

Family Care Chiropractic

Your Health Matters by Dr. Sandy

NEW

...your family's answer to better health!

Success Story

"Now, I Feel Like Living!"



I had suffered with pain for about fifteen years and it was getting worse. My pain was so bad that I could no longer do any daily activities and I would cry and beg someone to help me. My daughter had very good results seeing Dr. Sandy and I know that my husband and I would benefit as well. I booked an appointment and Dr. Sandy did a thorough exam and xrays on me and found that the bones in my spine were squeezing the spinal cord and nerves. He set up a program for me to come and have my spine adjusted, as well as giving me exercises to do. He said there is hope and he will help to heal my body. **After my adjustments, I feel really good!** I am starting to feel better. I went tobogganing with my two grandsons. I played volleyball for an hour, and **I am enjoying life better because it doesn't hurt anymore.** Thanks to Dr. Sandy and his chiropractic adjustments for taking the pain away and for giving me hope. You know how I was for many years, **now, I feel better and I feel like living!**

Lorraine



Dr. Sandy's Health Tip

Your nervous system controls everything in your body, even your heart. Your heart beats approximately 66 times per minute, which adds up to 3960 times each hour, 95,040 times in a day, 34,689,600 times per year. The proper healthy control and regulation of all of your organ systems, including your heart, is dependent on the clear transmission of signals from your brain to heart and every cell along the way. Subtle **misalignments** of the spine surrounding the spinal cord and nerves can cause interference and have disastrous affects on your health. Doctors of Chiropractic are specialists in detecting and correcting the cause of this interference.

A study published in the online **Journal of Human Hypertension** looked at the effectiveness of chiropractic adjustments in reducing blood pressure in hypertensive patients. Not only did the patients blood pressure drop, but the researchers were **"shocked to find out that they got more than double what they expected in blood pressure reduction!"** Patients who received the chiropractic adjustments in the study did not need to resume taking blood pressure medicine as the effect lasted for months.



Who do you know that would benefit from chiropractic adjustments?

During this Valentine's month, have a heart and share this hope with a friend or loved one. Forward this e-mail to friend or click here to view our Valentine's Special.

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Got a Question? E-mail me!
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