

Tulsa Chiropractic Associates Newsletter

December, 2018 Edition 9

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KEY DATES

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

JANUARY

1st - New Year's Day (office closed)

New Patient Orientation

Every other Wednesday at 6:00 PM

Every other Thursday at 6:00 PM

Happy holidays to all our patients! We hope you had a wonderful Thanksgiving with friends and family. It's that exciting time of year, shopping, traveling, decorating and cooking, but don't forget you're never too busy to come in and get an adjustment. Make the holidays easier by scheduling regular appointments during the most fast paced time of year.

This December we want to give back to you and the community. We have partnered with Toys for Tots this Christmas season. Each time you come in, we encourage you to bring an unwrapped gift. Every time you bring in a gift, you will be entered into a drawing for a free 30 minute massage. We love doing nice things for our patients and we want to give you the opportunity to do something nice for your community.

To keep you engaged and informed while reading our monthly newsletters, we will be asking a trivia question from the previous newsletter. If you guess the answer correctly, you will be entered into a drawing to win various prizes. We would also like to inform our patients that effective January 1, 2019 there will be a rate change in our office.

Congrats to our winners of our "Guess the Pumpkin" drawing, Cody P. and Garry H. The weight was 61 lbs. 4 oz.

Sincerely,

Tulsa Chiropractic Associates



A giraffe's neck contains the same number of vertebrae as a human neck.

PRODUCT OF THE MONTH

The product of the month this month is the Core Jackson Roll from Core Products. This pillow has multiple functions and can be used to support the neck, knees, and back. It can help relieve neck tension, aches and stiffness. Use it as a pillow for neck support, behind your back for lumbar support or under your knees for additional comfort while resting. This will help to keep your body in alignment while you're laying down. The convenient size of the pillow makes it great for at home use or while you travel. Pick up your Core Jackson Roll today!



20% OFF all month long

Offer valid until 12/31/2018

DID YOU KNOW?

Did you know that proper sleeping position not only affects the way we feel in the mornings, but is vital to your health and well being? Our bodies do the most healing while we sleep. So, when you are sleeping, it's important to pay attention to how your spine is positioned. First of all, you should never sleep on your stomach since you have to turn your head, and that causes rotation and stress throughout the entire spine and can pinch arteries and nerves in the area. Sleeping on your back is the preferred way, but sleeping on your side is acceptable as well, if you're laying properly.

For both of those positions, it is important that you have a proper pillow and bed to get the most benefits. If you're sleeping on your back you should have a good supportive cervical pillow that allows support for your natural neck curve, and keep your legs straight. If you're sleeping on your side, you should have a pillow that is thick enough to keep your head in a straight line with your sternum and pelvis. If you're on your side, from the top view, your ears, shoulders, hips, and ankles should be in a straight line. To make that easier, you can bend your knees about 45 degrees, and keep your ankles on top of each other, using a pillow or leg spacer, if necessary. Make sure to position yourself so that you don't curl up one leg, causing pelvis rotation. If you're doing these basic steps, you should wake up feeling refreshed and less stiff. If you have any questions, or need help finding a good pillow or bed, let us know.

DID YOU PAY ATTENTION?

Each month we will ask you a question from the previous month's newsletter.

What is the proper way to get into a car?

Email answers to marketing@tulsaca.com for your chance to be entered.

CONDITION OF THE MONTH

The weather is starting to get colder which means our bodies are going to begin changing. One condition that can be affected by a change in temperature is fibromyalgia. Fibromyalgia is most commonly identified as widespread muscle pain and tenderness. In the United States there are millions of cases of fibromyalgia every year. Fibromyalgia is often combined with other symptoms such as neck pain, back pain and leg cramps.

Chiropractic care is often a popular treatment method among those with Fibromyalgia because it offers pain and stress relief. In a study conducted on the effectiveness of spinal manipulations relieving fibromyalgia symptoms, patients suffered less pain and fatigue, and actually enjoyed better sleep quality after just 15 adjustments.

Exercise is another way you can reduce the pain caused by fibromyalgia. When exercising you can maintain bone mass, improve your balance, reduce stress and increase strength. Regular exercise is also a good way to maintain a healthy weight, which can also help in reducing fibromyalgia pain. It is important to remember that when you first begin working out to start slowly and build up to a more intense work out.

Eating healthy is good for any lifestyle but it can be especially helpful to those with fibromyalgia. People with fibromyalgia often feel tired and worn out. Add foods to your diet that give you energy and avoid eating sweets that only give you a quick sugar boost. A good way to make your energy last longer throughout the day is to combine protein or good fats with carbohydrates to slow down absorption. If eating meat isn't for you, a study done in 2000 showed that vegetarian and vegan diets offered symptom relief for fibromyalgia sufferers.

Although there is still a lot that is unknown about this condition, these are some ways to help reduce the pain and stress associated with fibromyalgia. Come see us for regular adjustments so we can

help you live a happier healthier life.

Fibromyalgia

FOR MORE INFORMATION ON THESE TOPICS VISIT:

www.healthline.com

www.coreproducts.com

www.webmd.com

www.fibromyalgia-symptoms.org

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