



SUBLUXATION DOMINATION

McCormick
Chiropractic

Volume 4, Issue 1
01/1/2016

2016

Do You GOOGLE?
Google Us. Write A Review and
Spread the **WORD** about
CHIROPRACTIC!

Make 2016 your healthiest year by following these simple tricks!

1. Drink More Water. Need flavor? Add some lemons.
2. Walk More. Go to a park. Join a walking group. Take the stairs instead.
3. Decrease Your Sugar & Dairy Intake.
4. Introduce More Greens Into Your Diet. Disguise them in smoothies.
5. Relax More. Join a mediation or yoga group. Take a hot bath.
6. Read More. Dive into a good book.
7. Eat More Herbs & Spices. Add them to your meals or drink some tea.
8. Eat Breakfast. Have pre-made foods ready to go when you are.
9. Pay Attention To Art. Art is everywhere! Do some traveling.
10. Sleep More. Easier said than done? Carve out sleep times or purchase a sleep tracking device.
11. Be Positive. Enjoy everything you do and make the best out of each situation.
12. Stay Healthy. Get Adjusted. Keep your immune system in tip-top shape.
13. Cut Out Processed Food.
14. Use More Fats. Incorporate coconut oil and ghee into your daily routine.
15. Lose The Toxins. Change your cleaning and household supplies to brands that are toxic free or make your own!
16. Social Media Shut Down. Carve out a time when all devices are shut off.

Did the holidays catch up to you?

**Schedule a Free
Nutritional/Weight Loss
Consult Today!**

What has Chiropractic done for you? **Are you able to sleep better, run/jog or exercise?** **Did it alleviate headaches?** Share your Success Story with us either on Facebook or with a Testimonial!

See the Front Desk for more

Have question about how to make this your healthiest year? Ask Lindsey! She can help you make the changes you need to make!

In The Community

Book Your **Workshops** For Your **Church Group, Men's or Women's Group, Youth Groups, Workplace or other community organization.** We would be happy to **tailor** our **workshops** for your needs. Speak with **Lindsey** for details.

**Eastern Technologies
Peak Performance
01/15/16**

**Tri County Area Chamber Of Commerce
How to increase productivity
01/27/2016**

UPCOMING WORKSHOPS

Coventry Office Workshops

Getting The Best Results.
January 5th at 6:30 PM

New Year. New You.
January 12th at 6:30 PM

Lose Weight This New Year.
January 19th at 6:30 PM

Core Strengthening
January 26th at 6:30 PM

Elverson Office Workshop

Lunch & Learn
A Nutritious New Year
January 6th at 12:30
in the **Elverson Office.**

**All Workshops are Complimentary
For Our
Patients. Please Feel Free To Invite
Your Friends & Always
Remember To R.S.V.P.**

Does the term chiropractor or going to the doctor put fear immediately into your mind?

If so, you are not alone. It is estimated that about 20 percent of the population suffers from what is referred to as “white coat syndrome,” in which a person’s blood pressure shoots up when in the presence of a healthcare practitioner and even higher when going to a chiropractor. But if the fear of doctors is getting in the way of you receiving proper medical care, you should do something about it for the sake of your health. And acknowledging your fear is the first step to getting beyond it.

The “Why”

There are many valid reasons why people do not like doctors’ offices, including the association of these places with pain and illness. To begin, let us address that many people are embarrassed to discuss medical issues for fear being given a lecture about their unhealthy behaviors. Or maybe they do not like being touched or dread the possibility of a painful procedure. Then there’s an issue of mistrust that’s made worse by the absence of personal familiarity and the stories of medical errors that are always hitting the news.

Unfortunately even when people are feeling healthy, going in for a preventative exam can still trigger uneasiness. They might wonder, “What if the exam reveals problems I didn’t know I have?” Sometimes they’d actually rather not find out. However, not knowing (or finding out about health issues too late) presents its own risks. Truth is, knowledge is power. And ignorance can be dangerous. Despite these facts, some people avoid interacting with healthcare providers.

Conquering Your Fears

If you are among those with a fear of doctors, you can use some of the following tips that experts have devised to help people deal with it:

Look Deeper to Identify Cause – Often, people just have a general uneasy feeling that they can’t pinpoint. Identifying the source of your anxiety can help you to manage the fear far better than trying to battle an unknown opponent, and you can then deal with your fears more rationally.

Find A Doctor That Fits - Look for someone you can connect with, who you feel comfortable talking to about problems and who you feel listens to and understands you. Remember a chiropractic health practice has a hands on approach and this trust and connection is especially important.

Ask Questions – It is important to ask your questions. Doctors should always be happy to help you understand not only your health challenge but how this occurred and the method they use to correct and rehabilitate the degenerated or injured area. It will help you to be more mentally and emotionally prepared when going for a visit when you know what to expect.

Bring A Friend or Love One – It often helps to have a family member or friend with you when you visit the doctor or have a treatment done. They can be there to relieve your anxiety and provide emotional support when it’s needed.

Doctor of the Future

Your doctor of chiropractic and his expert team is there to help ensure that you are as healthy as you can be, and prevention is always the best medicine. So make the very best use of your visits with the doctor! Use these tips to help get past your fears so that you can enjoy a long and healthy life, free from illness and get on the path to wellness.