

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 –

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

Upcoming events:

Patient orientation class October:

6th 6pm-7pm

13th 11:30am-12:30pm

20th 6pm-7pm

27th 11:30am-12:30pm

2nd Annual "Health of Camden" Fair

October 9th from 11am-3pm

Taste of Camden October 21st

Patient Birthdays:

Joseph Powell, Pamela King, Alannah Crothers, Carrie Alverson, Mia Crothers, Donna Bennett, Kim Sartor, Kathryn Trubey, Maria Fancher, Alexis Zickella,

Patient of the month

Vivian Mitchell

Congratulations Vivian for making it through your care and entering into wellness care. Thank you for your wonderful patient referrals. We always look forward to seeing you in our office.



MORE ENERGY WITH CHIROPRACTIC



Fatigue Is A Warning

Fatigue or low energy is a very common condition. It can range from awakening in the morning with a chronic tired feeling to a severe physical and psychological depression characterized by a total lack of pleasure or sense of fulfillment (anhedonia). Fatigue is a warning: it is one of the earliest signs that something in our lives, physical or emotional, is not right.

Boredom

No baby is born bored. And if anyone should be bored, it's a baby! All it has to do is to eat, excrete and sleep. But babies are full of energy, excitement and vitality; they're full of life. When a child complains that he or she is tired all the time, or bored, we know that something is very wrong.

A Big Mistake

What happens to our natural curiosity, sense of wondrous adventure and boundless energy as we age? Why have so many adults lost (or rather, lost touch with) life's excitement? What happened to life's sparkle?

When adults exhibit chronic tiredness or fatigue, we don't get nearly as concerned as when a child does-and that's a big mistake. Life should be filled with energy, no matter what a person's age-the biographies of many notable people teach us that well into their seventies, eighties and even nineties they are robust-full of lust for life.

The Causes Of Chronic Fatigue

There can be many causes of chronic fatigue. They can be organic conditions such as cancer, cardiovascular disorders and endocrine disorders; or emotional stress such as depression, anxiety or trauma. Chronic fatigue can be due to sleep deprivation; the adverse effects of prescribed, over-the-counter or illegal drugs; or an unhealthy lifestyle that doesn't permit you to "catch up" with yourself. Others feel that chronic fatigue may be a nutritional condition that can be corrected with improved diet.

Spinal Balance, Energy

A common cause of fatigue is an unbalanced spinal column. How? A simple analogy: If you were carrying a bowling ball, how much more difficult would it be to carry it at a distance from your body than at your side? Your head weighs about as much as a bowling ball; if your head is off-center, "carrying" it can exhaust you! Also, your 24 movable vertebrae, sacrum, hips and pelvis also need proper alignment in order to make efficient use of your energy. A modest unbalance (for example, a "short" leg) could translate into a considerable amount of wasted energy as the hours, days, weeks and months add up.

"Nerve Energy"

Energy flows over your brain and spinal cord through your nerves (and other tissues) and back to the brain and spinal cord. A healthy spine and nervous system keep your flow of energy balanced, your immune system strong and your resistance to disease high. An unhealthy, unbalanced spine can interfere with the natural flow of energy through your body, creating blockages and imbalances that may cause physical and emotional fatigue

.What Chiropractic can do for you!

Most people know chiropractic has to do with their spine and the alignment of their spine, and they are correct. However, the primary importance that chiropractic is really about their nerves and the impact they play in having good health.