

ACE CLINIC OF
CHIROPRACTIC

SPECIAL
POINTS OF
INTEREST:

- Letter from
Dr. Boda
- Our "Goings
On's"

INSIDE
THIS ISSUE:

Disposing of 2
Medications
Properly

A Round 2
'Tuit ?

Cost of a cold 2

Treatments 3
for the Com-
mon Cold

Osteoporosis 3

ACE Chiropractic News

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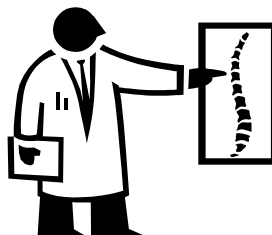
Our First Quarterly Newsletter!

Dear Practice Members,

Welcome to our very first quarterly ACE Chiropractic Newsletter! If you haven't figured it out yet, one of my biggest aims in practice is to educate my patients on health and the role that chiropractic care has in that. Every quarter you will receive our latest newsletter with helpful hints on reaching your optimal health. We will include sections that will tell you the latest "goings-ons" around the office, a women's health section, and many others.

We are so excited to see our practice growing and we

know that it would not be possible without patients such as yourselves. We look



**Knowledge is so important.
Do all you can to learn all
you can about your care.**

forward to helping you reach your health goals and becoming a part of your life. Chiropractic care is a natural, safe,

non-invasive approach to health and has been proven again and again to be more than just for pain relief.

I would like to thank and congratulate all of you to committing to taking this important step in your health. I look forward to serving you and your friends and family.

In Health,
Dr. Amanda Boda

The "Goings-Ons"

New Office Hours

In order to better suit the majority of our patients, we have changed our office hours. Our new hours are:

M, T, W-9-1 & 3-6

Th-2-6

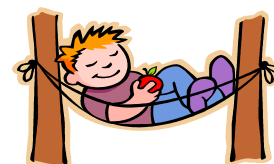
F-9-1pm

Resting Room

We will now be incorporating the use of our resting room! We hope you will find it a relaxing and decompressing area for you.

You will notice the patient testimonials hanging on the wall. Please take some time

and read these over. Feeding your mind with positive things is a crucial step towards healing.



Did you know? From USA Today April 23, 2007



A tip when doing that fall cleaning chore we've put off since spring!

Flushing old medications down the toilet, a step long advised by consumer safety groups as a means of keeping dangerous drugs away from children and pets, is no longer recommended by government agencies and private groups. There is a growing concern that drugs in waterways could pose hazards to fish, plants and possibly humans. While there is no proven cause-and-effect relationship between drug residues and health or environmental

harm, common sense and troubling indications, such as the appearance of hermaphroditic fish in some rivers, make keeping water drug-free a sensible precaution. Recent guidelines issued in February by the EPA and other government agencies encourage the following steps:

1. Throw most drugs in the trash after crushing them or dissolving them in water, mixing them with kitty litter, coffee grounds or other unap-
2. Remove and destroy any prescription labels before throwing away the containers.
3. In some states, pharmacies can take back medications. When in doubt, you should ask your pharmacist for advice.

peeling materials, and placing the mixture in a sealed plastic bag.

Something Positive



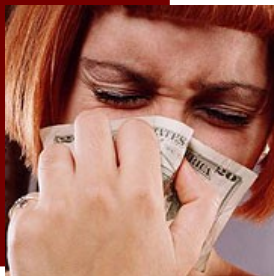
A Round Tuit

This is a Round Tuit. Guard it with your life, as Tuits are hard to come by especially the round ones. This is an indispensable item. It will help you become a more efficient worker. For years we have heard people say, "I'll do it as soon as I get a

Round Tuit." Now that you have one, you can accomplish all those things you put aside until you got a Round Tuit!

ACE
CHIROPRACTIC
NEWS

How much is your cold costing you?



Sneezing money away?

According to the Archives of Internal Medicine, the common cold costs the U.S. economy \$40 BILLION a year.

