



Wills Family Chiropractic

November E-News

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Just For Fun!

The Pilgrims made seven times more graves than huts. No Americans have been more impoverished than these who, nevertheless, set aside a day of Thanksgiving.

~ H.U. Westermayer

As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.

~ John Fitzgerald Kennedy

**“Give thanks to the LORD, for he is good;
His love endures forever.”**

~ Psalm 107:1

**“In everything give thanks: for this is the will of God.”
~1Thessalonians 5:18**

**“You shall rejoice in all the good things the Lord
your God has given to you and your household.”
~Deuteronomy 26:11**



The Official, official Office Hours!

New Hours and Days of Operation



Monday	9am-noon	2pm-5pm
Tuesday	8am-noon	3pm-7pm
Wednesday *	- CLOSED -	
Thursday	8am-noon	3pm-7pm
Friday	8am-noon	1pm-5pm
Saturday	8am-11am	

* Emergencies and special occasions only

- Reminder of the "no show" policy of a \$25fee

**The office will be closed Saturday
November 5th and Thanksgiving weekend 23-26**

Massage Hours of Operation

Monday Afternoon 2-5pm

Tuesday Afternoon 3-7pm

Wednesday -CLOSED-

Thursday Afternoon 3-7pm

Friday depending on request and availability

- Every other Thursday morning upon request
*Availability fills up fast so call and
reserve an appointment today.*



Time to Rake the Leaves

Here are some simple tips to help you minimize the risk of injury to your back:

1. **Avoid twisting your body while raking.** Use your legs to shift your weight rather than twisting your back.
2. **Use a properly-sized rake** for your height and strength.
3. **Wear gloves** to help prevent blisters on the hands.
4. Do some form of light **exercise** for **10 minutes to warm up the muscles** prior to raking.
5. **Bend at the knees**, rather than the waist, to pick up items.
6. Try to **vary your movements** as much as you can to avoid overuse of muscle groups.
7. **Wear shoes with skid-resistant soles** to minimize the risk of falling. Sturdy shoes can also reduce the risk of injuries to your feet.
8. **Don't overdo.** Raking is an aerobic activity - you may need to take frequent breaks or slow your pace if you are an infrequent exerciser.
9. As with any form of exercise, be sure to **drink plenty of fluids** to prevent dehydration.
10. **When you are done, gentle muscle stretching** can help relieve tension in the muscles. A hot bath can relax muscles.

As you winterize your home... be sure to winterize your natural medicine cabinet with immune boosting Herbs & supplements.

'Tis the season for Hot Chocolate, warm fires, favorite comfy sweaters and plenty of snuggle time. Along with the bringing in of the Holidays comes the cold and flu season. Make sure that you're prepared for the sniffles, fever and flu. Here are some common items to keep on hand:



Arnica: good for bruises, strains, sprains and muscle soreness. Can be found in cream, gel, tincture and pellet form.

Hydrogen Peroxide: A great germ buster (great for a scraped knee) Has been said to help speed up recovery time for both colds and ear infections by putting a few drops in each ear. (Use a dropper to put a few drops in each ear and stay still until the bubbling stops. Repeat on other side.)

Vitamin D3: Is considered a "power" vitamin. Can often reduce your risk of getting sick in the first place when taken properly. (ask Dr. Wills if this would be beneficial for you. And how much you should take)

Vitamin C: Another powerhouse against illness.

Peppermint: Keep various forms. Can be rubbed on for sore muscles and headaches. Can be rubbed on kids(diluted) feet to help reduce fever and relieve nausea. (a tincture made with peppermint leaf, ginger and fennel can be effective for heartburn, nausea and stomach flu.)



Chamomile: As a tea it is soothing, calming and relaxing. Great for those who have trouble sleeping.

