

Chiropractically Speaking...

Too Much Vacation?

Actually, the problem for most people is not enough vacation, so they try to cram as much fun as possible in the time allotted. Suddenly there are free hours to fill with tennis, golf, pickup softball games – more physical action than most people are used to. It's little wonder that they really feel the strain in muscles and joints.

If you come home with aches and pains, bring the "ouch" to your chiropractor, whose comprehensive examination can locate any spinal subluxations or other anomalies. The doctor of chiropractic's expert, hands-on adjustments are designed to set things right again, restoring natural energy flow to help your body heal itself without dangerous drugs.

The happiest campers of all are those who have participated in a year-round fitness program outlined by the chiropractor. Regular chiropractic care to keep the spine in shape helps prevent problems when you work out and eases any aches early on.