

Lets Go Green.... for St. Patrick's Day

This St. Patrick's Day lets not only turn the world green but also turn your body



Happy St. Patrick's Day!!

March

3/17/10 – 3/31/10 St. Patrick's Day – Come in and try a sample of NanoGreens¹⁰.



Did you know...

Eating vegetables and many different vegetables is good for the body in more than one way. The more variety of colors of vegetables the more positive effect they will have on your body. Here is a list of vegetables, to help you to make your body green this March.

- Artichokes – Aids digestion, lowers cholesterol, protects your heart, stabilizes blood sugar, guards against liver disease.
- Avocados – battles diabetes, lowers cholesterol, helps stop strokes, controls blood pressure, smoothes skin.
- Broccoli – strengthens bones, saves eyesight, combats cancer, protects your heart, controls blood pressure.
- Cabbage – saves eyesight, prevents constipation, promotes weight loss, protects your heart, helps hemorrhoids.
- Green tea – combats cancer, protects your heart, helps stops strokes, promotes weight loss, kills bacteria.
- Limes – combats cancer, protects your heart, controls blood pressure, smoothes skin, stops scurvy.
- Watermelon – protect prostate, promotes weight loss, lowers cholesterol, helps stop strokes, controls blood pressure.

Our Website is up and running!!!

Check us out!!!

www.loomischiropracticandacupuncture.com



NanoGreens

Fruits and Vegetables to the Power of 10

NanoGreens is a powdered drink that provides the phyto-nutrients, which are plant compounds that have health protecting qualities, and antioxidants, which are substances that help the body to fight against free radicals that can damage the bodies' cells, at the power of more than 10 servings of fruits and vegetables.

Building Blocks of Lifelong Wellness

The latest scientific research shows that phyto-nutrients may:

- Lower the risk of cancer, diabetes, heart disease, & stroke.
- Boost the immune system, increase resistance to infections, and diminish allergy symptoms.
- Improve brain function and memory.
- Reduce inflammation, keep bones strong, and relieve stiff and achy joints and muscles.
- Enhance energy, cut food cravings, eliminate toxins, and much more!

Understanding Golf Injuries

And how to prevent them.

The majority of injuries that occur in golf result from unusual demands put on bones, muscles, tendons, ligaments and nerves, especially if you haven't been active for a period of time and/or if you don't know how to properly swing a golf club. Common golf related injuries in

professional golfers involve the wrist, followed by the back, hand, shoulder, and knee; while for amateur golfers, the most common injuries involve the lower back, followed by the elbow, wrist, shoulder, and knee.

Understanding the proper way to swing a golf club, which exercises prepare your body for



injury free golf, and being well adjusted can help you to enjoy this leisure activity. So come in today and prepare yourself for this golf season.

Reference: toyourhealth.com



The Website is up and running!!!

Click on the link below and it will take you directly to the new website and feel free to share with all friends and family that may be interested.

www.loomischiropracticandacupuncture.com

Keep Trying

The best verse hasn't been rhymed yet,
 The best house hasn't been planned.
 The highest peak hasn't climbed yet,
 The mightiest rivers aren't spanned.

Don't worry and fret, fainthearted,
 The chances have just begun,
 For the best jobs haven't been started,
 And the best work hasn't been done.

-Sun Dial



“If at first you don't succeed try try again.”

Are emotions controlling your health?

Have you ever had a recurring injury that just would not heal?

In 1964 Dr. George J. Goodheart, a chiropractic physician, based his functional approach to diagnostics and health on what he called the Triad of Health. Which is an equilateral triangle with structure (your body) at the

base, chemical (nutrition) on one side, and emotion (mind-body) on the other side.

Over the years it has been seen by many physicians that sometimes injuries will not heal properly because they appear to be structural but they also have an emotional and chemical side as well. And if all three sides of the problem

are not dealt with then an injury may not heal properly or may reoccur more easily.

Do you remember the last time you laughed till you cried?

Laughter heals the body and eases painful emotions like anger and fear. It helps us cope with daily survival in a pleasant and



Here are some tips of how to have more laughter in life.

1. Practice laughing five minutes a day; fake it 'til you make it.
 2. Look for humor around you – on signs, in people's behavior, on TV, in newspaper, etc.
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3. Share your embarrassing moments with others.
 4. Learn to play with things that are serious, like work, social issues, and money.
 5. Laugh with others when they laugh.
 6. Wear a smile; it puts you closer to laughing.
 7. Seek out entertainment that makes you laugh.
 8. Amuse yourself with your own sense of humor.
 9. Do at least one silly, nonconforming thing each day.
 10. Make sure to have fun.

Continued

effective way. Laughing can relieve stress, which we will have and has been named the number one health problem today. Laughing also resolves conflicts, enhances communications, enriches relationships, and is fun and easy.

Sometimes we all grow up and become the business adult figure and take life too serious and forget how easy it is to laugh and be silly. Laughter therapy is one way to help us ease our adult seriousness and retrieve that lost sensation of play.

Laughter is warm, bonding and contagious. It connects with those we love and with our fellow human beings. We need to feel good. We need to feel connected. We need to feel safe. We need to laugh more.

Whatever it is that makes you laugh and your friends and family laugh, find that playfulness we were all born with and share it with everyone. Encourage your family to laugh by being playful, have an unexpected pillow fight, wear silly hats, say funny things, and be uncharacteristically funny to make yourself and people around you laugh.

Ways to fun-up relationships.

- Smile at each other when you first wake up.
- Exaggerate your affection for each other. And be silly with your love.
- Laugh together at the funny things.
- Go on a spur-of-the-moment picnic.
- Dance together.
- Read to each other before you go to sleep.
- Cuddle.
- Hold hands.
- Tell each other the good things about one another.

“Social psychology research shows that children laugh, on average, 150 times a day; adults, only six times a day. During an average day, a child will smile 400 times; and adult no more than 15 times.” – Robert Holden, PhD, founder of the Happiness Project in Living Wonderfully

Reference: Natural Awakenings.

www.grandstrandhealthyliving.com



Starting March 17th come in for an adjustment and receive a free sample of NanoGreens¹⁰

This month we are helping you go green by giving samples of NanoGreens¹⁰ to you if you get an adjustment and also mention you saw this advertisement in our monthly newsletter. This offer is good from March 17th 2010 to March 31st 2010.

Read on page 2 for more details.

Make an appointment today.



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To: All our patients and friends and family