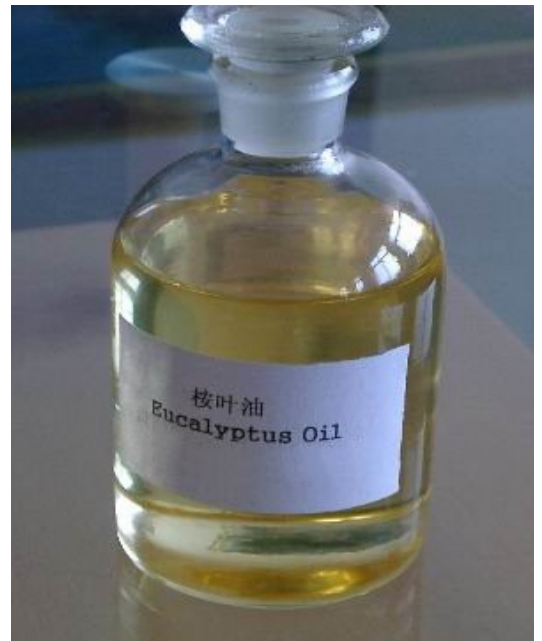
Elderberry: Can be used as a prevention and treatment for the flu. Large doses of this syrup is said to chase away the flu in a day or less.

Lavender: A calming, soothing and relaxing herb. Rubbing the oil on the feet and neck of a sick person can help him sleep better and recover faster.



Eucalyptus: It is great for any kind of coughing illness and is very soothing to the lungs. It can be rubbed on the feet or (diluted) on the chest. A face steam of eucalyptus leaves helps clear the lungs and sinuses, and on the go, a few drops of the essential oil rubbed on the hands and then inhaled helps congestion and cough. Also has antibacterial and antiviral properties.

Sea Salt/Saline Spray: Helps as a decongestant without drugs. It can be sprayed, dropped, or poured (with a Neti pot) into the nose to loosen congestion.



Red Raspberry Leaf: Useful for female problems like PMS, Endometriosis, and cramps.

Ginger: Both capsules and fresh ginger root. Capsules are the most potent natural remedy for stomach difficulties and nausea. Ginger helps heartburn, nausea, indigestion, ulcers, etc.

Zinc: Trace element essential for cells of the immune system.

Magnesium: helps body temperature regulation, detoxification, energy production, and also helps to relax muscles, and supports a healthy immune system

Garlic: Good for upper respiratory, sinus and ear aches. Antiseptic, anti inflammatory, anti bacterial/ fungal/ parasitical/ viral

Echinacea: Helps to increase the immune system

There are a variety of supplements available that can help boost your immune system during this time of year. Congaplex can help with bacterial infections, Immuplex can help with virus based infections and Thymex is used for more acute infections such as fever and ear aches. Also ask about Probiotics and how they can benefit you. Be sure to have Dr. Wills test you for the supplement that would best suit your needs and the needs of your family.



Did you know Chiropractic Boosts Immunity and Prevents Other Conditions?

Scientific research reveals that regularly scheduled chiropractic care may boost the body's immune response. And a powerful immune system is a key component of chiropractic's all-natural approach. A pilot study provided preliminary information regarding chiropractic care and possible links to improved immune status. Chiropractic care also boosted other aspects of health and quality of life. (JVSR 2006 1-6) Another study in 1991 even found that chiropractic adjustments boost levels of polymorphonuclear neutrophils (PMN) and monocytes - white blood cells associated with a healthy immune system (JMPT 1991; 7:399-408.)

(9 reasons to see a Chiropractor) <http://drcaram.com>



Reason #11 for getting a massage...



Massage therapy boosts the immune system by increasing white blood cell activity. White blood cells target and protect the body from infectious agents. Massage increases antibody production as well as reduces the production of pro-inflammatory cytokines that cause inflammation and pain.

[Http://nashvillemassagetherapist.com](http://nashvillemassagetherapist.com)



Thankful Tree

Thanksgiving has always been my favorite holiday. You get to be with family, enjoy a great meal, play a few games and there is no big financial stress. I find myself lingering after the festivities a little longer each year, wishing for the day to last.



Are you looking for a little something to help your one day holiday have a little more meaning?

Here is a quick easy idea where everyone can participate.

A thankful tree. It is a super easy thing to do, only takes a few minutes but can be very thought provoking.



