

# From Feeling Sick to Feeling the Love

The flu, colds, stomach bugs, we've seen it all this year and yet some people seem to never get sick. How is that possible? What are these people doing and how can we jump on that band wagon? The key to strengthening your immune system and staying healthy is to take the time to take care of you; prioritize your health and happiness. The answer is show yourself a little love. Most of these tips and tricks are ones you've heard before but this is a loving reminder to implement them.

**Drink More Water:** How much water is the right amount of water? Take your weight, divide it by 2, that number in ounces is the amount of what you should be drinking. Get yourself a beautiful bottle, use a crazy straw, whatever you have to do to inspire yourself to continue to drink to flush those toxins out and to supply the cells of your immune system with the oxygen they need to function.



**Good Fuel:** You are what you eat, don't forget to eat! Your immune system can't function optimally if you're not providing it with the energy it needs to keep going. Make sure you are eating regular meals that include healthy, nutrient-dense, unprocessed, low-sugar sources of carbs, proteins, and fats.

**Move It or Lose It:** Walk, swim, practice yoga; all of these are amazing options to keep you moving and keep you healthy. Movement is a sign of life! The stretching and contraction of muscle can cause the lymphatic system to drain which allows for the lymph, a liquid rich in immune cells, to course through the body.

Be Well Adjusted: Both inside and out! Take time to do things that make you happy, that will support your overall health and well being. Make time to see your chiropractor and get your spine checked; having a nervous system free of interference can allow your immune system to respond as quickly and optimally as possible to any little invaders.

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## 3 New Years Resolutions to Keep You & Your Spine Healthy

1) **Laugh & Give More Hugs:** Laughter and big hugs really are the best medicine! Both a giggle session and long embrace cause a release of a flush of endorphins to flood our bodies and leave us feeling happier. Amazingly, endorphins act similarly to morphine in the brain helping reduce our perception of pain. Make sure to give and get 365 days of laughter and love!



2) **Get Moving:** Ahh... the tried and true New Year's Resolution, exercise. We're not suggesting aiming for that perfect summer six pack, start with taking a 30 minute walk every day! Studies show that walking is one of the healthiest methods of exercise. Walking supports spinal health by building the

muscles around the spine, increasing circulation of both blood and cerebrospinal fluid bringing nutrition to the spine, increasing flexibility and supporting good posture.

3) **Visit Your Chiropractor:** Regular chiropractic adjustments are vital for keeping your spine and nervous system healthy. A chiropractor is a spinal specialist, their job is to remove interference impeding the nervous system from functioning optimally. Regular chiropractic adjustments not only can reduce our aches and pains but work to support our bodies on a higher level. Studies show that regular chiropractic adjustments can reduce the release of cortisol, a stress hormone, and support our immune system, improving levels of infection fighting antibodies.

May 2018 be a year full of laughter, love, adventure and vitality!

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## **3 Reasons to Visit WFC This Holiday Season**

1) **Stress:** Though we love the holidays we know that they often incite some stress whether physical, emotional, or mental. When we get stressed our bodies respond by tensing up, causing neck and back pain, and by releasing adrenaline which puts us into fight or flight mode and drains us of energy. Chiropractic care will allow your body to adapt to the stresses of the season optimally.



2) **Self Care:** During the holiday season we do so much for everyone else and move at a pace that is far too quick. Taking the time to come see your chiropractor doesn't just give you some "me"-time but allows your body and brain to communicate optimally to re-act to the stressors you encounter and allows you to experience the joy and beauty of the holiday season to the fullest.

3) **Good Deals & Good Deeds:** As a way of giving back we are offering new patient appointments at a reduced fee. Consider giving the gift of a chiropractic evaluation to family members and friends for \$50 instead of the full fee of \$225. ALL the proceeds will be donated to the Ignatian Spirituality Project-Boston, a non-profit organization that strives to end homelessness by connecting people to their spirituality. We will also be collecting items to donate to be handed out to the homeless community they serve. More information about ISP and our donation drive is included below.

