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W.O.W.

Way Of Wellness Newsletter

Travel with Ease: Vacation Safety Tips

It's summer! Time to enjoy the warm weather, the cool water, and the well-deserved vacations! Unfortunately, vacation planning isn't all fun and games. Use this checklist to ensure your summer travels are worry-free:

Vacation Packing:

- Make a list of what you need to pack several days in advance.
- Don't wait until the last minute to pack—you are more likely to forget things. Who needs that stress?
- Prepare nutritious, low-maintenance snacks for the trip (i.e.: bottled water, juices, grapes, dry cereal, cheese sticks, etc.).
- Freeze some of your beverages to use as 'ice' in your snack cooler. They'll keep everything cold and be ready to drink for later!

Vehicle Preparation:

- Check your vehicle and have it serviced before any long trip (battery, tires, brakes, etc.).
- Pack an emergency kit that includes water, jumper cables, flares, a flashlight, equipment to change a flat tire, and a first-aid kit.
- Are your child safety/booster seats properly installed?

Visit your Chiropractor:

- Visit your D.C. to ensure your body is ready for all your vacation adventures.
- Request the name of a D.C. near your destination, just in case, especially if you will be gone for an extended period of time.

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Celebrating Our Freedom of Choice: Natural Health Care for Your Family

We are a nation of opportunities, freedom, and choices - and holistic healthcare, in its many forms, is on the rise.

While medical advances are happening daily, we find ourselves surrounded by more illness and chronic disease than ever before. How can this be happening in

the most medicated country in the world?

It's true, the U.S. Centers for Disease Control and Prevention indicates that about 130 million Americans swallow, inject, inhale, infuse, spray, and rub on prescribed medication every month. Americans buy much more medicine per person than any other country.

Rising ranks of doctors, researchers and public health experts are saying that America is overmedicating itself, buying and taking far too much medicine, too readily and carelessly. And there's more; skyrocketing costs are making traditional health care less affordable; the side effects associated with many commonly prescribed medications are often worse than the symptoms they were designed to treat; surgery has become commonplace.

It's time to ask, is this what optimal health is all about? Maybe if we shifted our focus from treating the symptoms to correcting the cause we would be a healthier nation?

This is one reason why millions of families are turning to chiropractic as a safe, natural and affordable form of health care. Chiropractic is designed to remove any interference from the nervous system that may be keeping your body from functioning at its peak. Although chiropractic is effective in improving many conditions, it does not 'treat' any symptoms. A chiropractic adjustment simply allows the nervous system to function without interference, eliminating symptoms through the power of the body. As a result, your symptoms are less likely to return because the cause of the symptom has been removed. *Regular* chiropractic adjustments are one key to overall wellness. They can benefit the body by actually restoring and building optimal health!

It's no wonder that chiropractic is quickly becoming the number one natural health care choice for families around the world.

Your nervous system is the more important system of the body. Without it, your body could not function. Share the importance of nerve system health with your friends and colleagues through the Half Hour to Health educational workshop. Presented to local companies and organizations free of charge, this fun and interactive presentation focuses on the power of the body to heal and maintain health. Contact our office today to schedule a workshop date.