

YOUR
LOGO
HERE

FUN FACTS

- Green Bay is the Toilet Paper Capital of the World.
- The people of America eat around 350 slices of pizza each second, or 100 acres per day.
- In America, the most popular ethnic food is Italian.
- Wausau is the Ginseng Capital of the World.
- In 1919, the average income in America was around \$650 per year.
- In the 1920's, you could buy a brand new car for less than \$300.
- The first Fords had engines made by Dodge.

Your Name Here

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JANUARY 2011

January is for Resolutions

January 2011 is here and is sure to have arrived with many new resolutions! How many of those resolutions will we keep after the first few days, the first week, the first month?

The key to keeping resolutions is to make those resolutions into achievable goals. The more reasonable we make those goals the more likely we are to achieve them. For example, instead of saying "I will lose 50 pounds this year," our goal should be: "I will eat healthier by consuming more fruits and vegetables and less saturated fat in my diet" or "I will exercise 30 minutes three times per week and increase this time as each month passes."

Another resolution may be to quit

smoking or quit drinking. This is perhaps the most popular of all resolutions. This resolution is usually given up after about one week. This is a good resolution to strive for but should also be accompanied with a good plan of attack. Arm yourself with a few methods to assist you, such as a smoking cessation program or a support group.

"I will de-stress my life" is yet another popular resolution. To accomplish this goal, one should have a plan of action. Be specific. "I will reduce my commitments outside the home. I will take 15 minutes of time for myself in the morning to exercise or read a book."

Yet another resolution may be to

spend more time with your family and significant other. Cut out some time during the day or evening to make time. Set a date night with your sweetheart. Take time to read with the kids or make dinner together. It's not about quantity time but quality time. Give them the gift of being with them completely when you are together. Don't be so easily distracted but focus on your time together. Everything else can wait. While you decide which resolutions are best for you, remember to take smaller steps toward the bigger goals so they are achievable! And make 2011 a.....

Happy New Year!

Ask the Doctor:

Q: What is the difference between a sprain and a strain?

A: Most people have twisted an ankle at some point in their life but if your ankle looks swollen and is painful after you twist it, you most likely sprained it. A sprain means that you have stretched and possibly have torn the ligaments.

A strain, on the other hand, is a stretching or tearing of muscle tissue. This is commonly referred to as a pulled muscle.

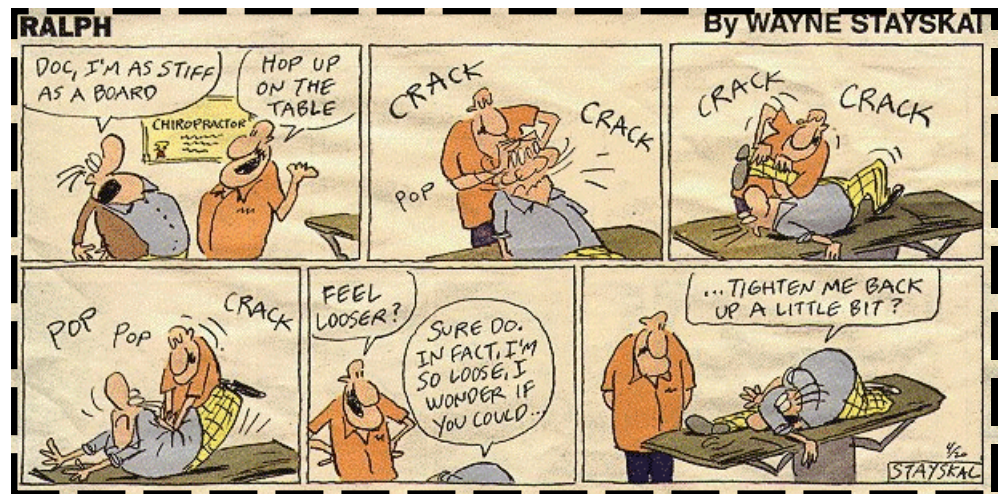


Anything that places sudden stress on the ligaments or muscles can cause a sprain or a strain. Chronic overuse of a joint can lead to stretching

of ligaments, chronic inflammation, or chronic irritation of a muscle tendon. Falls, lifting heavy objects, and the exertion of unfamiliar movements are common causes.

Sprains or strains, given adequate time and rest, can usually heal themselves. If after proper time and rest, you still have pain, then you may require the next level of care.

Your
Company Information
Here



Meet The Staff:

Your staff member name and info

Basic Nutrition: Choosing A “Good” Multivitamin

What constitutes a “good” multivitamin?

This question is frequently asked and with good reason. There are so many vitamins on the market and many of them are of poor quality.

When looking for a “good” vitamin, we suggest purchasing a “natural” supplement rather than synthetic. Synthetic multivitamins are most often of poor quality and contain coal tars, artificial coloring, preservatives, and other additives that are unnecessary or even harmful. They also frequently lack accurate amounts of each vitamin and mineral. Many brands have been researched and found to have

either more than or less than the amount of the nutrient listed. This can even be dangerous especially when taken in combination with other nu-



trients or medications that may interact with each other.

The other factor to look for is a product that has more than 100% of the RDA (Recommended Daily Allowance) or RDI (Reference Daily Intakes). There are three

problems with RDAs and RDIs: 1) you cannot get all the nutrients you need from today’s food; 2) the RDIs reflect amounts that are adequate to prevent nutrient-deficiency diseases, and are not tailored for individual needs; and 3) RDIs do not address or consider *optimum* health or the prevention of degenerative diseases such as cancer and heart disease.

“Natural” supplements can be found either on-line, at a health food store, or here at the Ford Chiropractic Clinic.

Ask your healthcare practitioner about your individual needs.

Life
is a
succession
of
lessons
which
must be
lived
to be
under-
stood.

**Ralph
Waldo
Emerson**