

PHOENIX RISING WELLNESS CENTER

PRWC Newsletter: Halloween Edition

IN THIS CREEPY LETTER:

**FIGHTING AGAINST THE COLD
AND FLU**

**HEADACHES: IGNORING THE
PAIN?**

A SPOOKY SPECIAL

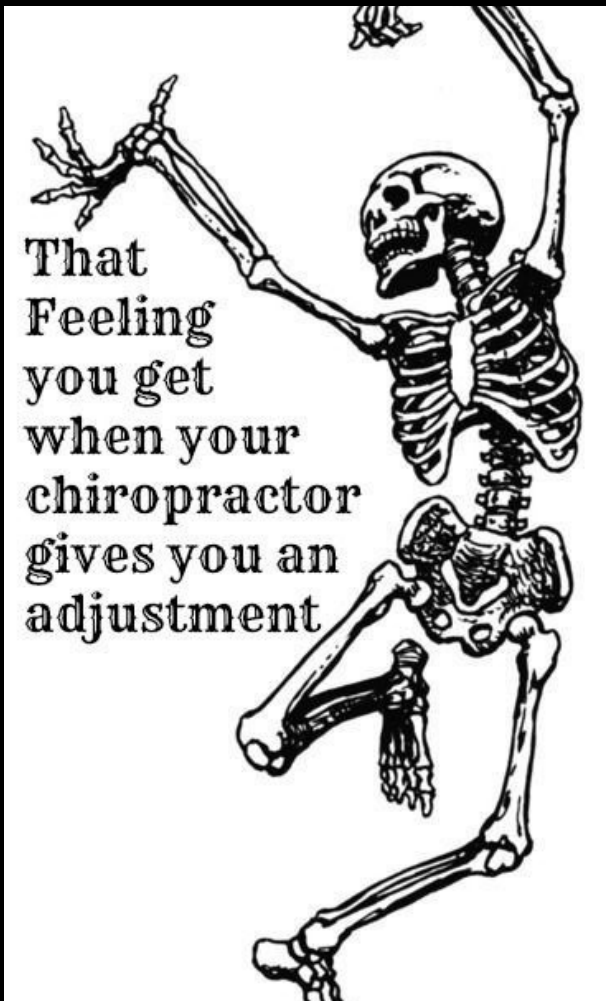
HEALTH TRIVIA



Cold & Flu

The cold and flu can be a scary illness if not taken care of properly. Though these are two different types of viruses, they both can cause serious health problems. Some symptoms can include fatigue, runny nose, nasal symptoms, congestion, and lost of appetite. Taking over-the-counter medicine or a flu shot can help combat against the symptoms, but it may not be enough to suppress the virus. Through chiropractic care, it can help boost your immune system and build the body's natural defense system to help battle against the cold and flu virus.

Chiropractic care is usually underestimated due to the fact it isn't wildly promoted on TV or advertised as helping the *connection of the brain and the body*. The brain and body connection controls the nervous system, immune system, and lymphatic system & helps them function properly. Your immune system is the first line of defense for your body naturally and if it isn't functioning well, you will be more susceptible to the cold and flu virus. The chiropractic adjustment removes subluxations in the spine and can prevent proper communication within the body. This can affect your health long term if it isn't treated properly by your chiropractor.



Should You Ignore Your Headaches?

The answer is No. Headaches can come in a variety of forms, from tension headaches, clusters headaches, sinus headaches, & the list goes on. When a headache is triggered, whether it's from stress, environment, food, etc., it can affect the nerves or blood vessels in the head or muscles in the neck and shoulders. This compromises the function of your body and nervous systems, leading to the symptoms of a headache. A chiropractor can adjust your spine and help restore proper function to the body, improving blood flow and nerve function.

Ignoring your headaches can significantly endanger your health. When your body gives you a sign or shows symptoms, your body has already been functioning at 40% or less. Would you want your heart functioning at 40%?

At our office, we treat many conditions: subluxations, headaches, sport injuries, car accidents, and more.

"There is a vast difference between TREATING effects & ADJUSTING the cause."

D.D. Palmer



It's Halloween! A Spooky Special for Children!

Happy Halloween! We have an amazing spooky offer here at our office this month. Don't forget to follow our social media for weekly updates on our office and tips on how to stay healthy!

Our spooky special for the month of October, \$21 for an exam, history, & consultation for children 17 and under!

Our children are the future so it's important they stay subluxation free.

Over the years, chiropractic doctors have received feedback about the benefits of kids and chiropractic, reporting significant or unexpected improvements in sleep, behavior and attitude, and immune function!

*Special Expires Oct. 31, 2018



*What bodily system does
chiropractic help to remove
interference?*

- A. digestive*
- B. nervous*
- C. circulatory*
- D. endocrine*