

ABLE CHIROPRACTIC SUMMER EDITION

Summer | Date: July 6, 2018

HAPPY INDEPENDENCE DAY!

Independence Day Trivia:

1. July 2nd is the actual date that Congress ruled in favor of Independence, but the declaration wasn't accepted until July 4th.
2. "The pursuit of happiness" was originally penned "the pursuit of property" by Thomas Jefferson.
3. Both Thomas Jefferson and John Adams, possibly the two most significant founders, died on July 4, 1826. President James Monroe also died on July 4, though in 1831.
4. John Adams envisioned fireworks as celebration and the first fireworks show was on July 4, 1777.

cbsnews.com



MEMBERSHIPS

We offer a variety of memberships to fit your chiropractic needs. All memberships include a 10% discount on all other services. With a membership, you can save up to \$17 per visit.

Individual: \$69/month for 2 visits

Couples: \$129/month for 4 visits

Massage: \$69/month for 1 massage

ENJOY THE SEASON!



Grotto Falls, Hyalite Canyon

HOURS & CONTACT INFORMATION

Monday: 9:00am-6:00pm

Tuesday: 10:00am-7:00pm

Wednesday: 9:00am-6:00pm

Thursday: 10:00pm-7:00pm

Friday: 9:00am-6:00pm

Saturday: 10:00am-2:00pm

Able Chiropractic

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www.ablechiro.com

Next door to Five Guys Burgers!

A PROACTIVE APPROACH TO HEALTH

In this issue, I'd like to begin by stating that almost everyone needs to see the Chiropractor on a regular basis. Just like the dentist, most of the problems I see daily in my practice, except for the injuries caused by recent trauma to the patient, are things that have developed slowly over time. The headaches, low-back pain, neck pain, and overall feelings of physical discomfort are almost always the result of simply being misaligned structurally. In simpler words, when the bones in your body aren't lined up properly or are out of place, they begin to cause problems that only get worse over time.

Many of these structural problems begin early in life. A sporting injury as a youth, a horse riding injury, even something as simple as falling down a flight of stairs, or falling off the hay wagon can begin a cascading effect that can change the direction of a person's physical future.

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SUMMER RECIPE



Mustard Grilled Corn & Sausage Kebabs

Ingredients

- 2 large ears sweet corn, cut into 2-inch pieces (about 8)
- 1 large green sweet pepper, cut into 1 1/2-inch pieces
- 1 14 - ounce package kielbasa, cut into 12 pieces
- 1/3 cup bottled Italian salad dressing
- 1 tablespoon yellow mustard

Directions

1. Prepare grill for direct cooking over medium-high heat. Thread corn, kielbasa and sweet peppers on 4 long metal skewers.
2. In a small bowl, whisk together Italian dressing and mustard; brush some of the mixture on the kabobs before grilling.
3. Grill, covered, directly over medium- to medium-high heat for 8 to 12 minutes, turning and brushing occasionally with remaining dressing mixture, until vegetables are tender and charred. (From midwestliving.com)

ANNOUNCEMENTS

Chiropractic Care for Children!

Children need an adjustment now and then just like adults. We offer the incredibly affordable price of \$10 for children under 12 years old to get aligned and healthy,

July Special:

\$5 off when you bring in a friend (as a new patient)

\$5 off for mentioning this newsletter

A Proactive Approach to Health cont.

Most of the time, especially when we're younger, we're told to "walk it off," or we just limp around until the symptoms diminish and we can get back to feeling OK again. Remember that? After all, this is life—full of bumps and bruises, right? Especially here in Montana.

The problem is that most of these minor injuries, which could have been corrected with just a few simple chiropractic adjustments, are left to develop into bigger problems that can really alter the way you live.

Americans spend billions of dollars annually on over-the-counter and prescription medications just to keep working through the pain, while the underlying problems are left uncorrected, only to worsen with time. Many of these situations are caused by old injuries that have misplaced some of the vertebra and/or pelvic structures in the body, causing the muscles in the region to react improperly with each other. These then swell into the nervous tissue, causing pain. Most of these problems are easily cured by chiropractic adjustments.

The time to see your friendly Chiropractor is sooner, not later, after the small things have worsened into things that are life changing. A proactive approach means taking care of small things before they become big problems. A reactive approach means dealing with things that may have been avoided, after they become problems. The choice is yours.

As Chiropractors, our job is to help you have a reasonably pain-free life—not one that's filled with discomfort and painkillers. You deserve to reach maturity vibrantly, without the past holding you back. Visit your local Chiropractor soon. He/she has a wonderful plan for the future of your health—one that's proactive, not reactive.

Be Well! —Dr. B

