

Welcome, May!

Chiropractic Tip. That sunshine and warm breeze is feeling great! With the nice weather comes more outdoor activity, like yard work. We want you to go outside and enjoy yourself, but be careful with your spine! Remember these simple rules:

- Never ever combine twisting and bending! These two motions together will cause injury, especially to lumbar discs. When you are doing motions like this, such as shoveling, raking, etc., make whole body motions and keep your core tight to protect your back.
- Always, always squat when lifting, lift with your knees, not your back. Your spine with thank you.
- Weeding, a necessary evil. Remember to kneel or squat. Please, don't bend forward for a long period of time, you will not be happy when you stand back up.
- When you push mow, make sure to keep your core engaged and shoulders back to avoid injury.

Follow these rules and you'll be able to enjoy your hard work without toting an ice pack with you afterwards.

Nutritional Supplement: ALLERPLEX. This is a Standard Process product comprised completely of organic whole food, nothing artificial or synthetic. This is good for you because there is no pharmaceutical interaction and it is digested very easily. Allerplex, as the name implies, works great to alleviate allergy symptoms and congestion, as well as asthma and headaches. See the front desk for details.

Tommy Report: Mr. Thomas Trax (son of Dr. Tim Trax and Dr. Connie Smith-Trax) is almost done with his time at St. Francis! He will graduate high school on May 16th and plans to attend the University of Toledo. Congratulations, Tommy!

Liam Report: Baby Liam (son of Dr. Casie Carr) continues to be a happy baby! Baby Liam day was a success and we are so thankful for the graciousness of our patients and the support he has received. Overall, his first heart surgery was a success with the goal of essentially patching his heart enough to function and grow so he can prepare for the next surgery this summer. He's got the growing, and eating part down! He continues to thrive while we wait and watch his aortic valve that's a little too small. If it grows to normal size it means no artificial material in his heart, which would be great! Thank you for all you've done for the little guy!