



HAPPY NEW YEAR!

January 14, 2019

WELCOME JUSTEN FLOWERS AND JAMIE HEUSINKVELD!

As we usher in 2019 with new plans and goals and hopes, we have been fortunate enough to expand our massage therapy staff! We are excited to welcome two new massage therapists to the team. Justen and Jamie have been practicing massage therapy for five and three years, respectively, and are excited to continue their business here in Bozeman.

They will be available Monday through Saturday by appointment and can offer a variety of massage techniques including: traditional Thai massage, manual lymphatic drainage, active isolated stretching and strengthening, hot and cold stone massage, deep relaxation Swedish, integrative massage, and cranial pattern release.



Able Walk-in Chiropractic & Massage Therapy

2855 N. 19th Ave

Bozeman, MT 59718

(406) 548-8822

January Specials

Write us a review on Facebook, Groupon, or Google and receive \$5 off your next visit!

MEMBERSHIPS

*All members receive an additional 10% off all other services.

Individual \$69 per month for 2 adjustments

Couples \$129 per month for 4 adjustments

Massage \$69 per month for 1 massage



Feeling those aches and pains from your winter activities? Come on in for an adjustment or massage, now offered every day of the week. Take care of your health in the new year!

Chicken Walnut Cheese Wrapped in Bacon

Allrecipes.com

2 boneless, skinless chicken breasts, halved.
8 oz. crumbled blue cheese
6 oz. walnut halves
8 slices bacon

1. Preheat oven to 350 degrees F (175 degrees C).
2. Pound chicken slices until they are even in thickness and about 1/4-inch thick. Spread blue cheese and walnuts on top of each chicken piece. Roll chicken breasts over filling.
3. Place 2 bacon slices side by side on a work surface. Place each chicken roll at one end of bacon slices and roll bacon around chicken; secure with toothpicks. Repeat with remaining chicken rolls and bacon.
4. Heat a skillet to medium-high heat and cook bacon-wrapped chicken rolls in the hot skillet until the bacon is browned and crisp, 4 to 5 minutes per side. Transfer chicken rolls to preheated oven; bake until chicken is no longer pink in the center and the juices run clear, 25 to 35 minutes.



Benefits of Combining Chiropractic and Massage

By Dr. Joel Fugleberg, St. Paul's Chiropractor Blog

Chiropractic is based on the belief that your body can keep itself healthy if your spine, neck, and head are properly aligned and healthy. Chiropractors work with spinal structures, correcting abnormalities or injuries to speed healing of nerve, joint and muscular problems that arise from the misaligned bones. But the spine is also surrounded by soft tissue – muscle and tendons that control the movement and flexibility of the spine, and may either cause or exacerbate the structural problems. “Tight” muscles or torn ligaments can prolong spinal problems and postpone healing. Massage therapy can be useful in relieving these kinds of soft tissue problems.

In the simplest terms, Chiropractors work with the structure to influence function and massage therapists can assist with work on the muscles. They are complementary. Massage is often recommended along with chiropractic treatment, either before an adjustment or afterwards, as part of a longer treatment regimen. This combination of treatments often produces effective results, and sometimes faster healing in the patient.

Massage is often recommended as a preparation for a chiropractic adjustment because it relieves the muscle tension that may be pulling joints out of alignment and makes it easier to move them back into place. Massage is also relaxing, and a relaxed body is easier for the chiropractor to work with. In addition, as the chiropractor corrects the structural problems that are causing pain or limiting your mobility, massage can complement the healing process by stretching and relaxing muscles that have been aggravated by these structural problems, making it easier for you to stretch and exercise, and thus more quickly achieve a state of normal well-being.

Many chiropractors work hand-in-hand with massage therapists because their treatment modalities are so complementary. Patients who sought relief from massage therapists for pain, but find that it persists, may often be helped by receiving chiropractic adjustments. Chiropractic patients often find that their treatment proceeds faster and with less discomfort when the soft tissue has been relaxed with massage. Recovery – especially from conditions that cause pain – is normally faster and more complete when multiple components of that pain are addressed simultaneously, the chiropractor working to resolve the structural problems and the massage therapist working to resolve the soft tissue problems. Most chiropractors and massage therapists who work together collaborate to find the proper combination of chiropractic adjustments and massage to get you back to a state of health and well-being as quickly as possible.

Both chiropractic and massage therapy are holistic treatment modalities because they share a common goal of treating the whole body, helping you to achieve this state of well-being without drugs or surgery. Both focus on trying to resolve the underlying cause of your pain or discomfort rather than treating isolated symptoms. When they are used in combination, a synergy occurs that is often far more effective than either approach on its own.