

FLORIDA CHIROPRACTIC CLINICS

APRIL NEWSLETTER

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DID YOU KNOW???

By the age of 20, the average young person has acquired roughly 98% of his/her skeletal mass.

There are 60,000 miles of blood vessels in a human body.

50,000 of the cells in your body will die and be replaced with new cells, all while you have been reading this sentence!

When you were born you had over 300 bones. As you grew, some of these bones began to fuse together and now you have 206 bones.

Every two thousand frowns creates one wrinkle.

Every time you lick a stamp you are consuming 1 tenth of the calorie, which is not bad if you are only licking one stamp on a day but licking 10 stamps will get to you one extra calorie a day.

Driving 55 miles (88 km) per hour instead of 65 miles (105 km) per hour increases your car mileage by about 15%.

Boost your burning power. Did you know that for every 1 lb of muscle you gain, your body burns an extra 50 calories a day? If you can turn at least 5 lbs of extra "fat" into muscle, you will automatically burn an additional 250 calories per day.

Taking a break. Your heart rests between beats. Over a normal lifespan, your heart stands still for about 20 years.

People generally read 25% slower from a computer screen compared to paper.

A heart attack occurs about every 20 seconds with a heart attack death about every minute.

Chewing an uncoated aspirin right away, at the first sign of chest discomfort or distress, can reduce the amount of damage to the heart muscle during a heart attack.

20.8 million people—7 percent of the population—have diabetes.

50 million Christmas trees are purchased in the U.S. Of those, 30-plus million get carted to the landfill every year.

106.7 million Americans age 20 and older have total blood cholesterol levels of 200 milligrams per deciliter (mg/dL) and higher:

-50.8 million men.

-55.9 million women.

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Inspirational Story Of The Month –
(Names And Details Have Been Changed To Protect Privacy.)

“Black Diamonds, Outer Space And True Love...”

Here’s an interesting fact.

Diamonds are the hardest substance known to man and women kind. It’s true...

Conventional diamonds form hundreds of miles beneath the earth’s surface. Basically... simple, inexpensive carbon chunks undergo intense heat and pressure and are miraculously transformed into rare and costly diamonds.

If these diamonds form hundreds of miles beneath the earth’s surface, then how do they end up in a jewelry store? Earth’s Burp...

Yep. Basically Earth burps. Well, kinda... Volcanic blasts send the gems... in a short amount of time... to the surface. This process preserves the unique crystal structure of the diamond.

Pretty interesting.... Huh? Told you so. But, here’s something even more interesting....

Mystery Of The “Black Diamond”

Even more rare and unique than the conventional clear diamond... is the black diamond. Also called carbonado diamonds, meaning “burned” or “carbonized” in Portuguese. Black diamonds defy mineral-making rules and are never found in the world’s mining fields where the clear and classic variety typically resides.

Since 1900, about 600 tons of conventional diamonds have been traded. Black diamonds reside in certain geologic formations in Brazil and the Central African Republic.

But no one knew where these carbonado diamonds came from... until now...

Scientists... using super advanced infrared detection instruments (whatever that means!!!) now think these extremely rare gems came from a supernova explosion in outer space. They think they may have rained down to earth inside of meteorites BILLIONS of years ago. That’s why they are distributed the way they are.

Interesting... but... what’s all this have to do with true love? If you don’t already know, here’s a quick story to make it crystal clear...

Bill and Susan met in high school. Bill was a senior. Susan a junior. It was Bill’s first girlfriend and he fell madly in love. After spending a wonderful 10 months together, Bill left for college leaving his high school sweetheart behind. Being his first love, Bill missed Susan... but... had no doubt it would last forever. It didn’t work out so smoothly.

To make a long story short – Bill and Susan went through rough times. Even split up and became “friends” when Susan decided to go to college in Los Angeles. Bill lived in New York. But as they were going through life, they always looked to each other for support.

For each of them, many friends came and went, even a few relationships. But it was comforting to know they were always there for each other... no matter what.

In many ways, they got to know each other better living 3,000 miles apart. They said things over the phone they may never have said face-to-face. And the bond continued to grow...The Earth Burped...

Not exactly. Susan’s company burped. And, without much notice... transferred her to New York. And yes... you guessed it... Susan and Bill were reunited.

Even though they had not seen each other in 16 years... they knew each other like the back of their hands. Appearances had changed quite a bit, but they had bonds that meant so much more.

Did Bill and Susan live happily ever after?

Not sure. Only time will tell.

Still wondering what the diamond connection was to this story?

