



CONNAUGHTY CHIROPRACTIC

PROUD PARTNER
IRONMAN



Health News You Can Use

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Office News

We're Renovating



Renovations of the office are just about to begin! The building permit has been approved and we are ready to start making improvements so that your experience here is even better. We will be building a new entry way into the building that is safer and more efficient. Also, we will be making changes to the front desk and re-decorating the entire office. Special features of our renovations will be

Newsletter 1

December, 2013



Greetings!

Welcome to the first Connaughty Chiropractic newsletter HEALTH NEWS YOU CAN USE. Each month, it will contain valuable information that will help you continue on your journey towards health. These newsletters will allow you gain the knowledge you need to make informed and educated decisions regarding a wellness lifestyle.

This month's topic is: Don't Leave Your Health to Chance. We must realize that the level of health we possess is not just a matter of luck. Your health is dependent on many variables that are regulated by one system in your body - your nervous system. It is through this system that true health potential exists as long as there are no barriers. Health is not external. It comes from the inside. Chiropractic assists your body to function as it was intended to do. Your body is dynamic and constantly changing. Spinal bones have tendency to shift and compress delicate nerve roots. These nerves go to and control every organ in your body.

So when you receive a chiropractic adjustment, it removes interference or pressure from nerves and this allows your nervous system and body to function at its maximum potential. This is not by chance or luck. You will stay healthier and have increased vitality and longevity with Chiropractic Care. A healthy nervous system is the true Fountain of Youth.

Share this information with your friends and family this holiday season and invite them to begin the journey back to health with Chiropractic care.

Happy Holidays from all of us here at the Connaughty Chiropractic Center!

Healthy Regards,

Dr. Chris Connaughty, DC, DACBOH

revealed in later updates!

ART Seminar



Dr. Ben Szczypek and Luke Maynard, LMT will be attending an Active Release Technique seminar for the upper extremity from December 4th-7th. They are excited to return with greater skills and updated knowledge to help you get better faster!

Holiday Shopping

Are you unsure of what to get the person who has everything? May we suggest some holiday gift giving ideas to help lighten your stress and avoid those long mall lines:

1. Give the gift of health for a loved one by giving them a gift certificate for chiropractic care.



2. Stop by our office and pick up a therapeutic Tempur-Pedic Pillow.

Tempur-pedic pillows make a great holiday gift! They are

Ten Tips for Your Health

Top 10 Signs that your nervous system is functioning without interference



10. Neck and back are feeling pain free, flexible and strong. Your spine moves properly on the inside so that you can move on the outside.
9. You never get headaches
8. Your digestive system works correctly.
7. You look forward to your daily exercise.
6. You have good posture and balance as you move throughout your day.
5. Your muscles stay relaxed and un-tensed even when you have stress in your life.
4. You're activities at work, play and at home are unrestricted.
3. Your thoughts and memory are clear and organized.
2. You don't get sick even though everyone around you is catching colds, bugs or the flu because your immune system is working properly.
1. You wake up feeling energized and refreshed ready to "seize the day."

Patient of the Month



Charles Trowbridge

I had terrific back pain. I went to have an x-ray and found out I had Spinal Stenosis. The pain got real bad and I could not walk without stumbling and falling. Then I had to use a wheelchair because of pain and leg weakness. I went to a back specialist and was given cortisone shots for about six months, one or two shots every three weeks. That wasn't doing any good. I still had terrific back pain. He said I was not a candidate for surgery because of other health reasons.

designed to adjust to each individual body and assist with keeping your head in line with your spine while you sleep. These pillows help to achieve a more comfortable, restful night's sleep and even ease breathing to help with snoring. Dr. Connaughty uses a Tempur-Pedic pillow and he says that it is the best pillow he has ever used. Call today to get fit for your own Tempur-Pedic pillow or use this simple chart to calculate your pillow size.



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healthy living tips**



I was still in a wheelchair. I went back to the back specialist and he sent me for physical therapy for about three months, once a week. The pain got worse so he sent us to pool therapy twice a week for about three months. That didn't help either and I still was in a lot of pain and couldn't walk. I am still in a wheelchair. The back Doctor then sent me to a Neurologist. He gave me cortisone shots also which still did not work so he told me to try a Chiropractor. He referred me to Dr. Chris Connaughty. I went there about four months, three times a week and I am now walking without a wheelchair and I am now using a cane and doing very well. I have less back pain. I had heard negative things about Chiropractors but they really do help a lot and work wonders. Thank you Dr. Connaughty and Connaughty Chiropractic team for not giving up on me. I thought I would be in this wheelchair for the rest of my life.

We love hearing how Chiropractic has helped you! If you would like for us to share your story in our newsletter, please email it to us at info@connaughty.com.



Before We Go,

As your Chiropractic team we would like to say thank you for the faith and trust you place in us to assist you on your journey to better health and wellness. We value that trust above all else.

Yours in Health,
Dr. Chris Connaughty
and the Team at Connaughty Chiropractic Center
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