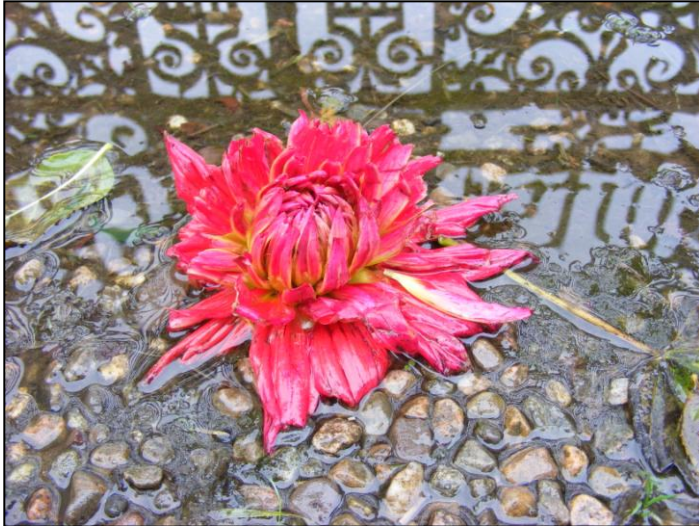




**Welcome to our office's Chiropractic newsletter.
We'd like to entertain you, inform you (and even inspire you a little).**



Dunrobin Castle Gardens, Sutherland (Paul Homoky, Nov 2009)

In a word, each man is questioned by life; and he can only answer to life by answering for his own life; to life he can only respond by being responsible.

–Victor Frankl, Austerlitz survivor and Nobel Prize-winning psychologist

Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind.

–St. Paul (Romans 12:3a)

January 2010 Events

• **Half Hour for Health**

These **FREE 30 minute talks** are to keep you informed about important health issues. Bring a friend: **Participants receive 50% off their initial consultation.**

➤ **Tues 12th Jan, 6:30pm**

Be Your Best 2010: Health Workshop Part I (1hr)
With Sasha Grandi (Herbalist), Frances Bavin (Nutritional Therapist), Adrian Vahey (Sports Massage), and Paul Homoky (Chiropractor).

➤ **Tues 26th Jan, 6:30pm**

Preventing and Reversing Arthritis
With Paul Homoky (Chiropractor)

➤ **Tues 9th Feb, 6:30pm**

Understanding Stress & Treating the Causes
With Paul Homoky (Chiropractor)

**Please ask us about our FREE services
for businesses, small or large!**

Chiropractic and Spinal Research

Maintenance care for the spine reduces low back pain, disability levels.

30 patients with chronic low back pain lasting 6 months or more were separated into two groups. The first group received 12 chiropractic adjustments over a one-month period, but no care for the subsequent 9 months. The 2nd group also received 12 adjustments over a one-month period, along with "maintenance" adjustments every 3 weeks for the following 9 months.



Patients in both groups experienced significant decreases in low back pain scores after the initial care. However the "maintenance" patients' disability scores were significantly lower after the 10-month period than before the initial care. In the other group, "the average disability scores went back to their pretreatment level."

Descarreux M, Blouin JS, Drolet M et al. Efficacy of preventive spinal manipulation for chronic low-back pain and related disabilities: a preliminary study. *JMPT*. 2004;27(8):509-514.

See you next month!



**Please remember that everyone
needs to be free from
subluxations, so bring your loved
ones for a spinal check-up.**

www.healthforlifechiro.co.uk

Humour (*A joke a day keeps the doctor away!*)

Here are some sick notes that primary school receptionists have actually received. We hope you won't need them!

"Please excuse John for being absent Jan. 28, 29, 30, 31, 32, and 33."

"Mary could not go to school because she was bothered by very close veins."

"Ralph was absent yesterday because of a sour throat."

"Please excuse Joey Friday. He had loose vowels."

"Please excuse Joyce from jim today."

"Please excuse Roland from P.E. for a few days. He fell out of a tree and misplaced his hip."

"Karl was hit yesterday playing football. He was hurt in the growing part."

"John was absent yesterday because he had a stomach."

"Please excuse Gloria. She has been sick and under the doctor."

"My son will have to get out of school as soon as I call the orthodontist, one of his wrie's is brusted and sticking in his Gum's."

"Please excuse Sarah from being absent yesterday. She was sick and I had her shot."

"My son is under the doctors care and should not take P.E. Please execute him."

"Irving was absent this morning because he missed his bust."

"Please excuse Johnny for being. It was his father's fault."