

HAVING **SUBLUXATIONS** IS LIKE HAVING POOR CELL PHONE RECEPTION BETWEEN YOUR **BRAIN & BODY**

SUBLUXATED      UNSUBLUXATED

NO SERVICE

# Healing Hands Chiropractic, PC

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July, August and September 2017

I have heard your prayers. I have seen your tears. I will heal you. 2 Kings 20:5

**CELEBRATE  
THE FOUNDER  
OF CHIROPRACTIC  
SEPT. 18**



This year marks 120 years since chiropractic was founded! Traditionally, Founder's Day is celebrated on Sept. 18, the date which is on or near the anniversary of the first chiropractic adjustment by D.D. Palmer in Daven-

## CHRISTMAS IN JULY

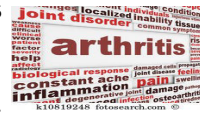
For any patient who needs updated x-rays, we are offering a great deal to allow you to get updated films as well as bless a child. For \$40 you can purchase a box to fill for a child in need around the world. You fill the box with items and bring it back to us, and in turn you will receive your next set of x-rays. If you are interested, talk with one of the Doctors about renewing your x-rays today.

## Don't Suffer Needlessly...

Arthritis, or osteoarthritis or degenerative joint disease, is the degeneration of a joint. Any joint in the body will degenerate if it is misaligned or not moving properly. This means that any joint in your body that does not function or move properly can degenerate.

Chiropractic is very effective at alleviating pain when someone has osteoarthritis. Secondly, and more importantly, chiropractic care is effective at maintaining the joints functioning properly so we stop the degeneration, and in some cases reverse the degeneration.

If you or someone you know is dealing with osteoarthritis, they should seriously consider how much chiropractic care can help them with their arthritis pain, as well as restoring function and proper movement to the joints in their body. Chiropractic care will make a difference. Call to make your appointment today! [Kempsvillechiro.com](http://Kempsvillechiro.com)



Congratulations to Kay H. for winning the candy jar! There were 95 bars in the jar and the Vertebra that helps maintain varicose veins is: L2.

## Help us Feed the Children...

The backpack food program serves the neediest children at Showell Elementary School. Each week during the school year, these children receive a bag of food to help them get through the weekend. Some items wanted for donations are: **Granola bars, applesauce cups, fruit cups, oatmeal, peanut butter crackers, tuna lunch kits, mac & cheese, ravioli, spaghetti, soup, pudding cups and fruit bars.** Healing Hands will gladly accept any donations to pass along through the month of August.



## Success

Having suffered for years from arthritis pain, I was at wits end with a pinched nerve in my neck that was causing me such severe pain I was limited to just finding a position to get into that would give me a little relief. I knew my MD would prescribe pain meds and probably give me a referral to a spine surgeon, so I tried a Chiropractor for the first time. After just three weeks of adjustments my pain level dropped significantly and now after seven weeks of treatment the original neck and shoulder pain that I came in with is "GONE"! But, the most pleasing part of my experience so far is not just with the relief of my neck and shoulder pain, it is how wonderful I feel overall. This is the best I have felt in years, a place I thought I would never get to again. Thank You!...Phil C.



**Did you know.... It takes 12 honeybees to produce one tablespoon of honey. Honey is the only edible food for humans that won't**



### Thank You for your referral!

- |          |            |            |
|----------|------------|------------|
| Lee M.   | Debra M.   | John S.    |
| Vera G.  | Carol W.   | Brenda D.  |
| Todd M.  | Pat D.     | Shannon F. |
| Donna L. | Sidney K.  | Erica S.   |
| Kim T.   | Matt G.    | Lora C.    |
| Sue B.   | Candice G. | Robert G.  |
|          | Fran M.    | Sara L.    |
|          | Bill M.    | Gabby C.   |



## Chiropractic Care is Shown to Ease the Life of Autistic Children



For the millions of American children diagnosed with autism spectrum disorder (ASD) each year, the road to managing the illness is difficult for both the patients and their families.. In a recent case study, chiropractic was tested as a treatment for children with ASD.

The study, recently published in the *Annals of Vertebral Subluxation Research*, focused on a three year old child recently diagnosed with ASD. The child suffered from delayed motor, cognitive, and speech skills and also suffered from frequent headaches, vomiting, and insomnia. During the study, the child received subluxation-based specific chiropractic care to assess the benefits the treatment would supply. After one month of treatment, the child appeared to have reduced headaches, vomiting, and insomnia. Her autism-related issues also appeared to improve, including her eye contact, attitude, and language development.

Dr. Matthew McCoy, who published the study, praised the results as one step forward in adding chiropractic care to the wellness plans of children with ASD. He echoed past sentiments regarding the efficacy of spinal adjustments on other parts of the body, often known for treating common illness in kids such as asthma and ear infection. The authors of the study believe that a multidisciplinary approach is vital in the successful treatment of ASD.

"We believe that working together, chiropractors, MDs, occupational therapists, and other health care provides will see results by managing the root cause(s)

## Lower Cholesterol Naturally with Chiropractic Care



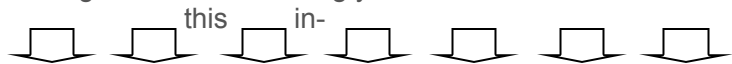
As wellness experts, we hear the following statement a lot: "I have high cholesterol. I don't like medicine but I'm afraid that if I don't take it, I'll have a heart attack one day." Good news, you do not need to live in fear!

Statins, the common cholesterol-lowering medication, tries to "fix" the problem by stopping the body from making cholesterol. But the cause of high cholesterol is rarely an overproduction. The cause is the body's inability to get rid of excess unhealthy cholesterol. What does this mean? Medication covers the problem, but does not really fix it.

### The spine?? What does THAT have to do with it? Everything!!!!

The spine and its effects on cholesterol. Healthy cholesterol levels depend upon your liver. The liver knows what to do, because of the nerves controlling it, and these nerves come from the spine. If the spine is misaligned, the nerves do NOT work as they should. The result? The liver can't do its job very well! This means that even if you eat well, exercise and so on, spinal misalignments put your cholesterol levels at risk.

Book an appointment today to determine whether spinal misalignments are affecting your cholesterol levels. Share



formation with your family and friends! [www.aboutrealhealth.com](http://www.aboutrealhealth.com)

### HOW CAN CHOLESTEROL BE LOWERED NATURALLY?



# HAHAHAHA!!

Why don't oysters share their pearls?

Because they're shellfish!

## Stay hydrated and eat healthy

