

Congratulations to our



Patient of the Month

Rachel Harris

Thank You To Our Patients That Referred Us To Their Friends!

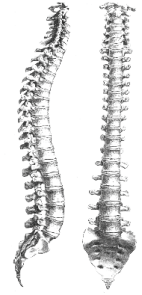
Mike Olsen, Kathy Cookson, Rachel Harris, Brittany Christianson, Jennifer Krey, Evett Nichols, Joann Buyers, Lance Perry, Bill McCall, Pam Winters, Jimmy Miller, and Vince Buchanan

These Special Patients Have Done a Fantastic Job !

February Refer a friend or family member and be entered in our raffle. The winner will receive a gift certificate for a romantic dinner for two at Shutters in Brentwood.

We're On The Web
www.OakleyChiropractic.com

Oakley Chiropractic Newsletter



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JANUARY & FEBRUARY 2010

Start your new year off healthy!

With the new year many of us vow to get *healthy*, whether it be to lose weight, quit smoking, or eat better. According to the World Health Organization the definition of health is “a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.” This is the important part of making a change: it does not just begin in a single realm of one’s life, it is a complete lifestyle change. In order to reach the body’s full potential we must take care of all aspects of health. To reach physical well-being one must take care of the body. How do we do that? Eating healthy is a great place to start. Try adding more fresh fruits and vegetables and whole grains into your diet. Increasing your physical activity to at least 30 minutes each day is recommended by the American Heart Association. Also, ceasing smoking and decreasing alcohol intake can also improve the quality of your life. Chiropractic plays a major role in physical well-being. Removing subluxations or misalignments from the body will decrease nerve interference and allow the body to reach its full health potential by allowing it to function at 100%. Mental well-being can be improved with an increase of physical activity. Massage will also help to decrease both physical and mental stress by alleviating tension and allowing your mind and body to relax. Exercise releases endorphins, which are our “feel good” hormone, that help reduce stress and depression. Social well being can be improved by having a good social network. Family and friends can be the best people to rely on. It is important to have a confidant that you can share your day with, in doing this it helps the body to release stress and feel more relaxed.



Bring your, spouse, significant other, a friend, or family member and indulge this February. Both of you will learn simple massage techniques to pamper anyone and enjoy some sweet treats. Even better, this class is complimentary and you will be entered into our raffle to win a complimentary 1 hour massage.

Thursday, February 3rd
6:00 p.m. to 7:00 p.m.

This class is complimentary; however donations are welcome to support Oakley’s Relay for Life.

Please R.S.V.P by January 31st

Did you know...

That you have over 600 muscles in your body.

Last year half of the American public consulted some type of alterative health care practitioners.

While your brain is only 3% of your body, it uses 20% of the oxygen your blood supplies.

It takes 43 muscles to frown and only 17 to smile.

The average adult has about 40 billion to 50 billion fat cells.

A University of California study had shown that listening to Mozart sonata for 10 minuets improves your eye-hand coordination.

It is impossible to sneeze and keep your eyes open at the same time.

Your body's largest organ is your skin.

Many of our long time patients will be excited to know that **Ted has returned!!!** "He worked for Oakley Chiropractic for over 12 years. He is one of the best therapeutic massage therapists our office has ever had, and we are excited about the opportunity to work with him once again." -Dr. Mike

Ted taught Swedish Massage & Sports Therapy for the American Institute of Massage and Therapy in Walnut Creek. He specializes in injury recovery. He went to work for Club One at Brentwood in 2004 as the Manager of the Massage/Spa services. He continues in this capacity with the Delta Valley Athletic Club. Ted has over 10,000 hours in training, including Swedish, Neuromuscular Massage, Shiatsu, and Executive Office/Chair Massage. He also is certified in Reflexology, herbal wraps, stone massage, lymphatic drainage, pre-natal and post-natal, crainial sacral massage, cryo therapy, sports therapy/myofascial release, myobur release therapy, infant massage, geriatric massage, and acupresure massage

Ted's philosophy is that massage tunes the body for sports and aids in recovery. It helps to reduce stress and keeps your body in balance no matter what life throws your way.

