

Frackson Health Care

#105-1001 Cloverdale Avenue Victoria BC V8X 4C9

Telephone 250.382.2225

www.fracksonhealthcare.com

March 2010 Edition



Things You Should Know For March

Dr. Ted's office hours have changed!

Monday, Tuesday, Thursday, Friday 9:00am – 6:00pm (Closed for lunch 1:00 - 2:00pm)

Wednesday 12:30pm – 6:00pm

Dr. Ted will be away the week of March 8th – 12th to spend some time with his family over "Spring Break"

Don't forget to move your clocks ahead one hour ("Spring Ahead") on Sunday March 14th.

Next Scheduled Health Seminar

Topic: Arthritis – A Multi Disciplinary Approach

When: Tuesday April 13th, 2010 7:00pm – 9:00pm

Where: Frackson Health Care #105-1001 Cloverdale Ave.

Cost: Suggested \$25.00 donation to The Mustard Seed Food Bank

To Register: Sign up on the list the next time you are in the office or...☺...just give us a call and we will add your name for you.

Arthritis Patients Choose Chiropractic

In 1997, Americans made an estimated 629 million visits to practitioners of "complementary and alternative medicine" (CAM), compared with just 388 million visits to primary care physicians that same year.

A study published in the *Annals of Internal Medicine* found that many arthritis patients used CAM, and that chiropractic was the most frequently used type of care.

Even more significantly, chiropractic was also near the top of the list in terms of the number of patients who regularly used CAM, and the number of patients who found CAM helpful for their condition.

Don't let arthritis get the best of you. If you or someone you know suffers from the daily pain and frustration of arthritis, schedule an appointment with a doctor of chiropractic.

Annals of Internal Medicine, Sept. 1999: Vol. 131, No. 6, pp409-16.

Allergies?

The cherry blossoms and the freshly mowed lawns are nice to look at but they can spell trouble for allergy sufferers. If you are affected by seasonal allergies be sure to ask how the homeopaths we have in our office can help you. We carry an allergy remedy, a flu immune booster, and many more.

"It is always wise to stop wishing for things long enough to enjoy the fragrance of those now flowering."

Patrice Gifford

