

Chiro Health & Wellness

Community Chiropractic (860) 667-4722

1000 Main Street, Newington, CT,
Dr Jens A. Korgaard, DC

Check Us Out Online: www.community-chiropractic.com

Feeling Blue?

When you feel unlovable, unworthy and unclean, when you think that no one can heal you, Remember, Friend, God Can.

When you think that you are unforgivable for your guilt and your shame Remember, Friend, God Can.

When you think that all is hidden and no one can see within Remember, Friend, God Can.

And when you have reached the bottom And you think that no one can hear Remember my dear Friend God Can.

And when you think that no one can love The real person deep inside of you Remember my dear Friend, God Does.

- Author Unknown

Beating Holiday Stress – Forget Perfect!

Well, confess, are you stressed out! Why? The holidays of course! Why is it that you have to do so much in such little time and try to make everything perfect. As of today, declare war on your holiday stress. This is going to be the year that you are going to have a smile on your face the entire holiday season. If you are thinking "easier said than done", just read on, you have to resolve to be stress-free. Why try to make everything perfect? It isn't going to be perfect no matter how hard you try. The perfect celebrations you see in magazines are not real life! They are just snapshots of fleeting moments. When the cameras leave you would see a whole different picture. Martha may be able to do it all, but she has a staff to help. If you don't have a full time staff, forget the "do it all, and do it all home-made" attitude.

If you are racking your brain trying to find a perfect gift for someone, give up! If it is that hard to come up with something, chances are, there isn't a perfect gift, so why beat yourself up about it! Buy them a gift certificate and let them decide what is perfect. Gift certificates save time and aggravation of wrapping too. Consider a gift certificate for massage or chiropractic care the natural stress relievers!

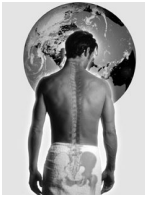
If your family is like mine, we try to fit all our holiday traditions into a couple of weeks. These traditions, take time and add stress. Every year, we go out and out one night and drive around to look at Christmas lights. If you have time before Christmas, do it! If you don't have the time, do it the week after Christmas, they will still be there. If you have too many traditions to fit into the short time, hold a family meeting and decide which are the most important. Do those and forget the rest! The children will be much happier if you aren't dragging them around, saying "Hurry, hurry!

On to the next thing!" Have a happy, joyous, holiday season. Kick back and enjoy it. The kids will have fonder memories of Christmas time if they have a Mom and Dad that aren't pulling their hair out. Thank you for a wonderful year serving you as your neighborhood chiropractor!

Sale!! Gift Certificates for Holiday Gift Giving

Introduction to Chiropractic - \$150.00 Value
Includes: Exam, Surface EMG and Report
Sale Price - \$20.00

60 Minute Therapeutic Massage Session
Regular Price - \$50.00



A Chiropractic Christmas

'T' was the day before Christmas, but there was no cheer.
 No jingle bells jingled, no sound of reindeer.
 The word had gone out that Santa was sick.
 There would be no visit from jolly St. Nick.
 The people were sad; no gaiety sounded.
 For Christmas had come, but Santa was grounded.
 He drove down the road, and what should he see?
 But a sign for a doctor, who was a D.C.
 Now Santa was not one to like a new tactic,
 But all else had failed, so he tried Chiropractic.
 He entered the office and saw at a glance,
 in a place such as this, illness hasn' t a chance.
 The office staff smiled, the music was sappy,
 with all of the patients contented and happy.
 In a very short time, to judge by the dock,
 he was in the adjusting room, talking to Doc.
 It must be the hurry, the tension and all,
 I simply can' t seem to get on the ball.
 Life used to be easy; just kids, toys and whistles,
 now I dodge smog, spaceships and missiles.
 And Doc, take a look at the size of this pack!
 Have you any idea what it does to my back?
 Poor Santa was miserable and just barely able,
 with the help of the Doctor, to get on the table.
 The Doctor was gentle; without a fuss or a tussle
 he examined the vertebrae and relaxed every muscle.
 He spotted trouble and then with a dick,
 started aligning the spine of old St. Nick.
 Santa felt aches and pains slipping away
 and in no time at all he began to feel gay.
 The air was a tingle with new fallen snow
 and a healthy Kris Kringle was rarin' to go.
 As he went out the door, he threw them a kiss;
 why, it had been centuries since he felt good as this!
 Then once more he shouldered the bag full of toys,
 his heart overflowing with true Christmas joys.

Supplement of the Month

Magnesium

Many Americans do not consume enough magnesium. Treatment with diuretics (water pills), some antibiotics, and medicine used to treat cancer can increase the loss of magnesium in urine. Poorly controlled diabetes increases loss of magnesium in urine. Alcohol also increases loss of magnesium and a high alcohol intake has been associated with magnesium deficiency. Signs of magnesium deficiency include confusion, disorientation, loss of appetite, depression, muscle contractions and cramps, tingling, numbness, abnormal heart rhythms, coronary spasm, and seizures.

HOW CAN WE HELP YOU? LET US KNOW... IT'S OUR PLEASURE TO SERVE YOU.

So True...

"Success isn' t permanent, failure isn' t fatal."

-- Mike Ditka

HAPPY HOLIDAYS! From "All of Us" at Accent on Health Chiropractic Centers.

Our Office Hours

Newington, CT

Mon-Wed-Fri

9am-1pm & 3:30-6:30pm

Sat 9:00-12:00am

860-667-4722

www.community-chiropractic.com

Our Holiday schedule is on our website

**Tell Others About Our Practice
 We Always Welcome New
 Patients**

**And Your Referrals Are
 Sincerely Appreciated! Thank
 You For Helping Others.**

MESSAGE THERAPY SPECIAL

30 Minute Massage \$25.00

Offer Good For Anyone Who Has
 Never Had A Massage In Our Office