

Gilbert Clinic News

www.gilbertclinic.com



6640 South River Road
Marine City MI 48039
(810) 765-4100

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It's All About Health

Here is a GREAT stretch for all your fall clean-up activities!



Start on all fours, your knees mat-width apart.



Place one hand palm side up underneath you. Reach and stretch straight across as far as you can, allowing your hand to glide across the floor. Hold for 10 seconds. Alternate sides at least 3 times each.

MOVE IT! OR LOSE IT!



Happy Turkey Day!

Team Topic



Julia

As we rapidly approach the season of giving, a great gift is the gift of health. We have gift certificates available for all our services in the clinic. During the holiday season we also offer special discounts, call me for details!

Being Thankful Helps you Mentally and Physically *Research Shows it's Healthy to be Grateful*



Research found people who count their blessings report feeling more optimistic, more satisfied with their lives, less physical complaints, more likely to exercise, and report better sleep. Some research even showed, when you have a sense of appreciation, your heart rhythms are more coherent and smooth.

So, the idea of giving thanks this season--reaching across the table, being thankful for the good things that have happened throughout the year--has a very important scientific basis making us all feel better...mentally and physically!

H1N1....It is Everywhere!

Back to the Basics

Evidence shows the majority of individuals who had complications from H1N1 were not healthy to start. They were individuals with neurological, neurodevelopmental and pulmonary disorders. So, if you are healthy, don't panic! Do, however, consider the things you can do to make sure that your immune system remains functioning properly!

The best defense against viral and bacterial diseases, is a highly functioning immune system. In addition to the recommendations for hand washing and covering your mouth, lets get back to the basics of a healthy diet (including plenty of water), exercise, and proper sleep. Another crucial way to ensure your immune system is functioning at its peak performance, is to make sure your nervous system is free from interference. Since the nervous system has a direct effect on the immune system and because the spine houses and protects so much of the nerve system, it is important to have your spine checked for interference before and during flu season. Schedule your appointment today for a spinal check and/or massage to help your immune system function at its peak!

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As always, **THANK YOU** for your referrals!