate Americans to get active, and get involved with arthritis research, support, and advocacy. This condition affects **46 million** people in the United States including **300,000 children**.

We want to give you a few ways to help the pain that comes with arthritis. **Chiropractic care** is one way you can reduce pain and the damaging effects of arthritis. Chiropractors are often able to relieve some of the pain relate to osteoarthritis. They can use multiple methods such as spinal manipulation and Active Release Technique. Other methods used include physical therapy and massage, which also help to reduce arthritis symptoms.

Improving your diet and reaching and maintaining a healthy weight is another all-natural treatment for arthritis. You want to add foods with **omega-3**, which is high in sulfur, high in fiber, and high in antioxidant. We mentioned above that the Arthritis Foundation wants Americans to get active. Exercise is beneficial to those with arthritis. When you exercise you are strengthening the muscles around the affected joint, which will provide support and decrease strain.

The weather keeps getting warmer and we know you are going to want to spend more time outside. Make sure to try these all-natural treatments and **Formula 303** for arthritis relief so you can have some fun in the sun!

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

[www.healthline.com](http://www.healthline.com)  
[www.whathealth.com](http://www.whathealth.com)  
[www.arthritis.org](http://www.arthritis.org)  
[www.deeceelabs.com](http://www.deeceelabs.com)  
[www.consumerhealthdigest.com](http://www.consumerhealthdigest.com)  
[www.draxe.com](http://www.draxe.com)

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