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## **Colds & the Flu: Our Bodies Adapting to Winter**

The temperature is dropping and we're all feeling the effects of this chilly, winter air moving in. The days are getting shorter and our body is making some physiological changes to

prepare us for winter. Trees prepare for winter by shedding their leaves to conserve water and energy and store nutrients in their roots. Our bodies also prepare for winter by going through a period of shedding and conservation which we usually experience as colds or the flu.

We have been taught that having a runny nose, a cough or an upset stomach means we are sick.

Our bodies are brilliant and are doing this for a reason! The sniffles and cough we are experiencing are our lungs and respiratory system clearing themselves out. The cravings we are having is an instinct to get



nutrition we to conserve before winter begins. The most important thing is to allow our body to express these natural transitions and to allow our body to work through them.

To allow these transitions to occur optimally, it is important to have healthy nerve supply to all the organs and tissues of the body. The nerve system controls all function in the body, even the immune system. Regular chiropractic adjustments support healthy nerve supply, interference free communication between the body and the brain and the immune system. If you're struggling with a cold or seasonal aches and pains remember your body is brilliant and is preparing you for the season ahead!

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## 3 Reasons to Get Your Child's

# Spine Checked

**Increased Immunity:** Colds, flu, and allergies oh my! From school year germs to seasonal allergies; from the weather getting chillier to less fresh air in our homes, we want to protect ourselves and our children from getting sick. Regular chiropractic adjustments are an amazing way to support and strengthen our immune system. The nervous system is the master control system of the body, it monitors what is happening in the body and tells the body what to do, thus it is vital that the brain and the nervous system can control the immune system. This can give your body the best chance to deal with viruses, bacteria or allergens. Chiropractors are doctors specifically trained to remove interference to the nervous system. These interferences are called subluxations. Not only can regular chiropractic adjustments allow the two systems to communicate more optimally but studies show that regular chiropractic adjustments can cause an increase in one's white blood cell count. White blood cells are the cells of the immune system that protect that body from infectious disease and foreign invaders. Give yourself and your kids the best chance to get through cold and flu season unscathed by getting your spine checked by your chiropractor.



## **Decreased Injury:**

Sports and playground falls, injuries happen! But did you know that regular chiropractic care can help decrease the incidence



and intensity of injuries? Regular chiropractic adjustments can not only reduce injury by increasing flexibility, strength, balance and coordination. It also allows for quicker healing times if an injury does occur. It is even

more important for young athletes to get checked since they are more prone to injury due to inexperience and limited coordination. Did you know that experts estimate that 90% of world class athletes have received chiropractic care? To quote Tom Brady, "As long as I see the chiropractor, I'm one step ahead of the game!".

**Strong Start to Life:** Most of us experience our first subluxation during the birthing process. It is vital that we all correct subluxations with regular chiropractic adjustments to remove any interference in the communication between the brain and the body. Removing this interference allows our bodies to grow and adapt optimally. It is therefore a great idea to get a baby checked as soon as possible to support their healthy growth and function. In our office we frequently see infants as young as 1 day old! We have experienced that infants that get adjusted experience a decrease in symptoms of colic, are more in alignment, and sleep more soundly. Adjusting subluxations in an infant is extremely gentle. Many babies sleep through the process of getting checked and adjusted.



# Back to School, Not Back to Stress

Can you believe it? It's back to school time already! Time to get backpacks and lunches packed, drive to soccer practices, and make sure everyone is settled back into their schedules. All of this can be stressful but here's why we need to hang out to that summer zen.