Sheez – let me spell it out for ya: IT’S THE PROCESS.

Diamonds are nothing more than carbon that went through a very specific and unique process. It’s not rare carbon. THE PROCESS IS WHAT’S RARE. And the process always ends up with similar results

Same thing for Bill and Susan. They’re not rare. They are just like you except they went through a unique and specific process that always gets similar results.

Thank goodness... unlike diamonds... we control that process.

We would like to introduce our new website.

www.dryingling.com

The web site is now up and running. Currently some of the site is still under construction, but check back for more information. Please try it out and pass our website on to your friends and family for informational health education.

Heart attack symptoms demand emergency help

Some heart attacks have the classic symptoms as portrayed on television or in the movies — where someone clutches their chest and writhes in excruciating pain. Not all heart attacks announce themselves so clearly, though. In fact, most heart attacks begin with much more subtle symptoms — with only mild pain or discomfort. And your symptoms may come and go. Don't be tempted to downplay your symptoms or brush them off as indigestion or anxiety.

Getting treatment quickly improves your chance of survival and minimizes damage from a heart attack. Don't "tough out" these symptoms for more than five minutes. Call 911 or other emergency medical services for help. If you don't have access to emergency medical services, have someone drive you to the nearest hospital. Drive yourself only as a last resort, if there are absolutely no other options.

You're Alone and Have a Heart Attack. What to do?

Let's say it is 6:15 pm and you're driving home (alone of course) after an unusually hard day on the job. You're really tired and frustrated. You are stressed and upset. Suddenly you start experiencing severe pain in your chest that starts to radiate out into your arm and up into your jaw. You are only five minutes from the hospital nearest to your home. Unfortunately you don't know if you'll be able to make it that far. What to do? You've been trained in CPR, but the guy who conducted the course didn't tell you how to perform it on you.

How to survive a heart attack when alone? Since many people are alone when they suffer a heart attack, without help, the person whose heart is beating improperly and who begins to feel faint, has only about 10 seconds left before losing consciousness. What to do?

Answer – Don't panic, but start coughing repeatedly and very vigorously. A deep breath should be taken before each cough, the cough must be deep and prolonged, as when producing sputum from deep inside the chest. A breath and a cough must be repeated about every two seconds without let up until help arrives or until the heart is felt to be beating normally again.

Deep breaths get oxygen into the lungs and coughing movements squeeze the heart to keep the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm. In this way, a heart attack victim can get to a hospital.

Don't ever think you are not prone to a heart attack as your age is less than 25 or 30. Nowadays, due to the changes in lifestyles, a heart attack is found among people of all age groups.

Health Update: Low Back Pain

Is your neck causing your low back pain?

In most of us when we hurt the low back from lifting, the pain starts at the lower spine. It's usually not a difficult connection to make, that if it's the low back that is strained, it is the low back that is injured. But in some cases the back pain seems to creep up, or come out of nowhere. Sometimes you wake up with the pain, and there was no trauma at all. In these cases it is even more important to examine the entire spine for the cause of the problem.

The nervous system is enclosed within the bony spinal column and skull. Nerve signals travel from the brain to all distant areas of the body; to organs, muscles, etc. All of these nerves pass through the neck region, even nerves to the legs. This is why an injury that affects the neck can have ramifications in the areas below. The nerve system is a communication link from brain to tissue, and when the nerve is pinched or irritated, there's a break or miscommunication in the signal.

Most of us are aware that a person can become paralyzed from a bad neck injury such as a fracture. But what is less well known is that minor sprains of the neck can have an effect on muscle tension and pain in the low back. Some chiropractic techniques specialize in only adjusting the upper portion of the neck because this area can have a profound effect on the entire body.

How neck problems can affect low back is not well understood and is being researched. Some theories are that neck problems tend to cause changes in balance. People tend to sway a bit more when neck problems such as whiplash are present. Perhaps this in-coordination of muscles leads to poor recruitment of muscles when we lift?

Another theory is that if nerves are initially irritated at the top of the neck, they become more susceptible to pinch or irritation at other more distant regions of the spine. The spinal cord is also attached to the upper neck vertebrae. If twisting of the upper neck bones occurs, this can pull on the attachments which link to the cord. Disk protrusions in the neck can also compress the front of the cord, sometimes causing symptoms into the arms or legs.

A thorough examination by a doctor of chiropractic will determine if your low back condition is coming from a neck injury.

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Patient of the Month

Each month appointments will be rewarded by our facility with a 15 minute massage or a complimentary bottle of nutrition of their choice for being an exemplary patient.

