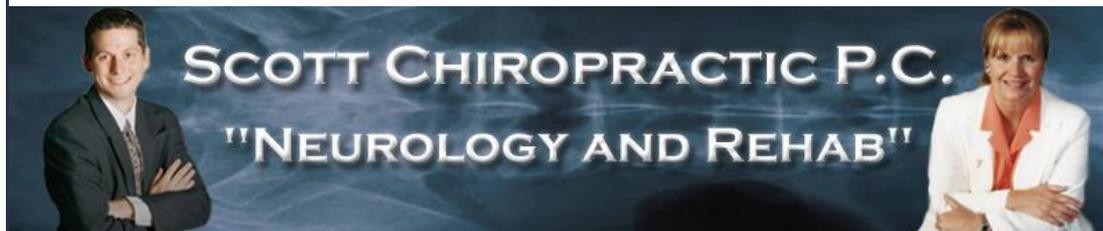




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## Welcome to Scott Chiropractic Center

### Stress... The Silent Killer

Although we are Doctors of Chiropractic, it never ceases to amaze us how many of the conditions we see in our office are directly related to stress. Post holiday bills and blues, cold weather, poor economy in addition to physical and emotional stress... which in turn affects poor quality of sleep...which in turn causes more physical and emotional stress. Get the picture???

Stress is a thief in the night...it can steal from you health, your happiness, your peace of mind...even your life...if you let it! Stress is here to stay and it invades every aspect of our lives...so what can we do about it?? WE CAN LEARN TO MANAGE IT.

Stress management is part of what may become the most important health care revolution of the century. People want to more than just "cope" with overwhelming, ever-mounting stress. They are seeking new and effective ways of taking control of their lives, preventing disease and enhancing their health.

What are some of the stress-induced physical ailments?? BACK AND NECK PAIN, HEADACHES, high blood pressure, ulcers and stomach disorders, cardiovascular disease, poor immune system, heart attacks and stroke to name just a few.

Antidotes we should practice to minimize stress?? laughter, flexibility, forgiveness, faith, setting attainable goals, GOOD NUTRITION, REGULAR EXERCISE, REST...AND YES!! CHIROPRACTIC!!!... PROVEN AND TESTED!!

WE CAN HELP!! Chiropractic Neurology treatments affect the brain and nervous system in a positive way. In addition, our relaxing massage

### In This Issue

#### Special Offer

#### Therapeutic Massage

#### Massage Therapy Month!

This month only...All massages are 10% off. Call now to book an appointment for a half hour, an hour or an hour and a half.

Give the gift of massage therapy this Valentine's Day.

Gift certificates available.



and physiotherapy sessions reduce stress, and our exercise and nutrition consults will have you well on your way to a less stressful, healthier life.

Our Open House was a big success. If you missed it, we are extending our complimentary exam and xrays for new or returning patients for the month of February. (Treatments not included). Enjoy a therapeutic massage from the best!! our own Jaya... or start your healthy weightloss by having your computerized body composition analysis done along with nutritional counseling. We carry the finest pharmaceutical grade supplements and functional food products to help you achieve your health goals.

These are stressful times we live in...everyone feels the sting of the economy. Our prayer for you, our dear patients, is to persevere through these hard times and come out victorious and blessed! Look forward with a positive outlook that 2011 is going to be a better year. Start with a healthier YOU...

Thank you again for your support of our chiropractic practice over the last 23 years...and please do not hesitate to call on us for any of your family's chiropractic needs.

Yours in Health,  
Dr. Jane Scott  
Dr. David Futral  
Board Certified Chiropractic Neurologists

## Therapeutic Massage

Does your Jaw "Lock up", click or cause you pain when opened or closed or when you chew, or do you have headaches that can't seem to be diagnosed? Along with the temporal mandibular joint, the problem could also be TMJ muscle dysfunction. The body's compensatory mechanism for such a situation is to tighten the jaw muscle even more and cause jaw pain, neck pain and headaches. Soft tissue manipulation and massage can help relief pain.

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