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ACE Chiropractic News

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Spring has Sprung at ACE Chiropractic

Dear Practice Members,
Spring is a wonderful time of year. A time of new life and new opportunity. This time of year we start to shake off the winter woes and start focusing on outdoor sport activities, planting gardens, cutting lawns, picnics, and trips to the park.

This time of year goes hand in hand with reviewing your health care goals. Maybe you want to start a new workout routine, eat the wonderful fruits and vegetables that are available this time of year, or take some time to decompress from our stressful

world. Always remember that keeping up with spinal health is a vital part to your overall health.



A healthy spine and nervous system allows the body to move more fluently, digest food effectively and deal with stressful situations without “falling apart.”

If you know of someone who is missing that “spring in their step” and could benefit from chiropractic care, tell them

your story! Let them know that there is a health care profession out there that helps people avoid surgery, decrease or eliminate dependence on medication and helps them reach their full health potential. If they live in the area we would love to help. If not, let us know so we can help them find a chiropractor in their area.

We are so blessed to have such wonderful patients, such as yourself, and look forward to helping you put a “spring in your step” this season!

In Health,
Dr. Amanda Boda

The “Goings-Ons”

Our Growing Wall of Success At ACE Clinic of Chiropractic, we love showing off! Showing off our patient’s success stories that is! The next time you’re at our office, take a moment to read our success stories. You may even

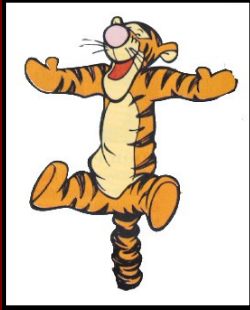
see a familiar face or two on the wall.

Our wall is helping to generate hope to patients who are new to our office and aren’t sure if chiropractic care will really work for them.

If you have not yet written

your own story for our “Wall of Success” let us know. We can supply you with a template to help you get started. But remember you can always just free hand it, because who knows your story better than you!

Are you a Tigger or an Eeyore?



Tiggers are wonderful things. Their tops are made out of rubber, their bottoms are made of out springs!

If you found out you were dying what would you do? Would you feel sorry for yourself and wallow or make the most of your time left and try living out your childhood dreams?

Dr. Randy Pausch of Carnegie Mellon University was faced with this question when he found out he was dying of pancreatic cancer. At Carnegie Mellon they have an academic tradition in which the professors write and give to their class their "Last Lecture." The lecture is based on the hypothetical situation of what the professor would say if he or she knew they were dying and had only one last lecture to give.

In Dr. Pausch's case however, the hypothetical is no longer hypothetical.

This last lecture was so inspiring that it has now been downloaded more than a million times on the internet.

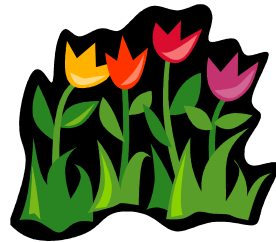
Pausch appeared on The Oprah show recently and said that, "I can't change the cards I've been dealt, but I can control how I play them. ... If you are hopeful, if you are optimistic, other people want to help you. And if you are down in the dumps, other people may still help you, but I've noticed that they're walking, not running, over to you. In the lecture, I talk

about how you've got to decide pretty early in life whether you're going to be a Tigger or an Eeyore. What I found is if you're an upbeat person, people will flock to help you, and suddenly everything gets easier."

Remember that a Positive Mental Attitude (PMA) plays a huge role in the healing processes. So concentrate on becoming a Tigger and not an Eeyore. Not only will you feel and heal better, but those around you will be more willing to help you on your journey to wellness!

ACE
CHIROPRACTIC
NEWS

Spring Quotes



Spring has Sprung!

Expect to have hope rekindled. Expect your prayers to be answered in wonderful ways. The dry seasons in life do not last. The spring rains will come again.—Sarah Ban Breathnach

Keep your faith in all beautiful things; in the sun when it is hidden, in the Spring when it is gone.—Roy Gilson

Never cut a tree down in wintertime. Never make a negative decision in low time. Never make your most important decisions when you are in the worst moods. Wait. Be Patient. The storm will pass. The spring will come.—Author Unknown

Success!

What's
your
success
story?



Before I started chiropractic care I was experiencing back pain that would vary from minor to sharp. In addition, I had difficulty standing without pain after sitting for any length of time. Since

starting regular care I have experienced many positive changes. I have less pain, both in severity and frequency. I also have an increase in enjoyment of my active lifestyle. I can see chiropractic benefiting my overall health in the future. I

will have longevity in my career (coaching kids) and I will lead a better quality of life due to less pain.