Stress is incredibly hard on our bodies. When we are stressed our bodies switch into a sympathetic response or what many refer to as “fight or flight” mode. In a sympathetic response, our blood pressure and heart rate increase, our breathing becomes shallower, muscles become tense to get us ready for action and all of our body's other processes that aren't immediately needed for escape (i.e. digestion, sleep, relaxation) are shut off. Our body's response is innate and absolutely brilliant if we are in a life or death situation such as being chased by saber-toothed tiger, fortunately we don't live in a world where we are incessantly being chased by predators. Yet many of us get stuck in this “fight of flight” mode which inhibits of our body to sleep restfully, digest properly, or simply to be able to relax.

That's great to know but you know what would be better to know? How we can get out of fight of flight mode! Many studies have shown that a chiropractic adjustment can bring ease to the nerve system and allow us to move out of a sympathetic state when our life is not threatened. Many patients experience the flush of relaxation and relief after a chiropractic adjustment. During this hectic, but exciting time of year, take moment to get an adjustment and take a deep breath.

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## Get Some Sleep on a Back-Friendly Mattress

When was the last time you purchased a new mattress? Did you know it is recommended that we replace our mattresses every 7 to 10 years? Some mattresses need to be changed even more frequently.



*How do you know if you need to change your mattress?*

We use a very fancy method of determining that called the "squishability test". First go to the corner of your bed where you rarely sit or sleep and bounce, notice the firmness of the

area. Now go sit on the part of your bed where you regularly sleep and bounce. If you notice any difference in 'squishiness' it is time for a new mattress.

*Your next question would be which mattress is the best?*

There are an overwhelming amount of options out there! Ultimately most of the selection process is up to personal preference but the key is that there is uniformity of support throughout the mattress; wherever you sit or lay on the mattress each part of our body should feel equally supported. We do recommend staying away from pillow tops as they do tend to upset the sleep system. If you are experiencing acute back pain it's best to stay away from water beds or air mattresses.

As we've heard an infinite amount of times; we spend one third of our lives sleeping. If that's the case, at least in our humble opinion, we better make the best of it!

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## 3 Ways to Support Your Chiropractic Care

**Nutrient Dense Foods:** One of the greatest ways to support your chiropractic care is to fuel your body properly. That means eating lots of foods that are high in vitamins, minerals and nutrients. Eating less sugar, decreasing your intake of



processed foods and cutting out foods that are just empty calories will give your body an incredible jump-start to functioning optimally. Sugars and processed foods increase

inflammation throughout the body while healthy, nutrient rich foods support the body in its efforts to repair muscle, balance fluid, maintain organs, and support nerve health. And remember to drink lots of water as well; you should intake at least half of your body weight in ounces each day!



**Sleep:** Chiropractic care and sleep are very interconnected. While sleep is pivotal in allowing the body the time it needs to repair and restore itself, many people struggle with sleeping or staying asleep. Chiropractic adjustments remove

the pressure on the nerves and allow good nerve energy to flow throughout the body that many people report relieves their pain and increases feelings of relaxation that allow them to sleep better. In turn, regular sleep patterns and a good night's sleep allow your body to experience and respond to the benefits of your chiropractic adjustments more fully. You may wonder how many hours of sleep is the ideal, the reality is that number is as unique as you are! Some people find 8 hours perfect, some need 9-10, while other only need 5-6 hours to feel rested and rejuvenated.

**Movement:** Chiropractic adjustments help support the health and well-being of your muscles and bones and can increase your body's range of motion which is so important in being able to succeed at whatever exercise you may be practicing. We have had patients mention that they feel stronger at the gym or that their golf swing has improved. There are three types of exercises: strengthening, cardio, and flexibility. We suggest you do a combination of all three but start with you one that

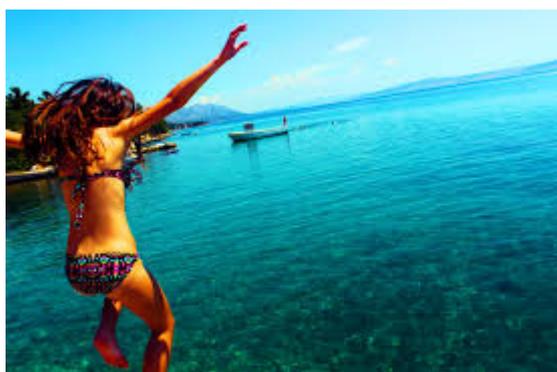


you love! We provide exercises for you at our Self Care Workshops. These exercises are not only taught to you to improve function in the areas of your body that may be troubling you but are intended to encourage you to be more active and gain confidence in your body which will empower you to live a vital, active lifestyle!

