

# BACK TO HEALTH CHIROPRACTIC & WELLNESS OF WESTCHESTER NEWSLETTER



## Start 2018 off right!

### **Here are some healthy tips from our Doctor:**

1. Take care of you! I know from taking care of many people over the last 30 years many of us get caught up in taking care of others, and forgetting about ourselves. So be a little selfish, it's not just ok, it's necessary!! This could be as simple as taking a walk outside or going to an exercise class.
2. Use your food as a source of energy and replenishment of vital minerals, vitamins and anti-oxidants by eating a variety of fruit and vegetables daily. It's best to vary what you're eating so you get all the benefits available from your food. You can also supplement as needed. Not sure how to use nutritional supplements? Just ask us!

3. When you're experiencing lower back tightness, use a combination of hamstring stretches and pelvic tilts to help relieve the tension. If the tension is persistent, give us a call, we're here to help!!

**Did you ever wonder why an adjustment works? Well, here are the mechanics behind it and why it works and why it is important:**

The chiropractic adjustment is a gentle hands on re-alignment of the subluxated (misaligned) vertebra (individual spinal bones that form the backbone) of the spine. The purpose is to remove pressure on the nerve root which may be exerted on the spine due to the misalignment.

The adjustment is done by positioning the body in a specific way on the adjusting table. The doctor then places his/her hands on the vertebra to be adjusted (re-aligned) and exerts a gentle force into the joint in a specific direction to restore joint movement of the vertebral column and reposition the vertebra.

As a result of a vertebra being subluxated (misaligned) there will be pressure on the adjacent nerve tissue. By reducing the pressure on the nerve and allowing the nerve energy to flow more freely, the body will be better able to adapt to stress and move toward healing and pain reduction.

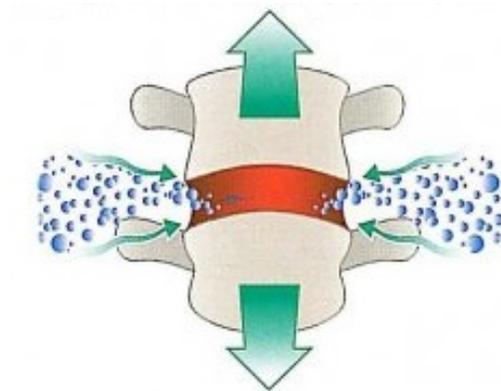
**Here is part of how we solve neck and back pain without unnecessary surgery, drugs, medications, shots, etc.:**

We use the DRX9000.

Here's how it works:

The DRX9000 decompression machine is a specific type of device, typically used by health care providers, to lengthen and stretch the spine to reduce pressure on a compressed spinal nerve.

This decompression table works by creating a negative pressure on the area of your spine that is causing your pain and discomfort.



Over time that area of the spine is elongated to allow the proper spacing and relieve pressure on the surrounding compressed nerves.

During this treatment you will lie on your back on a table. Once the machine is turned on, you will feel a gentle stretch in the affected area of your spine.

## We also deliver something called Rapid Release Therapy.

Here's what it is:

Rapid Release Technology is the Innovator of Targeted, High-Speed Vibration Therapy. The combination of a short stroke and high frequency delivers quick, effective results for a variety of aches and pains.

The 5 unique treatment surfaces can quickly soften up tightness in large muscles while versatile enough to provide effective relief to small body parts such as arms, wrists, hands, fingers, legs, ankles feet and toes.

This is the machine:



## Contact Us!

To come in and see the Doctor for a free Consultation, give us a call at 914-934-2000 or email us at

[backtohealth2015@gmail.com](mailto:backtohealth2015@gmail.com) and schedule your appointment!

Walk-ins are also accepted but may not be able to be seen right away depending on the Doctor's availability. Our address is 111 South Ridge Street, Suite 301 Rye Brook, NY 10573.

