

A healthier spine... a healthier you.

October is **National Chiropractic Health Month!** This year's theme is 'GET TECHNOHEALTHY'!

As of 2008 PDA's and smart phones have exceeded sales of laptops! I found this statistic to be staggering. Technology is a part of every minute of our lives. Look around and you'll see kids even as young as 7 texting away!

The advantages of this technology are far reaching. We can't underestimate how it has brought us closer to family and friends and given us the ability to work away from the office. But with technology comes disadvantages as well. Repetitive injuries are on the rise. All ages and generations are affected.

Symptoms of technology overuse include pain in the elbows and shoulders; wrist pain; neck pain and headaches; lower back pain. We're seeing more of not only carpal tunnel syndrome, and tendonitis, but also 'blackberry thumb', and 'text necks'!

So what can you do to protect yourself and your children from injury? We ask you the question... are you **TechnoHealthy** or **TechnoFoolish**?

Here are some tips:

1. Avoid typing more than 3 minutes on small keyboards without a break.
2. Keep messages short!
3. Practice using another finger when your thumb is sore!
4. Don't slouch.
5. Respect Sundays and keep your device off!
6. Get outside, exercise and enjoy nature...Balance is the key!

If you think you or someone you know is suffering from a repetitive injury, please come by our clinic and get it checked out. Chiropractic care is the care of choice for many of the above symptoms. Both Dr. Connor and I are well versed in the suitable treatment and rehab protocols.

Also in this newsletter:

- **Recipe of the Month** - Quick Fruit Smoothie
- **Tip of the Month** - How to do a hand-stretch
- **Clinic News** - Welcome Lori!
- **Coupon**

Yours in better Health,
- Dr. Misty Paul, D.C. 703-777-2532



Recipe of the Month

In my house, mornings are always a rush! Both my husband and I are scrambling to get ourselves and our two kids (11 and 13 years old) out the door. Here's a great simple healthy breakfast for us on the go!

Quick Fruit Smoothie

(Visit our website for a [printable version of this recipe](#))

In a blender mix:

- 3 cups orange juice
- 2 servings lowfat vanilla yogurt
- 1 cup frozen berries or fruit of your choice (we love mixing blueberries & peaches)
- 6 scoops of Arbonne vanilla protein shake (this adds the protein power for the am)
- 2-3 scoops of Arbonne Daily Fiber Boost



Blenderize and enjoy!

Tip of the Month - Hand Stretch

Take a break from texting and do a hand stretch using a thick rubber band. Simply put the rubber band around the tips of your five fingers to stretch the rubber band, and then bring back to the original position. Repeat this 4 to 5 times and perform on both hands. Do this a few times a day to be technohealthy!

You can also try [Theraputty](#), which we carry at the clinic - it's a resistive hand exercise material color-coded for different consistencies ranging from xx-soft for strengthening the weakest grasp to extra-firm for developing a stronger grip.



Clinic News

We welcome a new staff member, Lori, who joins our team this month as an office manager! She will be helping us with a little bit of everything in the office! Please come by and meet her. She's just moved into town from Florida and could use a little bit more sunshine!

Motivational Quote of the Month:

"Things turn out best for the people who make the best of the way things turn out!"

- John Wooden

Please let us know if there's something you would like to learn about or see in our clinic. At Basics First Chiropractic, we're here to help you. Thank you for your support!

- The BFC Team

Learn more about being TechnoHealthy at:



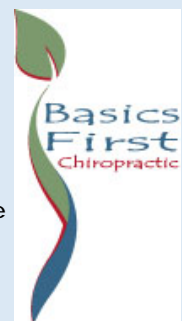
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