

Morris Family Chiropractic

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November 2011 Newsletter



An Alternative Therapy For Chronic Fatigue Syndrome

Chronic fatigue syndrome (CFS) is characterized by persistent and severe fatigue, and is often associated with difficulty sleeping and concentrating, sore throat, depression, and aching muscles and joints.

In the 1980s, CFS was often dismissed as the "yuppie flu," and people who complained of constant fatigue were told that it was all in their heads or were misdiagnosed with related problems. The diagnosis remains elusive today. While diagnostic criteria for CFS were developed by the Centers for Disease Control and Prevention (CDC) in 1994, the cause or causes of CFS are still not clear. People with CFS often have to do their own research and consult several medical experts before a diagnosis can be made.

"I had to work hard to find a doctor who actually understood the illness and believed me," said Marie K. "I would bring all my books and magazine articles with me as I went from expert to expert trying to find help."

When it's that difficult to get a diagnosis, it may be even harder to ask a medical practitioner about alternative or complementary forms of treatment. Although there are no specific conventional treatments for CFS, doctors tend to prescribe low doses of antidepressants, anti-inflammatory agents, antivirals, and immunologically active drugs, such as isoprinosine.

If taking medication for a prolonged period is troublesome to you, or you are simply looking for a way to supplement conventional treatment with some complementary treatment, there are a number of therapies you can try. Because there is no cure at this time, many people with CFS find that the best treatment is more a matter of learning to cope with and alleviate the symptoms. Work with your medical practitioner to develop a program, but understand that the criteria for feeling better are all subjective, so only you can be the best judge of what's working and what's not. Chiropractic care and osteopathy are hands-on, adjusting techniques that have provided relief to many people with CFS. Physical therapy may be helpful as well.

Chiropractic works on vitality and good health are due to an unobstructed flow of nerve impulses from the brain through the spinal nerves and throughout the rest of the body. It is thought that when misalignments or "subluxations" occur, such as joint dysfunctions, joint adhesions or joint fixations, there is an interference with the normal transmission of nerve impulses. If this continues over a long period of time, there is impaired capability, often accompanied by pain. A chiropractor uses "adjustments"—quick, forceful movements—to change the range of joint movement back to normal.



It Starts With A Solid Foundation

A house built on a strong foundation, lasts. The same goes for your health. If you want a healthy body for Life, you need to start with a solid foundation of health care that can support it for a long time.

Chiropractic's foundation is its Principle which acknowledges we all possess an intelligent, vitalistic force within us that maintains our existence and keeps our bodies working in perfect order.

When this Power is allowed to express itself 100%, we have health. When the Power is interfered with, we have Dis-Ease.

Eating properly is important, and so is exercise... but if the Power doesn't flow, your house will crumble.

Health built on a foundation of drug therapy is risky and cannot stand for long. Health built on a foundation that supports the innate wisdom of the body, can weather any storm. What foundation is *your* health standing on?

Important News About You!

"Garbage in Your Nerve System"

What would happen if your garbage didn't get picked up for a few weeks? Your house would get pretty stinky wouldn't it? The same can be said for you, if your Nerve System garbage isn't dumped regularly too.

Physical, chemical and emotional stresses that accumulate in your Nerve System are called **Subluxations** (Chiropractic term for nerve interference). If not cleared regularly, stress from Subluxations can spill over into your body and cause poor sleep, fatigue, weakened immunity, chronic pains, anxiety or poor digestion.

People who keep their Nerve System 'clean' with regular Chiropractic adjustments report having more energy, better recovery from injuries and an improved state of mind. If you're feeling sluggish, weak and bogged down, maybe it's time to dump your nerve system garbage. Get to the Chiropractor today!



Today we are exposed to the greatest toxic load in the history of our planet and ongoing periodic detoxification is essential to maintain health and avoid disease. The IonCleanse, in combination with a healthy, low-stress lifestyle, provides a thorough and efficient way to maintain high energy levels and long term wellness.

We believe the IonCleanse detoxifies the body more effectively and faster than any herbal or fasting protocols, with little or no stress to the patient. Used properly, the IonCleanse provides a comfortable and relaxing way to rid the body of toxins without precipitating healing crises.

Welcome to our Practice

Patients are the lifeblood of our practice. We realize that you have a choice, and we are proud to give you the opportunity to let us get you closer to a happy and healthy life!

Our Vision

WE SERVE OUR PATIENTS WITH THE HIGHEST QUALITY OF CARE. WE RESPECT, HONOR, AND SERVE THEM IN THE CORRECTION OF SPINAL SUBLUXATION. WE ARE LOVING, POSITIVE AND FRIENDLY. WE LEAD THEM ON THE PATH TO LIFETIME HEALTH AND WELLNESS. WE LEAD THEM ON THE PATH TO LIFETIME HEALTH AND WELLNESS. WE ARE PROSPEROUS AND SUCCESSFUL. WE ARE BLESSED TO SERVE WITH LOVE AND RECEIVE ABUNDANCE.

Let's Wish Happy Birthday to the Following Patients!

Happy birthday to you... happy birthday to you... We'd like to give special recognition to all the patients who have an November birthday. We have a large patient population with a birthday in November, so unfortunately we can not list all of you. We hope each one of you enjoys your special day.

Follow us on:

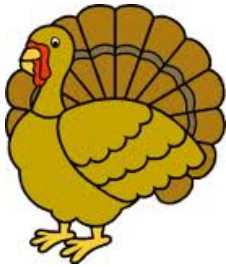


<http://morriswellnesscenter.blogspot.com>

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The Staff at morris family chiropractic would like to wish everyone a happy and healthy Fall!



Upcoming Events:

**November 1st - Half Hour to Health
6-6:30 Here at the Office**

**November 8th - Aero Controlex Health Fair
2-4:30pm**

November 9th - Aero Fluids Health Fair

**November 11th - Mentor Curves
9-11am & 3-5pm**

**November 12th - Lake Catholic Craft Fair
9-3pm**

**November 19th - Cardinal Craft Fair
9-3pm**



**November 24th - Happy
Thanksgiving!**

**November 30th - New Patient Orientation
Dinner @ Hellriegel's Inn
6-7:30pm**



Office Hours

Drs. Brian and Misty Morris offer Chiropractic Services

Monday

8:00 - 10:00 3:00 - 6:00

Tuesday

8:00 - 10:00 3:00 - 6:00

Wednesday

Administrative Day

Thursday

8:00 - 10:00 3:00 - 6:00

Friday

by appointment only

Saturday

by appointment only

Sunday

Closed



Verse of the Month

Psalm 145:7

They will celebrate your abundant goodness and joyfully sing of your righteousness

November 2011 Special Offer
New patient exam for just \$47.00
includes: consultation, examination, and x-rays

