



Dr. Brian Morris, Chiropractor
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Morris Family Chiropractic

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April 2011 Newsletter

“THE PERFECT STRESS REBOOT”



Have you ever had to restart your PC after the hard drive froze from being overwhelmed? You probably hit ‘Control+Alt+Delete’ to get your programs running smoothly again, right? Well your *human* computer needs a periodic rebooting too, and Chiropractic Adjustments do just that.

Your Nerve System gets easily overwhelmed from everyday stress. An urgent deadline at work, unexpected crisis with your children or any inconvenient change in your routine can act as an unsolicited stressor (spyware or a virus) that bogs down your nerves. The result... your body begins to slow down, you feel like you’re running sluggish and eventually you “freeze up” with an illness. Getting an adjustment is like hitting the Control+Alt+Delete buttons. It clears your Nerve System of unwanted stress and gets things running smoothly again.

All the stress our grandparents experienced in a week, today we absorb in just 24 hours! If you’re not making an effort to purge that tension from your human computer on a consistent basis, you’re asking for trouble. Don’t wait until your hard drive crashes. Get ‘rebooted’ routinely with Chiropractic care and stay ahead of the failure. We’re looking out for you.

Subluxation

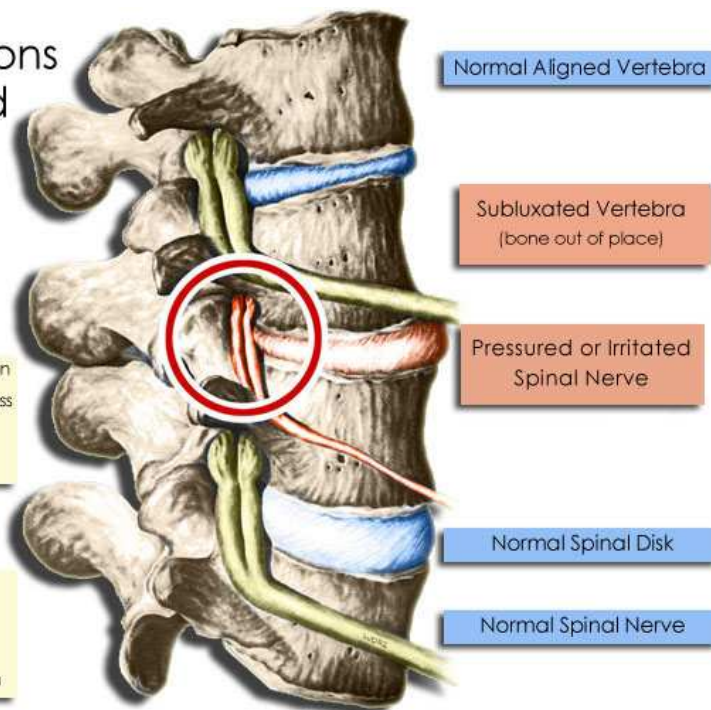
In simplest terms, a subluxation (a.k.a. Vertebral Subluxation) is when one or more of the bones of your spine (vertebrae) move out of position and create pressure on, or irritate spinal nerves. Spinal nerves are the nerves that come out from between each of the bones in your spine. This pressure or irritation on the nerves then causes those nerves to malfunction and interfere with the signals traveling over those nerves.

How does this affect you? Your nervous system controls and coordinates all the functions of your body. If you interfere with the signals traveling over nerves, parts of your body will not get the proper nerve messages and will not be able to function at 100% of their innate abilities. In other words, some part of your body will not be working properly it is the responsibility of the Doctor of Chiropractic to locate subluxations, and reduce or correct them. This is done through a series of chiropractic adjustments specifically designed to correct the vertebral subluxations in your spine. Chiropractors are the only professionals who undergo years of training to be the experts at correcting subluxations.

Subluxations Explained

A vertebral subluxation can place undue stress on the disk between the vertebra

Your pain or health problem may be affected by a Vertebral Subluxation



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 that these new patients have chosen us as their health care provider! We hope that we exceed your expectations and help you progress towards a healthy lifestyle!

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 December birthday. We have a large patient population with a birthday in December, 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!



Testimonials

I've been to a doctor who is a DO who manipulated my spine and neck. It helped for a few days and the problems returned. I have been to physical therapy which was a minor fix for the problem. I have been on muscle relaxants and anti-inflammatory medications.

I was tired of everything masking the physical aches, pain and stiffness and the real problem. A co-worker told me about Doc Brian and Doc Misty and they have been a God send. I walked into their office tired and full of negativity like Eeore from Winnie the Pooh. We have done full body X-rays and located the problem. I now have quite a bit of energy and I am not in discomfort. I'm bouncy, bouncy, bouncy like Tigger!!!! Doc Misty is helping me to eat healthy and lose weight. So far I have lost about 20 pounds. THANK YOU, THANK YOU, THANK YOU. I love your office staff. They are so nice, friendly and motivating. KEEP UP THE GOOD WORK!!! Sorry this took so long. Better late than never.

-S.C.

what doc has done for my family and i is priceless, not just in his physical care but his heart for helping people attain wellness and keeping them on tract. he continually educates us on the latest findings and nutritional supplements and offers them at a very affordable cost.....keep up the good work and god bless!

-J.N

"I have no back pain and no longer have allergies...and it took seven strokes off my golf game!"

M.D.

"My right arm is completely pain free!"

L.S.

"I can actually bend without a lot of pain. I do not have the numbness in my feet when I lay down and I can sleep almost a full night now. Friends say I actually walk better!"

J.P.



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

The LORD will keep you from all harm - he will watch over your life; the LORD will watch over your coming and going both now and forevermore.

— [Psalm 121:7-8](#) (NIV)