



The
**Chiropractic
 Voice**

July 2014
 Volume 1 Issue 7

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Vacation Time

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Affirmation

**I allow the universe to
 bless me in Surprising
 and joyful ways.**

July is here and that means vacation season is upon us! It's time to load the family in the car and head out to discover new and old places and to make new memories. We all look forward to our destination but sometimes getting there can be a daunting task, especially if you find sitting in a car for a longer period of time uncomfortable. Here are some tips to help make your travels easier on your body.

- 1) Get off on the right foot by saving your back while packing. Carry luggage in stages and don't try to get everything to the car in one load. Carry heavy items close to your body and always bend at the knees and avoid twisting while lifting.
- 2) Change positions often while driving. If we are stationary too long our muscle begin to shorten and tighten in that position. So

even making small changes to how you are sitting by shifting your weight from side to side and front to back can be enough to prevent extreme muscle tightening.

- 3) Be mindful of your leg positioning. Many of us tend to bend our legs away from our body while driving which puts more stress on the hip and pelvis. When we stress our hips and pelvis we are also stressing our lower back. Make sure your legs are in line with your body and not leaning to one side or another.
- 4) Use supports. Sometimes using a back rest will give you the proper amount of support for your lower back to be able to be in the car for longer periods of time compared to the original design of your seat. Also, for sleepy passengers or children a travel pillow is always good idea to help prevent neck aches.
- 5) Take breaks! You should get out of your car and walk around or stretch every one and a half to two hours. Not only does take a break help loosen tight muscles; it can also help you to become re-energize for your next leg of the trip. If you find that being in a car always causes back issues, take breaks more often. It may take you longer to get to your destination but hopefully it will alleviate some pain so you can actually enjoy your vacation!

From all of us at Absolute Chiropractic, we hope you have a safe and happy summer! Safe Travels!!

Absolute News:

We are excited to welcome a New massage therapist Lisa Price to our growing team!

Lisa Price is a registered massage therapist (RMT) who grew up in Ottawa, Ontario where her passion for helping others and making them feel better led her to pursue this fulfilling career in Windsor. A Graduate of the Canadian College of Health, Science and Technology (CCHST) in Windsor, Ontario; where she completed a 2 year, 2,200 hour, hands on Therapeutic Massage and Hydrotherapy program. A member of the College of Massage Therapists of Ontario (CMTO) and the Registered Massage Therapist' Association of Ontario(RMTAO)

Lisa is experienced in treating all ranges of clients in different stages of healing. She is competent in all Swedish styles of massage, deep tissue massage, pre and post natal massage, sports injury treatment, work related and treating everyday aches and pains from headaches to overall muscular tension. Lisa creates a personalized treatment plan for each of her clients that will best lead them on their own individual journey towards optimum health and happiness. She is committed to continue to learn and grow in the massage profession.

PLEASE WELCOME OUR NEW TEAM MEMBERS!

MASSAGE THERAPIST

LISA PRICE & FUSEINAT BRIMAH

AND

REFLEXOLOGIST

RACHEL HOLDEN

**BOOK A MASSAGE OR REFLEXOLOGY APPOINTMENT DURING
THE MONTH OF JULY RECEIVES \$10.00 OFF YOUR
APPOINTMENT!**

(ONLY APPLICABLE TO ONE APPOINTMENT PER PERSON IN JULY)

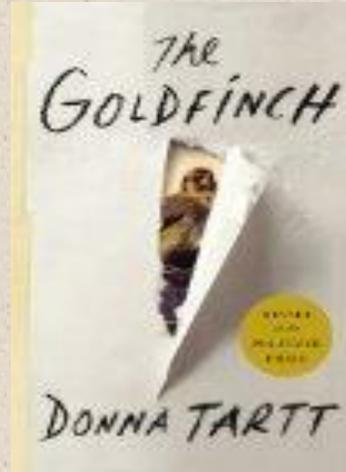
(ONLY APPLICABLE SERVICES WITH LISA PRICE, FUSEINAT BRIMAH AND RACHEL HOLDEN)



June Book of the Month:

The Goldfinch

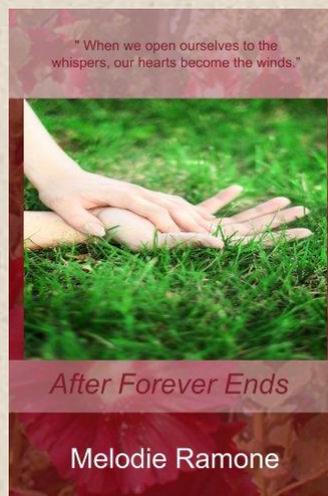
By: Donna Tartt



July Book of the Month:

After Forever Ends

By: Melodie Ramone



Recipe of the Month:

Tortellini Bacon Broccoli Salad

Ingredients:

- 2 (9 ounce) package refrigerated three cheese tortellini**
- 1 pound bacon**
- 4 cups chopped broccoli**
- 1 pint grape tomatoes, halved**
- 2 green onions, finely chopped**
- 1 cup bottled coleslaw dressing**



Instructions:

- 1. Cook the tortellini according to the package directions, drain, rinse with cold water, and refrigerate until cool. About 30 minutes.**
- 2. Place the bacon in a large skillet, and cook over medium heat, turning occasionally, until evenly browned, about 10 minutes. Drain the bacon slices on a paper towel-lined plate. Chop the bacon into 1/2inch pieces while still a little warm.**
- 3. Place the tortellini, bacon, broccoli, grape tomatoes and green onions into a salad bowl. Pour the dressing over the ingredients, and toss lightly to coat. Chill in refrigerator before serving.**

Supplement Sale

15% OFF

Omega 3 supplements have become extremely important today because of our modern eating patterns. Naturally in nature a balance occurs between Omega Fats in a ratio of 4:1 of Omega 6 to Omega 3. In most of today's foods that ratio is closer to 20:1 Omega 6 to Omega 3. This occurs due to the processing of foods as well as processed feed and grains given to animals we eat that naturally would have had a grain free diet. The use of a Omega 3 supplement can play a major role in helping to reduce the inflammation process in our bodies that contribute to heart disease and high cholesterol, not to mention helping with arthritis, insulin resistance and with brain functioning. Try our Opti-EPA for your Omega 3 needs.

Opti-EPA:

Sale: \$27.60

Regular: \$32.50

Opti-EPA Enteric Coated

Sale: \$30.55

Regular: \$35.95

Sale Valid July 1st - 31st

