



March 2011 Issue

Newsletter Spotlight

- **Humans in Motion**
- **Posture and Headaches**
- **AC Happenings**
- **February's Drawing Winner**
- **Let's be Friends on Facebook!!**



Forward Head Posture and Headaches

We talk about this almost every day at Allied Chiropractic, PA. Those of us that spend a lot of our day at a computer or doing deskwork or students are primary examples. A new study was published to look at the effects of forward head posture and headaches. The human head typically weighs about 8 - 10 lbs. From a physics standpoint, for every inch your head is ahead of your shoulders, your head 'weighs' 10 more pounds. Thus, your muscles in your neck and upper back have to work much harder to hold your head. So, your mother was right... Sit up straight!!

- <http://drmaj.com/new-study-shows-how-chiropractic-can-help-with-tension-headaches/>

The Human Body Loves Motion

This is a great article about how much the human body likes being in motion and its benefits. Studies have shown that 1 in 5 deaths in people 35 years old or older are correlated with a lack of activity. Additionally, the risk of getting cancer increases 45% in men and 26% in women. A little exercise can go a long way too, so you don't have to run a marathon or body build to reap the benefits. Try going for a brisk walk when its nice outside, or play outside with your kids. Making it a family affair will make it easier for everyone and help make individuals accountable also. Don't think it all has to be done at one time either. Go for a walk before work during a break. You might be surprised how more productive you are too!!

- <http://www.toyourhealth.com/mpacms/tyh/article.php?id=1392>

What's Happening at Allied Chiropractic, P.A. in March?!

- **February's G.C. Drawing** — Congrats to Nikki K!! She's the latest winner of our monthly drawing. March's is all ready to go.. So come find out what this month's is about!!!
- **March is...** National Nutrition Month!!! Start small.. Try a side salad or veggie side instead of fries, grab an apple instead of chips, or water in place of soda, juice or another sugary drink.
- **FIND US ON FACEBOOK!!** - Find us, like us, and tell *your friends and family!!!* Watch for updates about the clinic, tips, and health related stories.
- **Quote of the month:** "For each petal on the shamrock... This brings a wish your way— Good health, good luck, and happiness for today and every day."
- Author Unknown
- **Congrats to...** *Mary Jo* on her 1-year anniversary here at Allied Chiropractic, PA. Also, **Happy Birthday** to *Mary D.* on the 26th of March!!!