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## Get More Out of Your Summer with Chiropractic Care

Summer is here! As New Englanders, we know that there aren't enough warm months in the year to pack in all the fun we want to have in during this beautiful weather. Hiking, running, golfing, swimming, gardening; there are so many awesome ways to celebrate summer and regular chiropractic care can help us live it to the fullest!



Whether you're running that triathlon or working on your golf swing, chiropractic care is known to increase your athletic ability. Healthy nerve function and good nerve energy supported by chiropractic adjustments are pivotal in maintaining your

body and getting it sport-ready. Studies have found that beyond improving overall health, regular adjustments can increase mobility, strength and may decrease the severity of some athletic injuries.

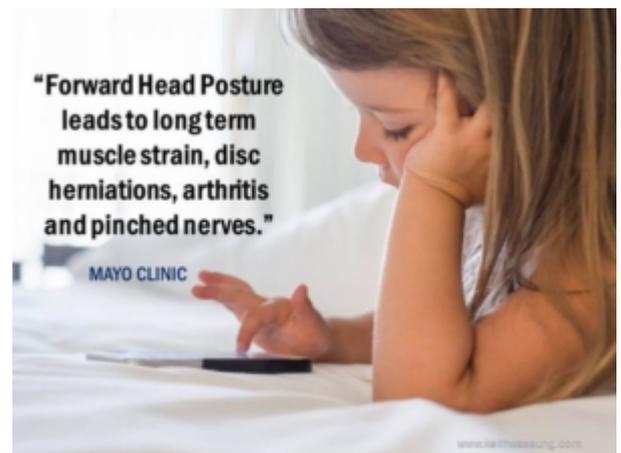
The first step to making your summer the best yet is a visit to your chiropractor. Let's make sure your body is functioning

optimally so you can maximize your summer fun!

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## Get A-head of 'Tech Neck'

Our phones, tablets, and computers are incredible tools that make our lives easier, more productive, and help us connect to people and information worldwide! Technology has become an integral part of our daily lives but a side effect of these amazing tools is that we spend all day bent over them and it's taking a huge toll on our bodies. Every time we bend over our phones we are adding 40-60 pounds of extra force on our spines!



Our necks have a natural, healthy C-curve that allows our head to sit directly above our shoulders which is important in helping our neck bear the weight of our head. With the increased use of technology in our everyday lives we are constantly looking down and bent over. Over time this causes the neck to lose its natural shape, our head to shift forward beyond our shoulders and we start to see a condition known as 'Forward Head Posture'.

Forward head posture dramatically increases the strain on our necks and upper back that can contribute to chronic problems such as headaches, TMJ, pinched nerves, muscle pain, fibromyalgia, arthritis and early degeneration. Twenty years ago we rarely saw cases like these and today we are surprised when a new person comes in with a healthy C-curve in their neck. So what can we do to help ourselves and make sure our children don't develop Forward Head Posture?

Don't worry the answer isn't to throw your phone out the window! First and foremost make sure you are getting regular adjustments with your chiropractor. This is an integral part of maintaining the curves in our neck while we continue to use the technology that has become such a major part of our lives. If you've never been checked by a chiropractor before, get checked! We have technology that will evaluate your posture and educate you about your spine. Do try to limit your screen time to 20-30 intervals with walking and stretching breaks in between. Make sure you're children's backpacks are properly on their backs and don't wait more than 15% of your child's weight.

With this knowledge and these tips in mind we can continue to enjoy our technology while also maintaining a healthy spine!