First, go out in the yard and find a fallen branch (not too big) put it in a pot and secure it with dirt or rocks so that it will not fall over. Next cut out leaves with construction paper (can be several colors or different types of leaves) punch a whole in one end and tie a ribbon on it. Put them in a basket next to the "thankful tree" (be sure to put a few pens or markers next to it as well). As family members get there ask them to take a leaf and put something that they are thankful for on it. (if you want you can tell them that they can't use the standard Family, children, health...must come up with something else). Before dinner begins or at the end, you can either have each person read there own leaf and place it on the tree, or you can have them put it on the tree and have one person read them all. It is a nice way to get everyone in the mood for the season. If you try it, let me know how it turns out for you or if you tried a different variation on the idea.

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"Thanksgiving dinners take eighteen hours to prepare. They are consumed in twelve minutes. Half-times take twelve minutes. This is not coincidence."

Erma Bombeck

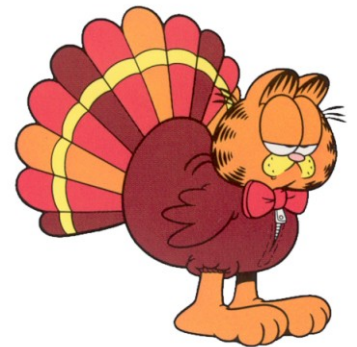


"I celebrated Thanksgiving in an old-fashioned way. I invited everyone in my neighborhood to my house, we had an enormous feast, and then I killed them and took their land."

- Jon Stewart

"On Thanksgiving Day, all over America, families sit down to dinner at the same moment - halftime."

- Author Unknown



If April showers bring May flowers, what do May flowers bring?

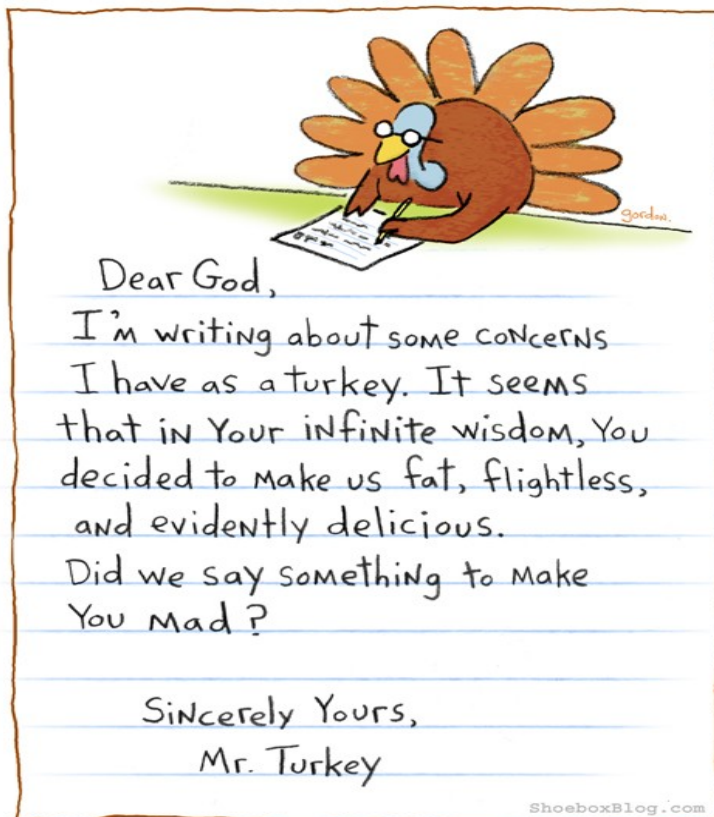
- Pilgrims!

Why can't you take a turkey to church?

- Because they use such FOWL language!

Which side of the turkey has the most feathers?

- The outside!



It was the first time the blonde was eating Thanksgiving dinner without her family. Trying to re-enact the tradition, she prepared a dinner for herself alone. The next day, her mother called to see how everything went. "Oh, mother, I made myself a lovely dinner, but I had so much trouble trying to eat the turkey!" said the daughter. "Did it not taste good?" her mother asked. "I don't know," the blonde said, "It wouldn't sit still!"

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