



JANUARY '16 WELLNESS LETTER



Dear Patients and Friends,

My job as your Doctor of Chiropractic is to help you to improve your health potential. Our main focus is on improving the function of your nervous system utilizing chiropractic adjustments so that your body has an increased ability to adapt to its environment and remain healthy and to thrive. We've incorporated Low Level Laser [Cold Laser] into our approach using light therapy to help improve soft tissue healing in acute and chronic conditions and the results have been amazing. We educate our patients on how they perform simple exercises daily at home or at the gym they go to in order to aid their recovery and help prevent future relapses and avoid getting injured in the first place. We are trying to get our community focused on the health benefits of good posture, especially in our digital age when so many people walk around with their nose in their smart phone. We are what we eat and making healthy choices for ourselves and our families is what will be a large leap in the right direction for chronic illness prevention.

In the year ahead we have some exciting new ideas to share with you on how you can implement simple steps into your daily routine to be a healthier version of you. However, instead of making this January newsletter about what I would hope you would do, I encourage you to set aside a few moments today and ask yourself where you are lacking or falling short in these categories: spiritual, family relationships, diet, exercise, sleep, mental focus/concentration, and any other you would like to include.

You see as humans we are a sum total of all of these and if any of these are out of balance then chaos results. We all know ourselves better than anyone else which is why I want you to answer this for yourself. Prioritize some small steps to change your outcome so that at the end of 2016 you don't look back with any regret.

In closing, I'd like to share some advice from Brian Tracy adapted from the January 2016 issue of Success Magazine: 1.) Get serious about change. 2.) Hang out with the right people who support you. 3.) Take better care of yourself. 4.) See or visualize yourself as the best version of you. 5.) Develop positive self-talk and encourage yourself on your journey. 6.) Get going as we can never get more time!

Make it a great year!

Dr. Ed

Port City Chiropractic, P.C.
Dr. Edward J. Galvin, Jr.
11 Fourth Avenue
Oswego, N.Y. 13126
315.342.6151 315.342.8548 fax
portcitychiro@cnyemail.com