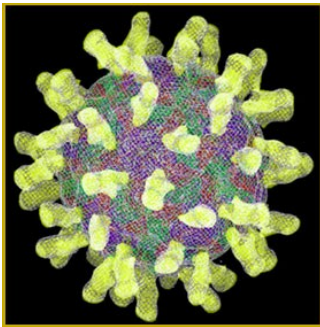
Research revealed that although antibiotics have NO EFFECT on the viruses

that cause colds, 41 million antibiotic prescriptions were written at a cost of \$1.1 billion. Further, Americans spend \$2.9 billion on over-the-counter (OTC) drugs and \$400 million on prescription drugs for the relief of symptoms. 100 million doctors visits added up to about \$7.7

billion annually in addition to another 6 million visits to the emergency room. 189 school days were missed which caused parents to miss 126 million workdays in order to take care of their children which in turn added up to more than \$20 billion in work loss.

I've gone and caught a cold...what now?

(references on file in office)



A computer-simulated model of the rhinovirus.

HOW DID I CATCH THIS THING?

The common cold is the most common infectious disease in the U.S. and accounts for more absences from school and work than any other illness.

Contrary to popular belief, it is not easy to catch a cold. Your body's natural defenses usually fight off the viruses that are responsible for cold symptoms.

The most common route of infection is not from coughing or sneezing like most would think but actually from hand-to-hand contact.

WHAT CAN I DO TO HELP MY BODY GET RID OF THE COLD?

1. Visit your chiropractor: by making sure that your body's nervous system is working at it's best, you're helping your

bodies natural defense systems to work at their best!
 2. Allow a fever: as long as your temperature remains below 102 degrees Fahrenheit there is no need to lower it. Cold viruses do not reproduce at higher body temperatures. By allowing the fever to happen, you're helping your body kill off the virus.

3. Avoid aspirin and Tylenol (acetaminophen) when possible: A study (Journal of Infectious Diseases, Dec. 1990) showed that people who take aspirin or Tylenol actually suppress their body's ability to produce antibodies to destroy the cold virus.

4. Chicken soup: Chicken contains a natural amino acid called cysteine that can thin the mucus in the lungs making it less sticky and therefore easier to expel (cough up). Homemade with lots of spices is best.

5. Rest: Our body does its best healing when its able to

rest. If the body can't rest while it's under duress it may take longer to recuperate and recover completely.

6. Wash your hands frequently: Since we pass the common cold by hand-to-hand contact be sure to wash your hands and keep them away from your nose and eyes as much as possible.

7. Stop milk products and refined sugar products: Milk products produce mucous in the body (during a cold we don't need any more of that!) and refined sugars weaken your immune system. However, it is the 4th or 5th ingredient in a product, it's effect is probably negligible.

8. Drink water and Avoid juices—they have too much sugar in them (fructose (fruit sugar)) which can make you worse

9. Supplements—Zinc lozenges, Vitamin C, Vitamin A, Garlic and Flax Oil are all helpful to the immune system.

“Contrary to popular belief, it is not easy to catch a cold. Your body's natural defenses usually fight off the viruses that are responsible for cold symptoms.”

Women's Corner From the International Osteoporosis Foundation—October 20, 2005

According to a recently released report, regular exercise is just as important as a calcium-rich diet for avoiding the crippling bone disease osteoporosis.

Move It or Lose It

The International Osteoporosis Foundation (IOF), in its new report, "Move it or Lose it," notes that bone is a living tissue that renews itself continuously, and requires regular stimulation from physical activity to prevent deterioration.

Peak Bone Mass

People develop a peak bone mass

when they hit adulthood, but it eventually begins to decline. It was at one time thought that maintaining the peak for as long as possible depended mostly on diet, but recent studies show that exercise is just as important.

Exercise Reduces Risk

Women who sit for more than nine hours a day, for example, are 50 percent more likely to suffer a hip fracture as those who sit less than six hours a day.

In addition, young girls who are the most physically active can gain some 40 percent more bone mass than their

more sedentary counterparts. And, a 2001 report found the bone mass girls accumulate from ages 11-13 equals the same amount they lose during the three decades that pass after they reach menopause.

Weight-bearing and high-impact exercises are ideal for stimulating bone formation. Osteoporosis strikes one in three women over 50 worldwide, and one in five men



ACE Clinic of Chiropractic

111 Clebourne Street
Suite 120
Fort Mill, SC 29715
Phone: 803-746-7313
Fax: 803-746-7332
E-mail: dr.boda@ace-chiropractic.com

Adjusting for a better life.

ACE Clinic of Chiropractic was founded in January of 2007. Our mission is to help and serve the people of Fort Mill and the surrounding areas by providing effective and safe chiropractic care. We look forward to helping you, your family and your friends reach their optimum health.

