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Before receiving chiropractic care I had migraines daily. I was not able to carry out my daily activities. For fear of the unknown I did not seek medical treatment and I self-medicated with Aleve, Excedrin Migraine, Extra Strength Tylenol, hot/cold compresses to head, heat pads, hot showers and baths.

Chiropractic care had been recommended for my headaches but I was afraid I would get hurt and / or headaches would get worse with treatment. As a last resort I made an appointment with Dr. Katie. My awareness has expanded. I wished I had come sooner - - No more

Headaches!!! I am not afraid of chiropractic anymore and I recommend it to everyone no matter what their ailment.

Finally I feel like I can live my life to the fullest as I am pain-free. Thank you!

- Sara Beth Foti



*Have you had your feet scanned?
Ask Dr. Katie or Mary to scan
your feet during your next visit.*

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Test Your Knowledge About the Common Cold

The average American gets more than 100 colds in his / her lifetime. How much do you really know about the common cold? Take this quiz to find out.

1. True or False? Colds are mainly spread by coughs & sneezes? False. The viruses that cause colds usually are spread by hand-to-hand, hand-to-nose or hand-to-object contact. The rhinovirus, the most common cold virus, flourishes in mucous membranes. Someone inflected with the virus rubs his nose or eyes, picking up the virus on his fingers. He then touches you or deposits the virus on another surface (door knob, telephone, etc...). The virus can survive 24 to 48 hours, so it can be readily picked up by the next person who comes along.
2. True or False? Stress increases the likelihood of getting a cold. False. There are theoretical reasons to think that emotional stress could increase the risk of getting a cold, but it has never been shown conclusively. Studies have shown that chronic stress decreases the immune system's ability to suppress infections. But stress is ubiquitous -- nearly everyone reports having stress in the days or weeks before a survey -- so it's difficult to link it with illness.
3. True or False? We get fewer colds as we get older. True. There are approximately 200 different viruses that cause colds. Each time your immune system is exposed to one of these viruses, it develops antibodies that make you immune to that particular strain. By the time you reach your 60s or 70s and have a lifetime of cold behind you, you have developed immunity to many -- but not all -- of the circulating cold viruses.
4. True or False? Hot tea eases cold symptoms. True. Black & Green Tea both contain theophylline, a mild bronchodilator. Drinking tea when you have a cold may open the airways and make breathing easier. The heat & steam from the liquid also thin mucus and ease congestion. Chicken soup also is a traditional remedy for colds -- but don't expect too much. Though it provides fluids and the steam eases congestion, chicken soup cannot cure a cold, despite what people may think.
5. True or False? People with colds are highly contagious before they experience symptoms. True. You're most contagious in the 24 hours before the symptoms start. You may feel healthy, but the virus is incubating and spreading. Colds often are transmitted during this period because people who are infected aren't yet staying home -- and other people aren't avoiding them the way they would someone who is coughing or sneezing.

Want to learn more about the common cold? Check out "The World's Greatest Treasury of Healthy Secrets" by Bottom Line Publications.

Vertigo, Migraines and Neck Pain Helped with Chiropractic - A Case Study

A research case study published on September 29, 2010 in the Journal of Pediatric, Maternal & Family Health, documented the case of a young boy being helped with dizziness, chronic neck pain and migraines. In this case a twelve year old boy with a long history of routine, recurrent dizziness, chronic neck pain and migraines was brought by his mother to the chiropractor for care.

The history showed that this boy's dizziness started when he was 3-years old and had been getting progressively worse in intensity and recurrence. The boy's dizziness would occur every 3 months and was predictable to within 1-2 days. His neck pain and headaches began when he was 8 years old and would occur 2 to 3 times per week.

His problems were having a profound effect on his life. Since beginning school at age 5 he had consistently missed between half and two-thirds of his scheduled school days. The study noted that when he was not having these attacks he was a happy, positive boy who enjoyed what little school he did get to attend.

The boy had been previously seen by numerous medical professionals including a general practitioner, an otolaryngologist, a neurologist, a pediatric neurologist, and a senior medical lecturer. He had received a variety of diagnoses mainly consisting of various forms of vertigo and headaches. Finally, he was brought to a chiropractor.

After examination, chiropractic care was initiated consisting of specific adjustments to areas of the spine determined to have vertebral subluxations, causing nerve system interference. After just the first week of chiropractic care, the boy stopped getting headaches and neck pain. His regular cluster of dizziness did not develop and this was the first time in 9 years that he did not get this dizziness at the regularly predictable time.

The effects for this child were profound and long lasting. The study reported that two months after starting chiropractic care he did suffer a mild episode of vertigo for 3 days. He also had another 3-day episode eight months later. However, after two years of regular chiropractic care these two brief episodes were the only symptoms the child had experienced. Additionally, during this time he has not reported any further headaches or neck pain.

Why Chiropractic Care Might Be a Better Option for Your Back Pain

The above headline comes from an October 10, 2010 article on the website Health Reform. The article, by Stephen Kelly, starts off by saying, "Research has shown that chiropractic care provides greater improvement and satisfaction to patients with chronic lower back pain. Patients who have been taking medicinal help have reported their back pain to be worse or much worse, whereas chiropractic patients felt more satisfied and their back pain was much better."

The article is a general overview of chiropractic care as it relates to back and musculoskeletal health problems. The author discusses how back pain creates problems in daily life including disruption of sleep. He points out that not only the sleep of the victim is affected, but also that of the whole family. Kelly then offers some comfort by saying, "The good news is you can again sleep peacefully like a baby."

In his lay-person description of chiropractic, Kelly says, "Spinal manipulation and chiropractic care is a safe, effective treatment for acute lower back pain." He also reported that, "Not only does chiropractic care improve your spinal pain, but it can also bring relief to those killing headaches. Spinal manipulative therapy is an effective treatment for tension headaches."

Dr. Gary Walsemann, president of the International Chiropractors Association noted that many articles use terminology that is not entirely accurate when describing chiropractic. Dr. Walsemann noted, "Chiropractors have maintained that they are correcting the underlying cause of health problems and not directly treating them. In response many authors describe chiropractic in terms that suggest chiropractic is a treatment for certain health issues." Dr. Walsemann continued by clarifying, Chiropractors do not treat conditions directly, we also do not manipulate, we deliver specific chiropractic adjustments to the spine to correct nerve system interference caused by spinal subluxations. As nerve interference is corrected, the body's own innate healing abilities correct the person's health issues and help return that person to good health."

In the conclusion of his article, Kelly noted other reasons "Why Chiropractic Care Might Be a Better Option for Your Back Pain". He concluded, "Furthermore, chiropractic care is a more cost-effective option because it eliminates the pain, and improves the sleep cycle in much lesser time than conventional medicines or other alternative methods. Patients receiving manipulative treatment have shown better sleep patterns and fewer absences from work".



*Thieves® was created based on research about four thieves in France who covered themselves with cloves, rosemary, and other aromatics while robbing plague victims. This proprietary essential oil blend was university tested for its cleansing abilities. It is highly effective in supporting the immune system and good health.**

Young Living's 0.5 fl. Ounce bottle of Thieves is available in our office. \$40