

January 2012

We will always have time for you.  
to listen,  
to explain,  
to offer hope.

## Chiropractic and Nutrition



In today's world of fast foods and convenient microwave meals, understanding and promoting the science of proper nutrition can be a hard sell to most patients.

If your body is getting essential nutrients including carbohydrates, fats, proteins, vitamins and minerals, it will help your body function, which includes digesting, absorbing, metabolizing, and excreting which leads to homeostasis. Bad eating habits that include diets high in sugar and fats, may lead to fatigue and possible disease like diabetes, heart disease and cancers.

Many chiropractors believe that proper nutrition is an essential part of preventative health care along with exercise, rest and spinal adjustments. Practicing proper nutrition goes along with the chiropractic philosophy – treating the whole person by encouraging a healthy diet of natural foods, in turn helps the body to naturally heal itself.

According to Christina Caro, M.B.A., R.D., L.D., dietetic internship coordinator at Life University's Department of Nutrition,

"Nutrition can directly impact subluxations from the standpoint that improper nutrition can effect fluid levels on a cellular level which affects nerve transmissions. Proper nutrition may help patients hold an adjustment longer."

Many patients are looking to chiropractors who are helping them manage specific health problems through an integrative approach that encompasses nutrition. "Chiropractors already have a background in science which would serve as a base of knowledge to understand how nutrition affects the body, and can do a great deal in educating and motivating their patients." says Caro.

For more information, ask Dr. Shiels or Dr. Wells how you can improve your nutrition!

If you wait 'till pain overcomes you, your brain is in neutral, for God does proclaim:  
The body's designed to work for- not against you and you're charged with his gift to honorably maintain.

### Camden County Clinic of Chiropractic

Telephone: 912-576-1234

775-A Kings Bay Rd Saint Marys GA  
31558

[WWW.CAMDENCOUNTYCHIRO.COM](http://WWW.CAMDENCOUNTYCHIRO.COM)

January 2012

True health care reform by Dr. Richard Sarnat, M.D.  
"Regular utilization of Chiropractors as primary care physicians reduces the need for hospitalizations by 60.2%, hospital days by 59%, pharmaceutical usage by 85%, outpatient surgeries and procedures by 62%, and overall global health care costs by more than 50%."

Chiropractors could single handedly solve the health care crisis!

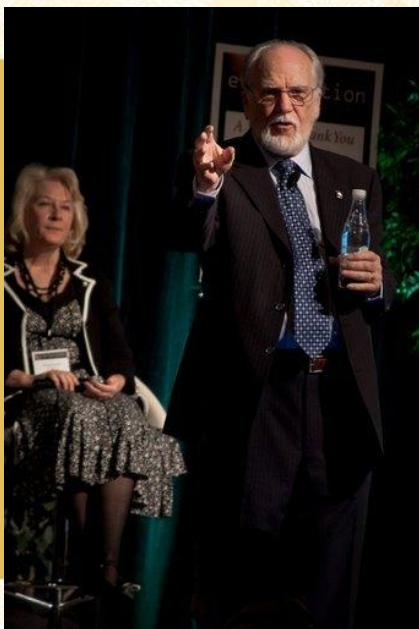
## Upcoming Events

### **Patient Orientation Class:**

**EVERY Monday starting January 9th, from 6-7pm @ Camden County Clinic of Chiropractic**

Join us next month on Tuesday, February 21<sup>st</sup> @ 6:30pm for a dinner talk with Dr. James Tomasi and hear about his life changing journey with Upper Cervical Chiropractic Care! More details to come!

**Trigeminal neuralgia, suicide disease**, affects millions of people with a severe facial pain. James averted death in 1997, with Upper Cervical Care. James Tomasi battled TN, a chronic facial pain known as 'the suicide disease', for 12 years. He and Rhonda Tomasi detail their story in the book "what TIME, Tuesday?". They also share stories of amazing recoveries of fibromyalgia, Meiners, Parkinson's, MS, autism, migraine headaches, female problems and much more in their book. All symptoms disappeared following the proper head/neck correction of the C1 C2.  
- Excerpt from "What Time Tuesday?"



**Joyce Versele**  
**Patient of the month**

**Happy Birthday to all of our Patients for the month of January!!!**

**Kim Nelson, Seabron Lane, Douglas Herman, Lisaandra Hensell, Joy Daves, Lacey White, Thomas Perrine, Ann Jones, Jennifer Gronde, Banks Van Pelt IV, Cindy Truong, Patrick Stephenson, Michael Lokuta, Frank Drane, Sarah Ferrier & Jana Bastable**

**Happy Birthday!!!**