

NOVEMBER '16

WELLNESS LETTER



Dear Patients and Friends,

October was National Chiropractic Health Month and the topic this year was: Chiropractic First! The American Chiropractic Association chose this topic due to the crisis we are having in this country with Opioid abuse. The many stories that people have shared with me regarding their negative experience with these medications and to see their positive response to Chiropractic care continues to fuel our desire to educate more people on a Chiropractic wellness lifestyle.

November is the time we reflect on the many blessings we have and it is also a time to remind us to share with those in need. Our annual Food Drive to support the Human Concerns Center is off to an amazing start. Thank you to all who have or will donate to this drive this year. In addition to the food we collect, my family personally will make a monetary donation to the Human Concerns as we do each year. We have so many in our community who are truly in need and we need to do all that we can to support those who need help. We admire all of the volunteers who donate their time to Human Concerns!

We have seen many people experience the effects of seasonal activity changes. Closing pools, splitting and stacking firewood and sitting in a tree stand hunting for hours are just some of the few triggers for injury that we are seeing. However, as the holidays approach, the stress always rises in so many and their active lifestyle from the summer months diminishes as we move indoors and many stop exercising. We all love holiday foods! However, many of these foods serve to inflame our body and can trigger pain. Check out www.deflame.com for great information on how to deflame your body naturally. We have been working behind the scenes to bring you some exciting nutritional options to incorporate into your lifestyle in the near future and we know you will benefit from this.

At this time of year people change their batteries in their smoke detectors and change their oil or make sure their physical and dental check-ups are complete before the year ends. Don't leave your Chiropractic check-ups off this list! One of the advantages of utilizing the Activator Method Chiropractic Technique is that we can analyze your spine for misalignments even if you are not in pain right now. Over these 28 years we have been in practice, the patients who achieve the highest level of wellness and actually need us the least are those who practice prevention. Don't wait until the pain arrives and then crisis care kicks in. Call today so we can help keep you healthy not only during the holidays and winter months but every day!

Make it a great day!

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

