



Morris Family Chiropractic

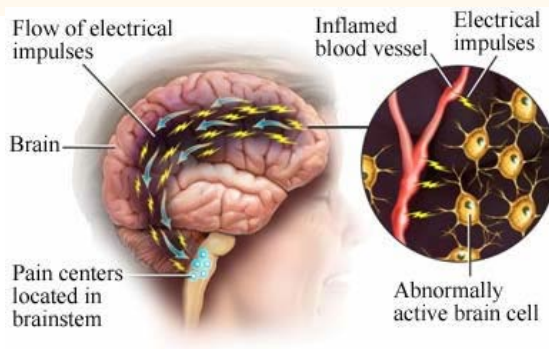
1640 Mentor Ave. Painesville, OH 44077

Phone: 440-639-9171

Fax: 440-639-9071

Dr. Brian Morris
Dr. Misty Morris

September 2011 Newsletter



Skip the Advil, Take one Adjustment and Call Me in the Morning!

Everyone gets the occasional headache, but some headaches get so bad they won't go away. While drugs treat the symptoms, they often ignore the underlying cause of the problem. The worst headaches can be slow to respond to the intended effect of the medications. The stronger medications can have negative and long-lasting effects to the rest of your body when used for extended periods. They is why many people finally decide to look to other, more natural (and safer) solutions for their problem such as chiropractic.

This can lead to imbalances in the body, which then leads to more muscle tension and pain. Chiropractic care can will relax the tight muscles and realign the spine underneath to end this vicious cycle of pain. Those that are seeking treatment for tension headaches may often see a drastic improvement with just a few spinal adjustments as the nerves become less irritated and the muscles become more relaxed.

Migraine Headaches

Migraines are brought about by changes in vascular flow, triggered by a variety of factors such as different smells, foods, weather, hormonal changes, and stress. These often very painful headaches do not always start off as pain. They can begin with nausea or the person may experience a halo effect called a visual aura.

Recent studies have shown chiropractic treatment may play a significant role in reducing the number of migraines a person has. By careful manipulation of the neck and spine, chiropractic adjustments may be able to reduce nerve irritation in the spine, thus preventing radiating or referred pain, and improve vascular flow.

Chiropractic treatment centers around the idea of adjusting the spinal column and neck to improve posture and blood flow. To treat a headache, the chiropractor will likely perform an adjustment with his or her hands, but may also use trigger point therapy, massage and other supporting types of treatments to create a holistic approach to the problem.

Health News

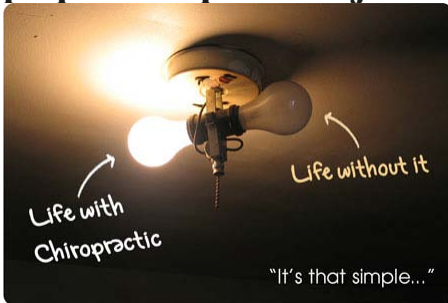


Spine Low On Adjustments?

What would you do if your car's low oil light came on today? Would you top off your engine with some 10W-30 weight or put some black tape over that little annoying light so you wouldn't have to deal with it any more?

Ignoring the warning sign will cause your engine to seize down the road. And if you were checking the dipstick regularly and adding oil when needed, the light might not have come on in the first place. The same goes for your spine and regular Chiropractic check ups.

When your spine gets too low on adjustments, pain is the warning light. Unfortunately by the time the pain shows up you've been out of adjustment too long. If that's the case, don't 'black tape' the pain with Tylenol or any other pain killer for that matter. Bring your spine in for a proper Chiropractic Adjustment today and avoid a catastrophic seize event tomorrow.



When Your Lights Are Out.....

Ever have one of those days where you just don't feel as bright as you should? Your diet's good, you're getting enough exercise but for some reason you still feel drained and unproductive. Maybe it's time for a trip to the Chiropractor...

Think of your Nerve System as electrical wires and your body a 100 watt light bulb connected to it. When the wires are clear and electricity flows freely, your bulb glows to 100 watts. But if power is restricted in the wires, your bulb dims. Chiropractors call it being Subluxated or in a 'state of less light/less energy.' And the only thing that can 'light you up' again is a specific, loving Chiropractic Adjustment.

Eating properly and getting enough exercise is important, but you'll never shine to your full potential if you're Subluxated... and you can't afford that. The world needs you beaming at 100 watts. So don't wait until your light's completely out... get adjusted and shine bright with regular Chiropractic care!

Important News About You!



**Ask Us About our
Community Outreach
Program!**

**We can speak at your work,
clubs, organizations, and
even churches!**



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



Upcoming Events:

September 1st - The Taste of Painesville @ Main St.

September 9-11th - Perch Fest @ Fairport Harbor

September 16-18th - Better in Mentor Days

September 28th - Dr. Misty will be guest speaking at Pathways



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

Isaiah 64:8 O LORD, you are our Father.
We are the clay, you are the potter we are
all the work of your hand.

September 2011 Special Offer
New patient exam for just \$47.00
includes: consultation, examination, and x-rays