What it takes to be patient of the month:

- Express a benefit from Chiropractic and share positive results.
- Exhibit a positive attitude, enthusiasm, and positive energy level in the office.
- Schedule & meet appointment when unavailable to meet appointments, notifies the office and reschedules.
- Refers in friends, families and co-workers and educates them on the benefits of Chiropractic, nutrition and health.

Congratulations to Donna (Etasha) Guge– Patient of the Month

Thank You for your Referrals:

K. McCord	P. Clyburne	D/B.J. Frank	Dr. Phillips
M. DeBord	Dr. Wycoff	L. Whalen	H. England
Dr. Edelson	A. Whiteside	D. Lorton	E. Guge,
W. Martinez	J. Grande	Martino Family	

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4/13/08 – 04/30/2008

Managing Stress Naturally

WebMD Feature from "Country Living" Magazine

By Kathryn Drury

Feeling tense? Let these natural techniques help you relax and rejuvenate.

If you've been feeling more stress than usual, there are natural techniques that can help you restore your calm.

Your lifestyle can be modified to help you stay calm. If you're feeling a little anxious, try the following:

Avoid stimulants such as caffeine, and herbs including guarana, Chinese ephedra, and ma huang, all of which are sometimes sold as "tonics" or "energizers." They force your body to produce adrenalin, which will make you more wired.

Take an occasional "news fast" and don't read the paper or watch television for a day or two. You'll be amazed how little you miss, and how much better you feel.

According to Dr. Andrew Weil, author of *Natural Health, Natural Medicine* (Houghton Mifflin, 1998), a half hour of moderate exercise, such as a brisk walk, each day is a great way to stay healthy and sleep well. However, Weil points out that it should be paired with something that helps you process stress differently, such as yoga, meditation, or tai chi.

Pay attention to the sounds in your life. It's well known that rock music is a stimulant, for example, but everyday noise such as honking horns can just grate on you. A fountain, heavier curtains, or a sound machine can help block out unwanted external stimuli.

Try a calming herbal bath, such as this one from herbalist Rosemary Gladstar: In a cotton cloth or bandanna, mix 2 parts dried lavender flowers, 1 part hops, 1 part sage, 1/2 part rosemary, and a few drops of lavender essential oil. Tie the herb bundle directly to the nozzle of the bathtub so that the water runs over it. Run hot water through the bag until the tub is half-filled, then adjust the temperature by adding cold water.

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FLORIDA CHIROPRACTIC CLINICS, INC.

OFFER THE MOST ADVANCED TECHNOLOGICALLY
EQUIPPED TREATMENT FOR

AUTO ACCIDENT/INJURY

VICTIMS IN ORDER FOR THE PATIENTS TO BE PAIN FREE
FASTER AND HEAL QUICKER!!!

Our Clinic Utilize the Following Therapies When Needed:

-Non-Forceful Adjusting	-Hydrotherapy	-Massage
-Electrical Stimulation	-Ultrasound	-3 Forms of Traction
-Vibrocussor Therapy	-Detoxification	-Heat/Cryotherapy
-Laser Therapy	-Nutritional Therapy	-Stress Reduction
-Emotional Therapy	-Stretching	-Posture Analysis
-Home/Work Ergonomics	-Physical Therapy	-Allergy Desensitization

TELL SOMEONE YOU KNOW ABOUT HOW FLORIDA CHIROPRACTIC CAN HELP THEM AFTER
THEIR AUTO ACCIDENT!

***HELP A FRIEND, CO-WORKER, OR FAMILY MEMBER IN NEED
BY SENDING THEM A FREE REPORT!***

REPORTS AVAILABLE AT OUR OFFICE:

- Insiders Secrets to LOW BACK PAIN!!!*
- Insiders Secrets to MID BACK PAIN!!!*
- Insiders Secrets to NECK PAIN!!!*
- HEADACHES What Your Doctor May Not Be Telling You!*
- The SECRETS To How Your Body Actually Works*
- Laser Therapy: A new state of the art therapy for your every need*
- AUTO ACCIDENTS, What Your Insurance Company Hopes You
Don't Find Out*
- THE 10 SECRET STEPS To A Healthier You!*
- The UNDERLYING CAUSES OF YOU FIBROMYALGIA!*
- CARPAL TUNNEL SYNDROME... The Real Reason You Are
Suffering And Will Continue To Suffer*
- AMAZING FOOT DETOX BATH ELIMINATES TOXINS FROM THE PORES
OF YOUR FEET While Balancing Your Energy!*

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