

# THE Spinal COLUMN

Life is better when you're aligned!



## CELEBRATING MOM: A CELEBRATION OF HEALTH FOR THE WHOLE FAMILY



### THE MONTH OF MAY IS ALL ABOUT CELEBRATING MOMS.

From infancy, to toddlerhood, preschool, middle school, teenage years and beyond, each stage of motherhood comes with its own unique set of adventures, challenges, events, and physical demands.

### MOMS DON'T GET SICK

As a mom, you know that life can be full of chaos and unexpected surprises. From sporting events and ballet to family gatherings, picnics, hikes, and vacations, being a mom is certainly never boring.

It's been said that a mom can never take a sick day. I have a feeling all moms reading this emphatically shook their heads "YES!"

Unfortunately, life doesn't always cooperate with our plans. Illness and allergies take their toll, not just on mom, but on the whole family. Not only is she caring for herself, but selflessly ensuring the household is well cared for and their needs attended to.

Spring is an exceptionally chaotic time for mom as pollen and other allergens run rampant in our homes and the great outdoors. But allergies aren't the only illnesses that plague mom and her family. If your child is prone to ear infections, you know the heartache of watching your small child in pain. If you suffer from migraines, you know how debilitating that pain can be and how unproductive that day will feel. As a busy mom, you don't have time for these things to get in the way of you and your family's daily life and activities. But there's a secret weapon that moms have against these obstacles: Upper Cervical Chiropractic Care.

### UPPER CERVICAL CARE IS MOM'S SECRET WEAPON

Upper cervical chiropractic care is a natural, drug-free solution to allergy relief, as well as a myriad of other diseases, illnesses and issues. Mom (and family) don't have to worry about



DID YOU KNOW?

Laughing 100 times is equivalent to 15 minutes of exercise on a stationary bike and you burn more calories sleeping than you do watching television.

unwanted side effects or future issues caused by over-the-counter or prescription drugs with upper cervical chiropractic on their side!

Imagine no longer needing your medicine cabinet filled to the brim. Wouldn't it be great if there was a preventative and proactive solution to keeping you and your family healthy and active all year long?

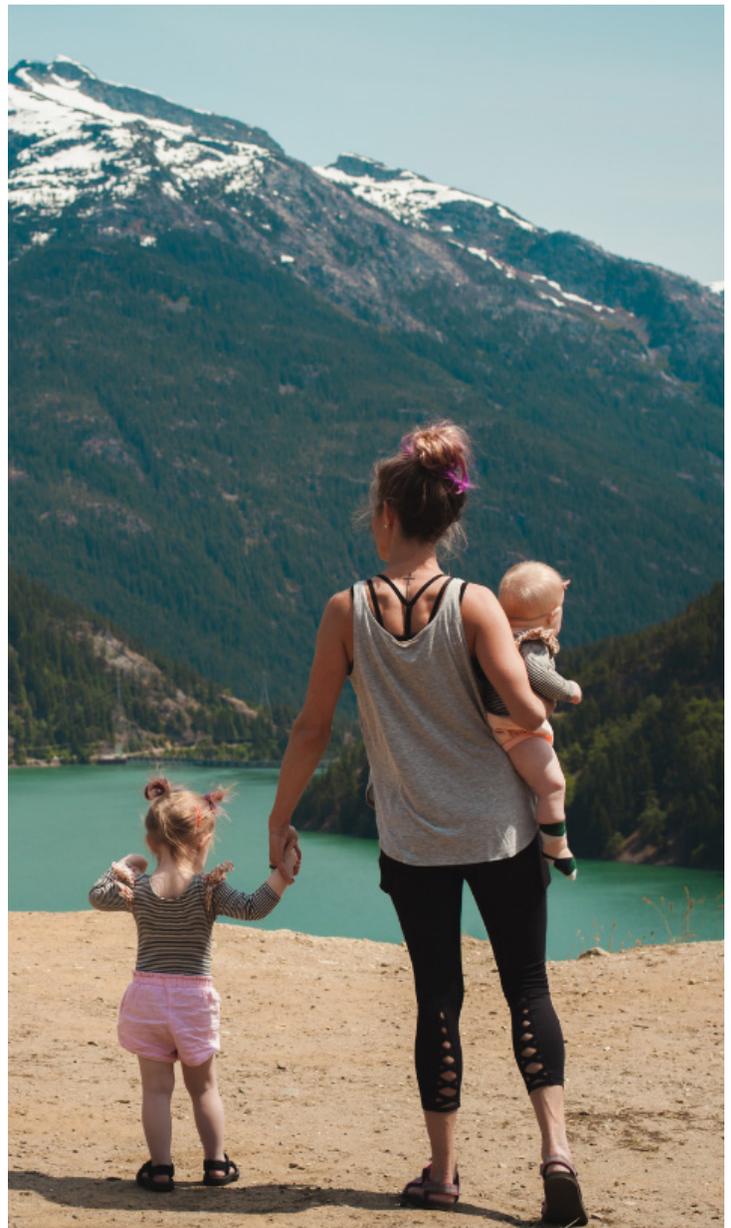
Imagine never missing another game, appointment, outing, or event before of sinus pressure, migraines, digestive issues, or other ailments that seem to creep up at the worst possible occasion. Upper Cervical Care may be the solution you've been searching for to keep you and your family happy and healthy.

## WHAT IS UPPER CERVICAL CARE

Upper Cervical chiropractic care is a form of health care that focuses on the top two bones in the neck. The brainstem passes through these bones and is responsible for transmitting the nerve impulses from the brain to every part of the body. If one of the top two bones becomes misaligned, even slightly, it can affect the nerve transmission to multiple parts of the body which can cause a variety of health conditions, including allergies and other issues.

Not only is Upper Cervical chiropractic care mom's natural choice for allergy relief and prevention it also helps individuals suffering from neck and back injuries like whiplash or concussions, headaches and migraines, depression and anxiety, digestive issues, ear infections, fibromyalgia, high blood pressure and so much more! Moms across the globe have found Upper Cervical care to be an absolute game-changer in their lives and their homes.

As we celebrate mothers this month, let's also celebrate their health as they continue to selflessly love and care for their families. Happy Mother's Day.



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