



CHIROPRACTIC LIFE

THE NEWSLETTER ABOUT HEALTH,
WELLNESS, FUNCTION AND LONGEVITY.

“LIVE LONG AND PROSPER”

Hope you all enjoyed reading our first newsletter as much as we did writing it. But now it's time for some information about longevity. Latest research: The US is 38th in the world in life expectancy. Top five countries – Japan, Iceland, Switzerland, Australia, Spain. The US also has the highest infant mortality rate and the lowest life expectancy after age 60 among industrialized countries (The Commonwealth Fund, 9/2006). Is that unbelievable or what???

Why is the US so low? 1. Native Americans, rural African Americans and inner city poor have extremely poor health, more like a developing country, rather than a rich, industrialized one. 2. HIV- there is a higher rate of death and disability to US young and middle-aged than in most advanced countries. 3. High cancer rate from tobacco use. 4. High coronary heart disease rate. 5. High number of homicides. (WHO, 2005)

This is a sad commentary on how we take care of one another, how drugs pervade our society, how we fail to educate our youth, how our eating habits have deteriorated and how our society has lost its sense of values.

Upper Cervical Specific Chiropractic helps with many conditions. We advise our clients about the harmful effects of drugs. We emphasize the need for exercise and proper diet to maintain wellness and longevity. When the nerve system is functioning properly (i.e. no subluxation) we get the most out of all the good things we are doing to have a long and healthy life – proper foods, managing stress, regular exercise, etc. However, I think that most of us who are under Upper Cervical Specific care have a different outlook on life. *We value it more.* I think we realize, as George Carlin once said: “Life is not measured by the number of breaths we take, but by the moments that take our breath away.”

Live long and prosper.....

THANK YOU

We want to thank Evilia Tirado, Fernando Flores, Dr. and Mrs. Robert La Font, Johnna Trimmer, John Eagle, Jason Neu, Viken Jermakian and Juan Ramos for telling the UC story to others. You have made a difference in someone's life! We are sincerely grateful for your referrals.

FACTOID

It was found in a 3 month study that the combination of fish oil and exercise (a 45-minute walk or run 3 times per week) helps weight loss.

STRAIGHT CHIROPRACTIC

THANK YOU FOR BEING YOU!

15% DISCOUNT ON YOUR NEXT VISIT

STRAIGHT CHIROPRACTIC

WE PAY FOR YOUR GAS!!

Come in on Saturday with your spouse and family and we pay for the trip!