



# SUBLUXATION DOMINATION

McCormick  
Chiropractic

Volume 1, Issue 4  
10/1/2014

## FALL Into The HANDS Of Our CHIROPRACTORS



### Meet Dr. Brian Capaldi.

Dr. Brian Capaldi grew up in Doylestown, PA and was a chiropractic patient and advocate at a young age.

He graduated from Lock Haven University with a degree in biochemistry and then attended Palmer College of Chiropractic.

Dr. Brian brings over 13 years of experience to the practice.

His certification as a personal trainer and strength and conditioning coach has led many to seek his advice in their athletic endeavors.

This includes the Villanova Basketball team and the Conestoga rugby club. When he's not adjusting spines he enjoys being kept in line by his girls, Janelle and Laila and his overgrown Boxer lapdog Brinkley. His hobbies include painting, reading and writing as well as motorcycle riding!

## UPCOMING WORKSHOPS

### Coventry Office Workshops

#### Getting The Best Results

October 7th at 6:30 PM

#### Losing Weight Through The Holidays

October 14th at 6:30 PM

#### Core Strengthening Workshop

October 21st at 6:30 pm

#### Guest Speaker: Susan Hess

Natural Remedies for Digestion

October 28th at 6:30 pm

### Elverson Office Workshops

#### 5 Healthiest & 5 Worst Foods

Lunch & Learn

October 22nd at 11:30 AM

Join McCormick Chiropractic  
for a HALLOWEEN PARTY

On October 30th in the

Coventry Office From 3:30 - 6:00 PM

Remember Your Costume!



Pottstown

92 Kemp Rd.

Pottstown, PA 19465

Elverson

83 W. Main St.

Elverson, PA 19520

[www.mccormickchiro.com](http://www.mccormickchiro.com)

Sign up for a Weight Loss  
Consult at NO CHARGE

Share with us what  
Chiropractic has done for you!

Upload your testimony  
straight to our Facebook or  
email them to  
[office@mccormickchiro.com](mailto:office@mccormickchiro.com)

Like us on Facebook and  
follow us on Twitter and  
Instagram

TIC OF THE MONTH:

## ZOMBIES



## NEED CHIROPRACTORS TOO

### In the Community

10/02/2014

Senior Health Expo  
Sunnybrook Ballroom

10/07/2014

Elizabeth Barth Elementary  
"Stress Management"

10/09/2014

Limerick Green  
"Increase Your Energy"

10/13/2014

OJR Benefits Fair

10/19/2014

OJR "Best Buddies"  
5k Run

10/15 & 10/22

Franklin Elementary School  
Stress Management

## Reduction in Blood Pressure with Chiropractic

A study published on August 11, 2014, in the Journal of Upper Cervical Chiropractic Research, added further evidence showing that chiropractic care has a positive effect on blood pressure. Numerous prior studies showed that people with high blood pressure who received chiropractic care experienced a blood pressure reduction. One study even showed that people who had low blood pressure had their pressure return to normal.

In the opening of the study, the author points out, "According to the American Heart Association, hypertension and related cardiovascular diseases continue to be a leading cause of death in the United States effecting approximately 77.9 million adults." He continues by noting, "The American Heart Association reports high blood pressure was listed as the cause of death or contributed to over 348,000 American deaths in 2009."

In this study, twenty people were randomly divided into two groups. One group, the control group, received a simulated adjustment that sounded real but no movement of the spinal bones occurred. The second group received a real chiropractic adjustment.

The results of the study showed that those who received the real adjustment had a significant reduction in both their systolic and diastolic blood pressure. The control group, who received the simulated adjustment, did not show any statistical change in blood pressure. The effects from the single real adjustment given in this study lasted approximately one month.

In the conclusion of the study, the author states, "In this investigation the correction of Atlas (top bone in the neck) subluxation in the experimental group significantly decreased systolic and diastolic values for up to one month with only one therapeutic intervention." He concludes by suggesting, "The results of this study would suggest there would be a significant benefit in evaluating for and correcting any Atlas subluxation or misalignment found in patients that suffer from ABP (arterial blood pressure)."