We also have a new female massage therapist, Holly. Don't let these delicate hands fool you, she has a lot of strength and great pressure. She is very knowledgeable and specializes in different types of massage.

After growing up near Philadelphia, PA and attending college in Boston, Holly finally broke away from the East Coast to move with her husband to Chicago, IL. Shortly after they finished their western travel and ended up in Concord, CA. When not working Holly likes hiking, camping, doing handwork, and being a "Mother" to her two cats.

Holly received a B.A. in political science from Boston University before training in massage therapy at central Pennsylvania School of Massage. The program consisted of 1260 hours and certified her in: infant, pre-natal, geriatric, and Swedish massages; myofacial release; neuromuscular therapy (trigger point); reflexiology; Tui-na; Reiki (first attunement); Craniosacral therapy; Sports massage (both pre- and post event); and aquatic and cryotherapies. After completing school, Holly studied myofacial release and cervical/ thoracic myofacial release through classes with John Barnes and passed the NCBTMB exam. Most importantly Holly wants to help make anyone feel better. Schedule a massage today for increased function and mobility to enjoy life to the fullest!

We must all suffer from one of two pains: the pain of discipline or the pain of regret. The difference is discipline weighs ounces while regret weighs tons.

SPINAL CARE CLASSES:

1/26/11
6:00

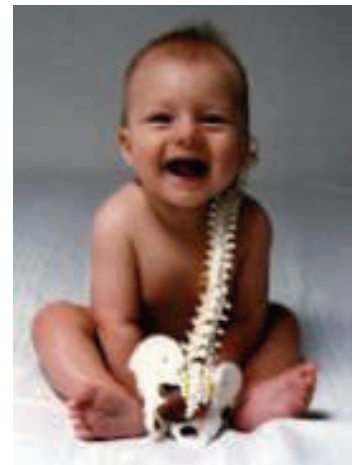
2/17/2010
6:00

Chiropractic and Wellness/Maintenance Care

“Chiropractic Maintenance” is one of the most misunderstood and misused concepts in health care. Many patients come to our chiropractic office with some sort of pain, and because chiropractic adjustments are so effective in relieving the pressure from the nerves the symptoms clear up relatively quickly. The main problem is that unless the cause of the symptom has been completely corrected the patient will usually experience a reoccurring flare-up of the same problem. The vertebrae of your spine are like the teeth in your mouth. Imagine your teeth are out of alignment, the orthodontist will recommend to put braces on and go through a treatment plan that can take anywhere from 6 months to 3 years to correct that misalignment. After the teeth are back in place, a retainer is given to keep the teeth in their corrected position. The same happens to the spine, when it is out of alignment it has taken a lifetime of causes and traumas to cause these “subluxations” or misalignments to occur; therefore it can take a series of adjustments to correct the problem. This type of care is called “corrective care”. Once the vertebrae are holding the corrected position the patient is ready to graduate to the continuation of care which is considered wellness or maintenance care. This is the hard part most patients wait until the pain has really started to bother them and affect their everyday life before they come in for a chiropractic adjustment. Again you can relate this to another maintenance we are all very familiar with, car maintenance. If you get your car serviced regularly: tires aligned, oil and fluids checked, and tuned-up, most of the time you can avoid any major tragedies which might occur the same goes for the body and spine. This is why maintenance care ends up being cheaper in the long run. So please remember to schedule a regular check up at our office to avoid these major problems. We are here to help and want to keep you healthy and happy for the new year!!!!

"A wise man
ought to
realize that
health is his
most
valuable
possession."

-Hippocrates



If you read this letter call and be entered for a special prize!

OFFICE HOURS:

Mon.....9:00-12:00...2:30-6:30

Tues.....2:30-6:30.....

Wed.....9:00-12:00...2:30-6:30

Thurs....9:00-12:00...2:30-6:30

Fri.....9:00-12:00

Tuesday and Thursday's from 3-4 will be reserved for new patients and Re-Exams.

"Most over-the-counter and almost all prescribed drug treatments merely mask symptoms or control health problems or in some way alter the way organs or systems such as the circulatory system work. Drugs almost never deal with the reasons why these problems exist, while they frequently create new health problems as side effects of their activities."