

### WHO WE ARE

Dr. Jon Shiels –

- Board certified by the National Board of Chiropractic Examiners and board certified in Upper Cervical Analysis and Adjusting
- Member of Fibromyalgia Centers of America, the International Pediatric Association and the Georgia Council of Chiropractic

Our Clinic –

- Brand new facility
- The latest in Chiropractic technology
- On-site X-rays
- Aqua Therapy
- Kid-friendly resting room
- Caring staff and a relaxed, inviting atmosphere

### **HOW IS UPPER CERVICAL CHIROPRACTIC DIFFERENT?**

Accurate diagnosis with no “guess work”

Adjustments are tailor-made for each patient based on X-ray analysis, exam findings and thermograph scans.

No “cracking” and “twisting” of the neck

### **A NEW YEAR.....A NEW YOU**

Let us help you get your health back! This month only, mention this newsletter and you will receive :

Consultation  
Exam  
X-ray  
Report of Findings

A value of up to \$275 for only **\$20**

### PATIENT BIRTHDAYS – JANUARY

Yolanda Cardenas	Nancy Brown
Rebecca Heath	Debra Foster
Elizabeth Kennebrew	

### PATIENT OF THE MONTH

Ann Spencer



THE 7 CERVICAL VERTEBRAE

### **WHAT IS A SUBLUXATION**

When one or more of the bones of your spine (vertebrae) move out of position and create pressure on, or irritate spinal nerves.

### CONDITION OF THE MONTH

“ASTHMA”

Did you know that you’re nervous system actually controls your immune system( that system that fights sickness and disease) A properly aligned spine allows your nervous system to fight off allergens your body comes in contact with everyday!

### SPINAL HEALTH TIP OF THE MONTH

Walking for 20 minutes, 3 times a week can strengthen you spinal erector muscles and can help to keep you spine in alignment

### UPCOMING EVENTS

January 8<sup>th</sup> - Free Spinal Screening at Walgreens 3-6pm  
January 15<sup>th</sup> - Free Spinal Screening at Curves 3-6pm