

# Allied Chiropractic, P.A.

Website: [www.alliedchiropractic.com](http://www.alliedchiropractic.com)



## The AC Insider

December 2011 Issue

### Newsletter Spotlight

- Spinal Hygiene
- Shoveling
- AC Happenings
- Our Social Media Websites
- Your AC Story

### Snow Shoveling Breaking Your Back?

Well, not quite yet. But the inevitable is coming. Last year at this time, the Twin Cities area had received two-thirds of their annual snow fall... with the St. Cloud area not too far behind. With all the fallen snow comes shoveling the white stuff. Many of us find muscles and parts of our body that get sore as can be from shoveling. We all need a refresher in proper shoveling, so here are some tips:

- Own a lightweight shovel. The snow itself is heavy enough, right?
- Lift with your legs, not with your low back
- for more tips, go <http://www.spineuniverse.com/wellness/ergonomics/tips-snow-shoveling-how-avoid-back-pain>

### “Look Ma’, No Cavities” (Spinal “Cavities” That Is)

What’s this spinal hygiene? Check this out... why should your spine and backbones be *any different or less important* than your teeth. Unfortunately, our general (& *stressful*) lives as well as work typically consist of standing in one place, staring at a computer most of the day and/or sitting most of the day. Spinal hygiene *enhances* bone and nervous systems integration, *prevents* vertebral subluxations (spinal mis-alignments), *improve* spinal flexibility, posture, and core strength. We only have *one* spine so don’t you think we should all take care of the one we have? So keep your spine and backbones flossy clean. What a great way to give something to yourself and your family!!



## What’s Happening at Allied Chiropractic, P.A. in December?!

- **FIND OUR SOCIAL MEDIA SITES!!** - Find us, like us, and tell *your friends and family!!!* We are on Twitter, Facebook, Foursquare, as well as our blog. Watch for updates about the clinic, tips, and health related stories. Go to our website and find the social media tab!!!
- We again are a *drop-off site* for **“Toys for Tots”!!!** Drop off a new toy that will be distributed to a child in need for the holiday season.
- **We will be closed** Monday December 26th in honor of Christmas day. **We will be open** Monday January 2nd, 2012.
- **November’s Grocery G.C. Drawing** — Congrats to *Eleanor C.!!* She won a grocery gift certificate for this months drawing. Congrats!!!
- **1 in 10** – The number of the presents received that will be broken by the New Year
- **832** – The number of homes Santa visits every second to



**Please tell YOUR Allied Chiropractic Story** - Have you enjoyed your experience with us? Did you have great results?

- **PLEASE** tell someone you know about *your* “Teammate in Health.” There are **SO MANY** great stories to be told!!!