

Dr. Salvitti's Monthly Chiropractic Cronicle

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Upcoming Dates

When: Thursday October 15th
Noon

Where: Earth Fare

Cost: Lunch is included at no cost.

Topic: "7 no cost things you can do now that will hugely, utterly, & markedly improve your health!"

When: Wednesday October 21st
6:00 p.m.

Where: Grafitti's Bistro

Cost: Dinner is included

How: To reserve your space, email Dr. Salvitti at:
DrPamS@Earthlink.Net

Tip of the Month

Exercise for weight loss:

Get a CD of music that moves you and dance!

Start dancing to 1 song and increase 1 song each week. In 3 months you're doing 30 minutes and in 6 months – and hour!

Here are more benefits:

<http://articles.mercola.com/sites/articles/archive/2009/09/12/10-Reasons-Why-Exercise-is-Good-for-Your-Weight.aspx>

A Message from Dr. Salvitti

We've had a very busy summer at Back Works Chiropractic. Our, "Dinner Talk" is getting rave reviews – thank you for your participation and referrals. We are welcoming another season of Health, Healing, and Fun. We will have mulled cider and other treats for our adored patient and guests at the office .

Patient Appreciation Day is coming up in November with Free services, Food and Raffles. Look for the details in our next Newsletter issue!

Dear Friends September is Healthy Aging Month

How much we look forward to retirement. We want you to enjoy it to the fullest not using your newfound time on exhaustive Dr visits and a maintaining your medicine schedule! Make sure that the quality of your life is Preserved. Please join us at Earth Fare to learn the 7 Secrets that will profoundly improve your health and won't cost you a Penny! Thursday Oct 8th at Earth Fare. A healthy organic lunch from Earth Fare is included!

Ask Dr. Salvitti...

Question: Dr Salvitti, I get headaches and my low back aches at the end of the day after working with the computer. What can it be – are they related?

Answer: The simplest explanation for both head aches and low back ache are poor posture and ergonomics while working on the computer. Here are some corrections that need to be made to your posture to avoid straining your low back and neck which leads to pain.

- Sit up and maintain the curve in the low back.
- Make sure your head is square over your shoulders and not lunging forward to look at the monitor.
- Put the monitor straight in front of you at eye level.

Feeling the strain and pain from your workplace?

Free Brain & Nervous System Scan

Offer expires September 30, 2009

Contact DrPamS@Earthlink.Net to Redeem

BACK WORKS CHIROPRACTIC
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Headaches cause over 50 million doctor's office visits a year and more than \$400 million is spent on over-the-counter pain relievers. 95% of headaches are vertebrogenic, meaning they come from the spine or vertebra. Medications won't fix the spine. Call our office for a Free Nervous System Scan & Examination to see if we are able to help you with your headaches. Offer ends 9/30/09.

