



*“Every gift which is given,
even though it be small, is in
reality great, if it is given
with affection.”*

-- Pindar



HOLIDAY HOURS

MORNING HOURS ONLY

XMAS EVE 12/24
FRIDAY 12/26
NYE 12/31

THE OFFICE WILL BE CLOSED:

XMAS DAY 12/25
NEW YEAR'S DAY
1/1/15

Upcoming Events

Tuesday JANUARY 13th

SRI Workshop
DISCOVER

6:00-7:30 PM

The Name of the Game

We have officially entered the season “when the weather outside is frightful...” and unlike the song, most of us have places we need to go. As we cannot but help enjoy, curse, admire, and shovel the snow that will likely fall this winter, one thing we can do to make the cold and the dark slightly better is *to prepare*.

I learned a lot last winter, and more than anything else it was that I was not ready for the inevitable winter storms. After spending 3 years in California, where a snow shovel was as rare as a *saguaro* is here, I didn’t think much about the length or severity of a Mid-Atlantic winter.

This year, things are different. Rock salt has been purchased in bulk, shovels are staged at the ready, I invested in a snow blower, an all-wheel drive vehicle, and a nice pair of gloves. These things might not be essential for everyone, but my point is simply that misery and mistakes give us the opportunity for accelerated learning. We can’t change the weather, but we can be ready for it.

I encourage you to keep warm, get adjusted, and be sure you and yours are prepared not only for a festive holiday season, but for the entire season.

Happy Holidays and Happy New Year!

“The shape, tone, and tension in your spine reflects the shape, tone, and tension in your life.”

Let's measure it.



In January 2014, we started incorporating the Insight Millennium system into the practice. The Insight system is a tool that helps us (and you) to track the clinical and experiential changes in your body as you progress through care with us.

Each “scan” takes approximately ten minutes. We measure three different aspects of how your nervous system is coordinating – Heart Rate Variability, surface EMG, and thermography.

Based on these metrics, we are able to get an objective picture of

First Year Insight

how well your nervous system is able to adapt to stress.

After one year of utilizing this technology, the feedback has been outstanding. The ability to have an immediate graphic picture of how your body is able to manage stress, and looking at where and why certain areas of your body are expressing dis-ease is an invaluable tool.

One of the coolest aspects of this technology is seeing the change that occurs over time as you receive chiropractic care in the office. We perform follow-up

Progress Reports after certain intervals of time to compare and contrast not only the Insight scans, but also what your personal experience has been since you started with the practice. These Progress Reports give us a chance to assess where you were, where you are, and where you would like to go.

If you have not had an Insight scan, we encourage you to schedule one for January or February so we can start the New Year with a new baseline and help you set some excellent wellness goals!

The Sweet Root

The delicious sweetness of the licorice root is derived from the plant *Glycyrrhiza glabra*. Licorice has been used for centuries in Ayurvedic and Chinese medicine as a “balancing” and “rejuvenating” agent.

More recently, modern research has begun to demonstrate some therapeutic effects of this plant. One interesting study found a reduction in total and LDL (“bad”) cholesterol after treatment with a licorice infused tea.

In addition, much research has been done over the last 10 years showing that nutraceuticals derived from spices such as turmeric, red pepper, black pepper, licorice, clove, ginger, garlic, coriander, and cinnamon target inflammatory pathways in the body. Chronic inflammation is widely held to be a cornerstone for many diseases and conditions, such as inflammatory arthritis, atherosclerosis, asthma, and IBS. This is not to say that these plants alone will treat these conditions, but rather, they could play a beneficial role in helping your body address the underlying inflammation.

In any event, a hot cup of licorice tea goes a long way on a cold and dark winter day!



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