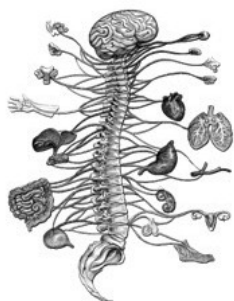


HEALTHY LIVING THROUGH CHIROPRACTIC

MAY 2009

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The illustration to the left is of the most complicated wiring system in the universe – your nerves. The nerve cells in your brain have long wire-like extensions that join together like a big bundle of billions of nerve fibers. This bundle

forms your spinal cord. It exits from your skull through a big hole in the bottom of your head called the foramen magnum (Latin for “big hole”).

That is how your body communicates. Without nerve communication your body would stop working properly. If your spinal bones (vertebrae) are slightly out of place you have a spinal misalignment. A spinal

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Hi, my name is Brett. I had been suffering from back pain and right leg numbness for several years. I have to admit, I was scared of chiropractic. Dr. Roediger took the time to explain the treatment plan my body needed and actually asked,

“Will you let me help you?” That spoke volumes to me as I was used to hearing “Here’s what you need to do, now get on the table.” After the first week of treatments, I noticed, as did my family, that I could

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misalignment could interfere with the function of millions and billions of nerves going from your brain down your spine and to all parts of the body.

Since spinal misalignments can affect anyone – newborns and infants, school children, adults and the elderly – it is essential that all people get themselves checked for this health damaging condition.

That’s why we recommend you bring in your loved ones and friends for care. It might make the difference between thriving or just surviving.

move easier and without pain. I was also less grumpy as I no longer had to cope with the constant pain. The activator is just amazing! Nowadays, the limp I once had is gone and I have feeling in my leg. That’s big!

I feel like family when I come into the office. I am always greeted by name and the staff takes the time to get to know you. In the beginning, my friends and family all exclaimed, “Don’t go to a chiropractor.” Well, I am confident that we proved them wrong!



There are many studies showing the benefits of chiropractic for migraine sufferers. For example, in one study chiropractic care resulted in a reduction of 90% of migraine episodes with the length of each migraine reduced by 38%. In addition, medication use dropped 94% and other

symptoms associated with migraine such as nausea, vomiting, photophobia and phonophobia (light and sound sensitivity) were reduced. (1)

In another study, a 28-year-old woman with 15 years of severe migraines, irregular menstrual cycles and inability to conceive began chiropractic care. Within two months the migraines completely ceased. A regular menstrual cycle began 7 weeks into care and within 6 months she became pregnant. (2)

A ten-year-old girl was unable to go to school due to her six times a week migraines. Three years of medical care afforded no relief.

After five chiropractic adjustments she was migraine-free. (3)

Anyone suffering from headaches of any type would do well to see their chiropractor to ensure that they are free of spinal misalignments. If there are spinal misalignments, no amount of drugs will correct them — a chiropractic adjustment is essential.

1. Tuchin PJ. A case series of migraine changes following a manipulative therapy trial. *Australasian Chiropractic & Osteopathy*. 1997;66(3):85-91.
2. Vilan R. The role of chiropractic care in the resolution of migraine headaches and infertility. *Journal of Clinical Chiropractic Pediatrics*. 2004;6(1):338-341.
3. Bofshever H. Encephalgia/migraine. *ICPA Newsletter*. Jan/Feb 2000.

“To keep the body in good health is a duty...
Otherwise we shall not be
able to keep our mind clear.”

Buddha



Jerry Rice, a 13-time Pro Bowl football player who owns 38 career records and three Super Bowl rings and is a "Dancing with the Stars" celebrity, shares his positive experiences with chiropractic care: "Professional football is a very rough and vigorous sport, and I attribute my longevity and durability to a

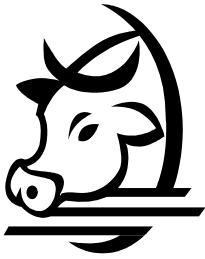
vigorous exercise program and chiropractic adjustments. Chiropractic gave me the edge to succeed, not only on the gridiron but also on the dance floor," says Rice.

He continues to rely upon chiropractic adjustments to keep him healthy and active. "I did a lot of things to stay in the game, but regular visits to my chiropractor were among the most important." (4)

4 <http://www.chiropracticfirst.ca/newsletters/0902-1/full-1.html>



Look for the Roediger Chiropractic Group online for helpful information on chiropractic care and healthy living, as well as what's new at Roediger Chiropractic.



Roediger Chiropractic will be having its Chiropractic Opportunity Week May 18 - 22, 2009. This is a great opportunity for prospective patients to see if Chiropractic care can help them. During this week new patients will receive a complimentary new patient exam, including a consultation with Dr. Roediger, SEMG scan and X-rays. This is a \$57.00 savings! So go ahead and get "mooving"... call us today to schedule your appointment.



There's still time to join us on the Roediger Chiropractic Ultimate Weight Loss Challenge. This free program is being offered to anyone who would like to make a change (whether you are a patient or not) and runs to the end of June 2009. We will help you along the way with recipes, tips and exercises tailored especially for your needs.

Here is a sample tip and healthy snack idea from our program:

EAT FRESH VEGETABLES INSTEAD OF CANNED AND STEAM, SAUTÉ OR BAKE. DON'T BOIL.

Why? Fresh vegetables are rich in nutrients and vitamins. Boiling vegetables cooks out those nutrients.

When you sauté or bake the vegetables use olive oil instead of butter to keep down the fat. Canned vegetables have already been so processed that most of the vitamins and nutrients are no longer existent.

Healthy Snack Idea: 1 piece of low fat string cheese with 4 whole- grain crackers

We currently have twenty-two patients enrolled and we're seeing great changes in all of them. This isn't a diet plan... it's the support you need to make the change. Call Mary or Paula today for more information!



WELCOME to all of our new patients and thank you to those who referred family and friends. Your referrals are the greatest compliment we can receive.

HAPPY BIRTHDAY to our patients celebrating birthdays in the upcoming summer months. We wish you a year full of health and happiness.

CONGRATULATIONS to Lydiann M., who was "Pumped Up" as our exercise ball giveaway winner in March!

FYI – Our office will be closed Monday, May 25, Friday, June 5 and Wednesday through Friday, July 15 – 17.



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A Message from Dr. Roediger

Dear Friends,

Two weeks ago I heard on the "Today Show" that a CEO of a major corporation said "people today cannot afford to go to the doctor, but they also can't afford to get sick." I especially agree with the second part of that statement. Preventing or treating a problem at the sign of minor symptoms can usually head off bigger problems and pains down the road. Take advantage of the C.O.W. and see if that minor ache or pain (or major ache and pain) can be helped by chiropractic adjustments.

Take care and God bless,

Dr. Roediger

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