



Morris Family Chiropractic

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may 2011 Newsletter

Dr. Brian Morris, Chiropractor
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Free Your Spine and The Rest will Follow!



You can't sleep, your energy levels are low and you're finding it harder to make it through your day. Your doctor insists there's nothing wrong but you still feel like something's weighing you down. Maybe it's time to call the Chiropractor...

Chiropractors understand how daily stress can weigh down your nerve system like a ball and chain. Repetitive physical, chemical and emotional stress can subtly cause misalignments in your spine called Subluxations. The resulting pressure on your nerve system from uncorrected subluxations can lead to symptoms of fatigue, restlessness and mental fog. The solution... get adjusted! Unlocking your spine with regular Chiropractic care can restore your lost energy, vitality and alertness.

You don't have to be a prisoner to stress. If you're feeling sluggish, weak and bogged down from the challenges of life, **FREE YOUR SPINE** and the rest will follow. Break the chains of Subluxations with regular Chiropractic care and reach your potential today.

Health News



Chiropractic adjustments work to harmonize the body's natural systems by realigning the spinal bones and removing pressure and congestion within the nervous system. This process decreases the physiological stress response and restores optimal function and healing to the body. Along with many other health issues, chiropractic care has shown to consistently achieve remarkable results in helping to stabilize blood pressure.

The nervous system is what allows our internal physiology to adapt to the stresses and demands of the external environment. The skull and spine surround and protect the nervous system and bear the consistent stress of gravity every day. When the external stressors become too great there is compromise in the spinal structure and resulting interference in the nervous system. This interference is termed subluxation. Subluxation causes the nervous system to move out of balance and towards sympathetic (fight or flight) dominance. This process increases stress hormone secretion, inflammatory processes, and blood vessel tone. For many individuals this results in higher blood pressure. Chiropractic adjustments remove subluxation and restore harmony to the nervous system allowing the body to stabilize and heal appropriately.

In 1988, a double blind study of 75 patients was performed to fully analyze the reports that chiropractic care could help stabilize blood pressure in patients. Within this study, one group of patients with elevated blood pressure received adjustments to the thoracic spine area. Another group received placebos (movements that seemed to be adjustments but were not), and a 3rd group received no treatment. The result was that the adjusted group experienced decreases in both systolic & diastolic blood pressure while no change was noted in either the control or placebo group.

Important News About You!

Nutritional Coaching

Hair Tissue Mineral Analysis
Food Allergy Testing
Female Hormone Testing
Male Hormone Testing



**Standard Process
Supplements
Available!**



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 a May birthday. We have a large patient population with a birthday in May, so unfortunately we can not list all of you. We hope each one of you enjoys your special day.

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<http://morriswellnesscenter.blogspot.com>

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



Upcoming Events:

May 5th - Mom's Nite Out @ The Great Lakes Mall

May 10th – Senior Day @ The Great Lakes Mall

May 14th - The Great Garage Sale @ Lake County Fair Grounds

May 18th - Administrative Professional Event @ La Malfa

May 21st – International Cuisine Celebration on Main Street

May 26th - UH Health Fair @ Concord Medical Center



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

Great is the LORD and most worthy of praise; his greatness no one can fathom. One generation will commend your works to another; they will tell of your mighty acts.

— [Psalm 145:3-4](#) (NIV)

May 2011 Special Offer

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