

November E-News 2010

Wills Family Chiropractic

Here at Wills Family Chiropractic we want to wish you a joyous and happy season as you spend time reflecting on all the things you are grateful for. We are truly blessed by all of you for your faithfulness to well being and healthy living. We hope you indulge in the spirit of generosity and smother yourself in the company of friends and family.



Announcing our November E-Birthday list !

**Look for your special
Birthday coupon via-email.
Print and bring your coupon to
your next visit for your
free complementary adjustment
Your Birthday coupon is good for 30days only**

Along with the changing of the leaves, back to school and with the Holidays right around the corner there is stress, sniffles and germs that we and our children love to share with one another. Seeking regular Chiropractic care, getting plenty of rest and enhancing our diet with a few choice supplements will help to keep your immune system at its best.



Another way to help relive that nagging stress is with a relaxing massage by our very own massage therapist Daisy! Melt away your tension. Call today and set up an appointment.

***(Watch for specials and coupons)**



A Stress-Free Holiday

The Holiday season is upon us once again and it brings the usual family get-togethers, parties and shopping. Wouldn't it be great if all that fun could come without the stress that usually goes with it?

Your Family Wellness Chiropractor is one of the few healthcare professionals in your life that recognizes that stress has internal implications. Stress affects your spine by causing the muscles in your neck, shoulders and back to contract. Under this pressure, the interference to your spinal nerves may cause additional health issues affecting your overall quality of life. It may seem unlikely, but it really is possible to enjoy a stress-free holiday.

Stress Free Living

There never seems to be enough time in the day but there are certain things for which you just have to make the time. If you want to avoid some common holiday pitfalls, consider the following:

- * Relax and Rejuvenate- Pick one day a week to have Holiday Movie Night and spend time with your family watching the classics: "Miracle on 34th Street", "It's a Wonderful Life", "The Santa Clause", etc.*
- * Get your Holiday cards out early- begin carrying a box of Christmas cards with you today. Time spent waiting can be an opportunity to jot personal notes to friends and family.*
- * Don't forget routine exercise- it's really easy to say, "I'll get back to it after the first of the year but the year goes fast. Whatever you're doing now you should keep doing through the holidays and, if you don't have a routine, now's a great time to start. Just walking ten minutes a day can increase your health and wellness while giving you ten minutes to plan your schedule or menu for the day.*
- * Don't forget your adjustments- keeping your appointments will mean that your body will be functioning at it's best this holiday season.*

In Summary

The holidays don't have to be spent over-stimulated and stressed out. With just a few minor changes to your regular routine, you too can have a stress-free holiday season!

The Wellness Family 2008