



Morris Family Chiropractic

1640 Mentor Ave. Painesville, OH 44077

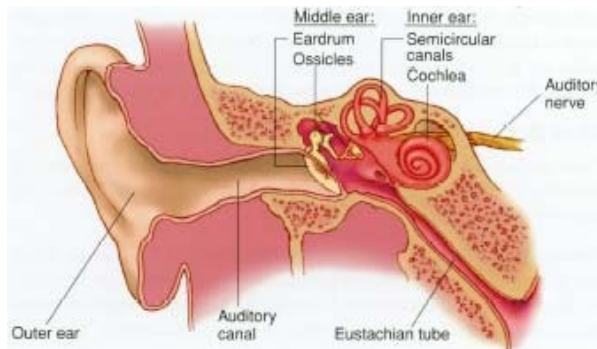
Phone: 440-639-9171

Fax: 440-639-9071

June 2011 Newsletter

Dr. Brian Morris, Chiropractor
Dr. Misty Morris, Chiropractor

Turn Up The Volume! Chiropractic Adjustments: A Solution to Hearing Loss!



If you can't turn up the volume on your television without waking the neighbors, consider a visit to your local chiropractor. Research suggests that mild to moderate hearing loss can be improved or restored by a single chiropractic visit. According to a study published in the journal *Chiropractic & Osteopathy*, 15 patients who had been diagnosed with significant hearing loss volunteered for a routine spinal adjustment. Of the 15, 6 had their hearing restored completely, 7 showed improvement, and 2 did not change.

The biggest improvements occurred where patients needed it most—in the quieter decibel levels in everyday conversations. A year later, the researchers followed up on 3 of the study participants—all showed their hearing had remained improved and intact.

One in every 10 Americans has some kind of hearing loss, according to the Hearing Loss Association of America. And as baby boomers reach retirement, this number is expected to double by the year 2030. Hearing loss is one of the toughest medical problems to address because it's slow to develop, not screened regularly, and often goes unnoticed. More and more patients reported their hearing improved after chiropractic adjustments.

Regular visitors to the chiropractic table might be surprised to learn that the first adjustment given in 1895 wasn't for back pain at all. It instead cured the patient's deafness on the spot. In another more recent case, a 36-year-old soccer player, who slammed the ball with his head and suffering severe hearing loss, had his hearing restored after a few adjustments to his spine and neck.

To test your hearing: Hold your watch near one ear, now switch to the other. Is there a difference? You can also rub your fingers together quietly and see if you can hear a difference from ear to ear. Chiropractors regularly perform tuning fork tests and ear doctors can give comprehensive hearing exams. If it turns out your ears could use a little, or a lot, of fine-tuning, don't worry. Consult your doctor then consider giving a chiropractic a crack at it.

Health News



Two research studies generated by the medical profession this year add evidence in support of the value of chiropractic maintenance care.

The first study published in January 2011 in *Spine* concluded that “SMT is effective for the treatment of chronic non specific LBP. To obtain long-term benefit, this study suggests maintenance spinal manipulations after the initial intensive manipulative therapy.”

The second study in April 2011, published in the *Journal of Occupational and Environmental Medicine*, provides additional support for the value of chiropractic maintenance care for post injury low back pain patients. The study followed 894 injured workers for a period of one year. During that year there were four different types of therapy available to the workers: medical management, **physical therapy**, chiropractic, and no therapy. Episodes of repeat disability were recorded during the year following the initial injury. Physical therapy had the highest percentage of re-injured workers followed by those receiving medical management or no treatment at all. The lowest incidence of repeat injury was found among those workers who had received chiropractic maintenance care.

The results of published surveys given to chiropractors have documented the profession’s belief in the value of maintenance care. Furthermore, during the last decade there have been a dozen peer reviewed papers on the subject. There are far more questions to be answered, but it is heartening to see medical research corroborate the studies and beliefs of the chiropractic profession.

Important News About You!

Nutritional Coaching

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

Given proper nutrition, the human body has an amazing ability to heal itself. If properly fed and given the right nutrients, the human body is designed to repair itself. To do so, we need to eat a healthier diet, exercise, and take high-quality supplements made from whole foods.

Whole food supplements supply our bodies with nutrients we are not getting from our diet, all the vitamins, minerals, trace minerals, and phytonutrients that foods possess in a way that nature intended, in a whole food form.



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 June birthday. We have a large patient population with a birthday in June, 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:

June 4th – Jammin’ on Johnnycake @ Painesville Assembly of God

June 5th – Kids Fishing Derby @ Kiwanis Recreation Park Fishing Pond from 9:00am-4:00pm

June 25th - NAACP Block Party @ Morse Ave. Community Center from 1:00pm- 5:00pm



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

Trust in the LORD with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight. Proverbs 3:5-6

June 2011 Special Offer

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