

Healthy Lifestyle Guide

A publication of Zager Chiropractic Services
(830) 393-6554 www.zagerchiro.com

Vol. 10

Issue 1

Why Do People Seek Chiropractic Treatment?

People come in for chiropractic treatment for a variety of reasons. People obviously come in for treatment because they are in pain (see box below), but many people also come in on a consistent basis after they are out of pain for general tune-ups or maintenance/wellness adjustments.

Chiropractic gets great results and has helped millions of people get relief from many painful conditions like low back pain, but it also helps many people who suffer from allergies, sinusitis, fibromyalgia, and headaches among other things.

In addition to adults, many chiropractors treat children. Children see chiropractors to help them find relief from repeated ear infections, allergies, scoliosis, and athletic injuries. Children typically do not need as much treatment as adults, because they are so resilient and their bodies are in growth and heal-

ing modes already.

More and more people are also coming in for maintenance or wellness adjustments on periodic basis. People find out that they generally (physically and mentally) feel better with consistent periodic adjustments. They find that they have more energy, their muscles are more balanced and relaxed, they sleep better, they are not as stressed, and they prevent pains from becoming severe again (see box on next page).

Most people who are on a maintenance or “wellness” schedule come in every 4 – 8 weeks depending on how old they are, what type of injuries or conditions they have had, and how much they exercise on their own. If you start to feel stiff, achy, or low energy, then you should see your chiropractor for your maintenance adjustment before your pain returns or gets worse.



Top Conditions People Seek Chiropractic Treatment For

Low Back Pain including:

“Slipped” discs

Sciatica or Leg Pain

Pregnancy back pain

Post Pregnancy pain

Headaches including:

Tension and Sinus

Migraines

Neck Pain

Arm Pain and/or Numbness

Brachial Radiculopathy

Rib Pain

Fibromyalgia/Myofascitis

Shoulder Pain

Carpal Tunnel

TMJ pain

Benefits of Wellness/Maintenance Adjustments

Not in chronic or constant pain
Able to do more things
More energy
Sleep better
Less stiffness
Better mental outlook
More relaxed
Able to handle stress better
Prevent pain from starting again
Generally feel better and happier

Morning Stretches to Keep Motion in Your Spine

Every morning you should do:

Back Rocks – lying on your back pull one knee toward your chest and slowly pump it 2 or 3 times. Then do the other leg. Then do both legs together. Remember this should be a pumping action – not a pulling and holding down action.



Ranges of motion for your neck and back. Look down (bend down), then up (lean back slightly), then turn to each side, and bend to each side. Remember not to roll your neck or to go past a point of pain.

Nutritional Bites

Just 2 Small Changes

Now that the holidays are over, you can start to get back to a normal routine. You can also change some small things in your eating habits. There are a couple of things you can do to eat better without changing your entire life.

The first is to look at your portions. If your plate is piled high and overflowing, you should cut down the size of your portions. Remember that your closed fist is a correct portion. The second is to add more vegetables to your diet. Aside from giving you lots of vitamins and minerals, vegetables will fill you up so you feel satisfied.

Just by doing these two things you will be making a great start in becoming healthier and you will slowly start to lose some of those extra pounds that you gained over the holidays.

It is better to lose weight slowly over time, rather than lose it fast, only to regain it right back.

**Thank You to Our Patients
Who have Referred Others
In To US!**

Dr. JoNelle Zager, DC of Zager Chiropractic Services publishes the *Healthy Lifestyle Guide*, which will be published every 4-6 weeks.

Feel free to pass *Healthy Lifestyle Guide* on to your friends and family members. If you would like more information on a variety of health topics, you can also visit our website www.zagerchiro.com.

Zager Chiropractic Services is a wellness and exercise based chiropractic practice in Floresville. Dr. Zager has over 27 years experience as a chiropractor helping thousands of patients reduce their pain and live healthier lives.

Fitness Resolution Example:

If you want to become more fit (and lose some weight) try some of these steps:

1. Start walking at least 10 minutes a day – 5 days a week. Lunchtime is a great time to do this. After 3 weeks increase the time to 15 minutes a day. After 6 weeks, increase it to 20 minutes a day.
2. After the first month start working on some core and/or balance exercises 3 times a week. Start with just 10 minutes at a time. See our website www.zagerchiro.com to see all the core exercises. As you get stronger,



bump this up to 15 minutes a day.

3. 3 times a week, do some strengthening exercises with some light weight (1 – 5 pounds) free weights. Lat Pulldowns, Reverse Flys, Biceps curls, Triceps pushes, Leg Lifts, ½ Sit-ups, and Leg Lifts. start at 8 – 10 repetitions (*See our website, www.zagerchiro.com for in-depth explanations of these exercises or call and ask Dr. Zager at 830 393-6554.*)

Always remember to start slowly and work up to a higher activity level.

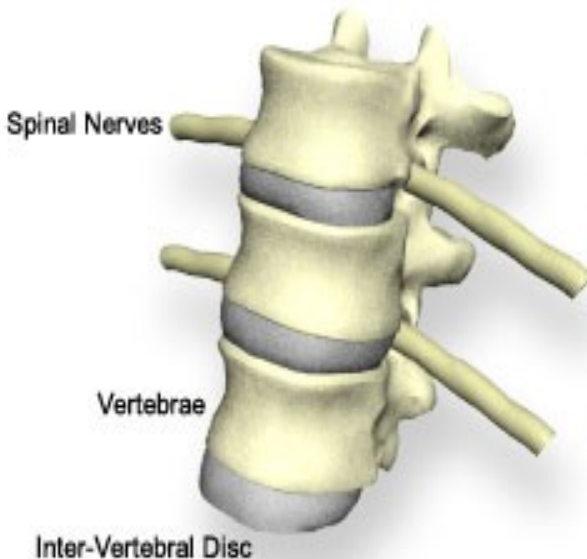
Upcoming Classes: check out www.zagerchiro.com for more information

Core Strengthening	Jan 12 th 10 am and Jan 13 th 6 pm
Relaxation/Stress Reduction	Jan 19 th 10 am
Headaches	Jan 26 th 10 am and Jan 27 th 6 pm
Pregnancy/New Mom Class	Feb 2 nd 10 am and Feb 3 rd 6 pm

Call (830) 393-6554 or e-mail jonelle@zagerchiro.com to reserve your spot.

Spinal Anatomy

- Between each set of vertebrae is an intervertebral disc (IVD), which acts like a cushion.



- Your nerves exit between each set of vertebrae through a foramina (hole or opening).
- When your vertebrae get misaligned or subluxated, they can put pressure on your nerves as they exit between the vertebrae, thus causing pain or other symptoms.
- Dr. Zager corrects the subluxation by moving the vertebrae back into their proper place, thus taking pressure off of the nerves, and allowing the muscles to come back into balance.

Quick Tips

- **Get your monthly adjustment**
- **Walk at least 10 minutes a day**
- **Do your back stretches every morning**
- **Attend one of Dr. Zager's free health classes**

**We are a Blue Cross Blue
Shield of Texas
preferred provider.**

We accept Medicare patients.

Office Hours:

Monday 9 am - 6 pm
Tuesday 9 am - 3 pm
Wednesday 9 am - 6 pm
Thursday by appointment
Friday 9 am - 6 pm
Saturday 9 am - 11am

Check out our webpage

www.zagerchiro.com

for more articles and information.

2840 Business Loop 181 N
Floresville, TX 78114
830 393-6554

Zager Chiropractic Services

2840 Business Loop 181 N, suite 140
Floresville TX 78114