



The Top 10 Reasons to Visit Your Chiropractor Over the Holidays!



1. **Stress:** The holidays can be exceedingly stressful. Travel, buying gifts, paying for meals out and dealing with family can all lead to added stress during the holidays. When you are stressed your body deals with it by tensing up. This can lead to headaches, neck pain, low back pain digestive issues and poor sleep. Chiropractic treatment can help to relieve stress related tension in the shoulders and back therefore decreasing the symptoms related to stress related tension.
2. **Travel:** Thanksgiving through Christmas is the busiest time to travel. Traveling can be hard on your body. Whether it be carrying heavy bags, waiting in long airport lines, being delayed at airports, sitting in tiny seats or riding in the car for long road trips these activities all effect your back. Adjustments and muscle treatment can help prevent problems before you travel and fix them when you get back.
3. **Illness:** The holidays also bring with them cold and flu season. Spending lots of time inside, decreased immune system and vitamin D, exposure to more people and more germs can all lead to more illness over the holidays. Getting adjusted boosts the sympathetic nervous system which controls the immune system. This boost could help fight off nasty bugs during the holidays.
4. **It May Be Cheaper:** At the end of the year you may have FSA or HSA money leftover to spend before year end. Treating yourself to an adjustment or prepaying for adjustments next year might be a good way to use the remainder of that money. Also, if you have received healthcare during the year your deductible may be met and your copay may be reduced.
5. **Raking, Shoveling and Bad Weather:** Raking and shoveling both cause a twisting force in the lower back which can cause inflammation in the lumbar spine and the large joints between the sacrum and pelvis. Icy sidewalks and driveways can cause slip and falls that can jar the spine, even if you don't hit the ground you may cause inflammation in the spine.
6. **Upset Stomach:** The holidays are when we usually throw our eating plans out the window. We eat more food in general but more specifically we increase intake of bad foods. Sugar, alcohol and fatty foods all are more prevalent during the holidays which can lead to digestive discomfort. Chiropractic adjustments in the lower back can effect the nerves going to the stomach and intestines thereby helping your digestive system to stay on track.
7. **Headaches:** Headaches can come on during the holidays from dehydration, stress, travel or sleeping in unfamiliar places. Headaches usually have a musculoskeletal component to them stemming from the neck and upper back. Keeping the neck and back moving fluidly can help prevent these headaches.

8. **Decorating:** Climbing on the roof, digging through boxes, untangling lights these are all not normal daily events. These activities may inflame old injuries or bring about new ones but remember it is best to get these injuries treated immediately as soon as they start so you don't have to spend the holiday season in discomfort.
9. **New Workouts:** As soon as the New Year starts most people try to vigorously lose the holiday weight. Start off slow with your workouts but keep in mind if your body is not used to working out you may acquire new aches and pains. It is best to not push through injury but to get the injury treated so you don't further damage the area.
10. **It Just Feels Good:** You treat everybody else during the holidays but who is taking care of you. Sometimes it just feels good and makes you happier to be adjusted and feel loose. Come in and get an adjustment to improve your holiday spirit so you can have a great month.

We hope everyone has a happy & healthy holiday season - and don't forget to get that adjustment in!

- Dr. Chris



End of Year Information!



Order Stocking Stuffers Soon

Things to Note Regarding the End of the Year!

Holiday Hours

With Christmas falling on a Wednesday this year, we will be goin' home for the holidays and will be CLOSED the entire Christmas week to celebrate (December 23rd - December 27th).

We will be OPEN the following week, including New Years Eve (Tuesday, December 31st). The only day we will be CLOSED that week will be New Years Day (Wednesday, January 1st).

We will also be in the office adjusting on Sunday, January 5th to get everyone in after the holiday rush.

Empty Your HSA/FSA

Empty your HSA/Flex Account before the end of the year! Most plans reset your account at the beginning of the year and the money resets with it. If you want to use your money for chiropractic, you can pre-pay for future adjustments. Don't wait too long or you'll lose your money.

It's Time to Order Stocking Stuffers

It's stocking stuffer time! We've brought back some of our favorite items from the past, reinvented a few, and are bringing some unique new scents to the mix. As always, order forms will be at the front desk until December 12th or give us a call and we can fill one out for you. Pick up will be December 16th-19th or just let us know if you need your goodies by an earlier date.



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