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For those of you that missed our Arthritis Seminar on April 27th, be sure to watch our summer newsletters for the fall/winter seminar schedule. The Arthritis seminar was well received and our presenters (Dr. Frackson, Dr. Corbeil, and Caitlin Milloy R.M.T.) greatly enjoyed the question and answer period. Our seminar costs are by donation and we raised \$150.00 for the Mustard Seed Food Bank that evening.

Thank you!

Is Chiropractic More Than Low Back Care?

Far too many people still believe that chiropractic care isn't necessary unless they're suffering excruciating low back pain. The millions who do receive regular adjustments know that chiropractic can resolve their back pain, and they may also be learning about the potential non-musculoskeletal benefits.

Take as an example the patients in a recent study in the *Journal of Manipulative and Physiological Therapeutics*. Twenty consecutive patients from each of 87 Swedish chiropractor's offices (1,504 total patients) completed questionnaires within two weeks of previous treatment. The questionnaires documented numerous reported improvements in non-musculoskeletal symptoms, including:

- easier to breathe (98 patients);
- improved digestive function (92 patients);
- clearer/better/sharper vision (49 patients);
- improved circulation (34 patients);
- less ringing in the ears (10 patients);
- acne/eczema better (8 patients);
- dysmenorrhea (painful menstruation) better (7 patients);
- asthma/allergies better (6 patients).

The number of spinal areas adjusted was also related to the number of positive reactions. Fifteen percent of patients reported positive reactions after having a single area adjusted; 35% of patients reported positive reactions after having four areas adjusted. Overall, 23% of chiropractic patients reported experiencing positive changes in symptoms that were not musculoskeletal in nature.

Reference: *Journal of Manipulative and Physiological Therapeutics*, Nov/Dec 1999: Volume 22, No. 9, pp 559-64.

3 Steps to a Happier You

Challenge Yourself

If you're stuck in the daily grind, wondering why every day seems to be "same old, same old," maybe it's because it is. Fortunately, you have the power. Whether it's changing up your workout routine, learning a new language, or finding creative ways to teach your kids new things, commit to continually challenging yourself and avoid stagnation.

Turn Bad Into Good

We all experience good and bad moments in life, but whether you crumble or climb is really just a matter of attitude. Negative breeds negative, which can have profound consequences. Next time you're hit with a negative, think about the up side (there always is one, even if it's not immediate) and turn that frown upside down. ☺ Before you know it, you'll be back on track.

Find Time to Relax

Life isn't a race, it's a journey filled with memorable moments; make sure you appreciate them, rather than rushing from one day to the next. It's all-too-easy to get caught up in daily routines and lose yourself. Schedule some you time every day, whether it's a sunset walk, a long bath, a good book, or even a nap - find time to relax and reap the physical and psychological benefits.

Reference: *To Your Health* April 2010 (Vol. 04, Issue 04) www.chiroweb.com



**Please note that our office will be closed on
Friday May 21st and Monday May 24th for the Victoria Day holiday.**

P.S. Don't forget... ..on Sunday May 9th!

Mother's Day