If somebody I knew hadn't tried chiropractic care yet I would recommend it because **IT WORKS!**

6 Fitness Myths and Truths

Contributed by Eddie Haughey, owner and personal trainer of Anytime Fitness in Fort Mill

Would your friends lie to you? They just might be...

This time of year is all about starting fresh—new goals, solid plans, better habits. You probably have a new exercise routine to help you reach your weight loss and fitness goals. Along the way, whether in the gym, reading the latest books, or talking with your friends, you'll hear a lot of advice about exercise—not all of which is true.

There are several common misconceptions about exercise and weight loss, but don't let yourself be fooled! Here are the Top 6 Fitness Myths and the Truths that debunk them:

Myth #1: You can take weight off of specific body parts by doing exercises that target those areas.

Truth: This concept is called "spot training" and unfortunately, it doesn't burn fat. When you lose weight, you are unable to choose the area in which the reduction will occur. Your body predetermines which fat stores it will use. For example, doing sit-ups will strengthen you abs

but will not take the fat off of your stomach. Similarly, an activity like running burns fat all over your body, not just your legs. You can, however, compliment a balanced exercise program with a selection of weight training exercises to gradually lose weight and tone the body.

Myth #2: Women who lift weights will bulk up.

Truth: While on a weight lifting program, the right hormones (testosterone) are necessary in order to bulk up. Women's testosterone levels are much lower than men's, so in most cases, they are not capable of building large muscles. In fact, since muscle takes up less room than fat, women tend to lose inches when they strength train. So in addition to the physical benefits (increased metabolism, decreased risk of osteoporosis, increased strength), strength training will help you slim down too!

Myth #3: If you can't exercise hard and often, there's really no point.

Truth: Even moderate activity is shown to reduce your risk for heart disease and stroke. If you don't have 30 minutes in your day to exercise, try splitting it up into 10-minute segments instead. Every-

one can find 10 minutes to spare sometime during the day! There are simple things you can do to increase your activity: take the stairs instead of the elevator, jump rope or do body weight exercises (push ups, crunches) at commercial breaks, take a short walk after lunch. Remember that any exercise is better than none!

Myth #4: Performing abdominal exercises will give you a flat stomach.

Truth: This is similar to Myth #1 above. The fact is, the only way to get a flat stomach is to strip away the fat around the midsection. This is accomplished by doing cardio/aerobic exercise (to burn calories), strength training (to increase metabolism) and following a proper diet. Abdominal exercises will help to build muscle in your midsection, but you will never see the muscle definition unless the fat in this area is stripped away.

Myth #5: You will burn more fat if you exercise longer at a lower intensity.

Truth: The most important factor in exercise and weight control is not the percentage

of fat calories burned, but the total calories burned during the activity. The faster you walk, bike or swim, for example, the more calories you use per minute. Although you will be burning fewer "fat calories", you will be burning more total calories, and in turn, will lose more weight.

Myth #6: No pain, no gain!

Truth: Exercise should not be painful! At the height of your workout, you should be sweating and breathing hard. You should not be so out of breath that you cannot answer a question, but should not be so comfortable that you can carry on a full conversation. That's how you know you are working at a good level. It's important to distinguish between muscle fatigue (feeling "the burn") and muscle/joint pain (sharp and uncomfortable pain during movement). Pain is your body's way of telling you that you're doing something wrong. Listen to your body. If it's painful, stop!

There's a lot of fitness information out there—some reliable, some not. The important thing is to ask questions. If you don't understand something or question the source, ask a qualified fitness professional for their advice.

Some help for Allergy Sufferers

The trees are budding and the flowers are blooming. It is a beautiful time of year but also a hard time of year for allergy sufferers. If you don't want to reach for conventional allergy drugs with side effects such as drowsiness, abdominal pain, pounding heartbeat, loss of coordination and vomiting how about trying a few of these instead.

1. See a chiropractor—Making sure that your spine is properly aligned can

give your immune system a boost. Also, spinal adjustments in conjunction with cranial/sinus adjustments can ensure that the skull bones move freely and "breathe," permitting body fluids to drain without interference.

2. Nasal Irrigation—This is a technique performed using a neti pot or syringe. It involves flooding the nasal cavity with warm saline solution. The goal is to clear out excess mucus and mois-

turize the nasal cavity. It has been reputed to help prevent colds, alleviate stuffiness, dryness and the symptoms of allergies.

3. Honey—Consuming 1 tsp of local honey per day has been shown to also help alleviate allergy sufferers. The more local the honey the better as the bees making the honey are gathering pollen from your area. Local farmers markets can be great sources for this—just be sure to ask!



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.

