

Healing Hands

A Free Monthly Newsletter For The Friends and Patients of Spine and Wellness Center

Dear Friends and Patients,

Happy Administrative Professionals Day!

Welcome to the month of April! There are lots of good things going on this month. One that we should all strive to take notice of is Administrative Professionals Day.

As most of you know, my office simply would not function without top notch staff to help me with the daily tasks of running a business. I have so much appreciation for the work my staff does. After all, they are the “face” of the practice. They are the ones who make the first impression when you call for your appointment. They are the ones who greet you with a smile on each visit, not to mention all of the “behind the scenes” work that has to occur in order for us to run like a well-oiled machine.

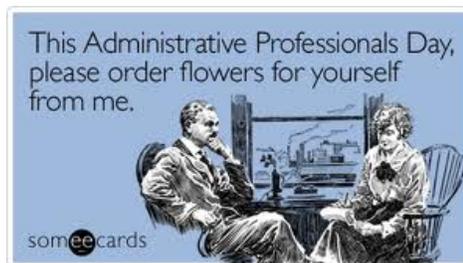


Since 1952, the International Association of Administrative Professionals has honored office workers by sponsoring Administrative Professionals Week. Today, it is one of the largest workplace observances outside of employee birthdays and major holidays.

In the year 2000, IAAP announced a name change for Professional Secretaries Week and Professional Secretaries Day. The names were changed to Administrative Professionals Week and Administrative Professionals Day to keep pace with changing job titles and expanding responsibilities of today’s administrative workforce.

Over the years, Administrative Professionals Week has become one of the largest workplace observances. The event is celebrated worldwide, bringing together millions of people for community events, educational seminars and individual corporate activities recognizing support staff.

So whether you own a business and employ administrative professionals, are an administrative professional yourself, or will have any encounters with any administrative professional today, be sure to give them a big smile and a “Thank you for the work you do!”



Now that
your turn to give this

you've smiled at least **once today**, it's
newsletter to someone you might

want to bring a smile to (maybe even a chuckle) and Please --- give this newsletter to everyone you can think of.

We all need to SMILE.

What Causes Arthritis?

Spinal Decay



This really is an interesting question. I ask my patients all the time, “What do you think is the cause for arthritis?” Can you guess what the most common answer is? You guessed it...old age. Let’s examine this a little further.

In chiropractic there is a big fancy term that we use called “subluxation.” In essence, without getting into the nitty gritty details, a subluxation can be described as a bone out of alignment in the spine that is causing problems.

In the chart you see here, a subluxation is also referred to as a “Phase I.” Phase I occurs when a bone in the spine gets out of alignment. It can be caused by a traumatic event like a car accident, sports injury, or slip and fall. It can be from repetitive motions at work. It can result from something as simple as sitting with your legs crossed for hours at a time or using a pillow that causes your neck to be held in an abnormal position while you sleep. Here’s the dangerous part: many subluxations do not cause pain...at least not immediately. You can have a subluxation in your spine for days, months, or even years without any obvious symptoms. Have you ever heard of someone who dies from a sudden heart attack when they were “healthy as an ox?” While they were healthy on the outside with no symptoms, their arteries were clogging on the inside resulting in death! That’s a Phase I.

What is Phase II? Have you ever been driving and hit a pot hole that threw off the alignment on your vehicle? What would happen if you didn’t get it realigned? Your tires would begin to wear unevenly and the longer it stayed that way, the worse the problem would get. That’s called Phase II, AKA “decay” or “arthritis.” I routinely see someone in my office that has an arthritic knee. They tell me their doctor said it was caused by old age, to which I also ask, “How old is the other knee that doesn’t have arthritis?” The answer is that arthritis is not caused by old age, but by bones that are not lined up properly and are now grinding and wearing down.

If a Phase II is left uncorrected for long enough, it will eventually turn into a Phase III, also known as fusion. This is permanent damage. When a patient comes to the office in Phase III, I cannot do anything about it. While we can address any spinal problems above or below that area, a Phase III is a problem that should have been addressed many years earlier.

The next time you see someone taking their arthritis medication, ask them if they think it will fix the problem. I’ve personally never seen a pill move a bone in the spine. Food for thought. ☺

Your Health is your Most Important ASSET.

Take IT seriously.
We Do!

FAMOUS FAILURES



MICHAEL JORDAN

After being cut from his high school basketball team, he went home, locked himself in his room, & cried.

WALT DISNEY

He was fired from a newspaper for "lacking imagination" and "having no original ideas."



STEVE JOBS

At 30 years old, he was left devastated & decompressed after being unceremoniously removed from the company he started.

THE BEATLES

Rejected by Decca Recording studios, who said "We don't like their sound" & "They have no future in show business."

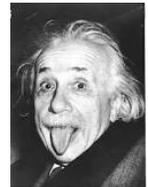


OPRAH WINFREY

She was demoted from her job as a news anchor because she "wasn't fit for television."

ALBERT EINSTEIN

He wasn't able to speak until he was almost 4 years old, and his teachers said he'd "never amount to much."



"IF YOU'VE NEVER FAILED, YOU'VE NEVER TRIED ANYTHING NEW."

If, at first we don't succeed, try, try again. A mentor of mine once told me, "If you're not failing at something at least ten times a day, you're just not trying hard enough." I've done my best to take that advice to heart!

Happy April Fools' Day

April Fools' Day is celebrated in many countries on April 1st every year. Sometimes referred to as All Fools' Day, April 1st is not a national holiday, but is widely recognized and celebrated as a day when people play practical jokes and hoaxes on each other.

In France and Italy, children and adults traditionally tack paper fishes on each other's back as a trick and shout "April fish!" in their local languages (poisson d'avril! and pesce d'aprile! in French and Italian, respectively). Such fish feature prominently on many French late 19th to early 20th century April Fools' Day postcards.

The earliest recorded association between April 1st and foolishness can be found in Chaucer's Canterbury Tales (1392). Many writers suggest that the restoration of January 1st as New Year's Day in the 16th century was responsible for the creation of the holiday, but this theory does not explain earlier references.



Ganga Who?



Gangnam Style (강남 스타일) is a 2012 dance pop single, written and performed by Korean pop singer Park Jae Sung, better known by his stage name PSY. Since its release in mid-July 2012, the highly entertaining music video has spawned hundreds of parodies and copycat dance videos on YouTube and surpassed Justin Bieber's single "Baby" as the most watched video on YouTube with over one billion views, as of December 21st, 2012.

The mass appeal of the music video has been attributed to its signature dance move known as "the horse-riding dance," which combines the stylistic elements of shuffle dancing and hand movements resembling the posture of a horseback rider. The video earned the title of "viral video" within days after its release and received intensive coverage globally.

Go ahead and try it...do the Gangnum Style!

SPECIAL NOTE:

SEND a copy of this newsletter to your friends

- Please feel free to call the office and leave their name, address, city and state, plus their zip code and we'll be more than happy to make sure they get a copy of our newsletter, each and every month.
- Please REFER your friends, co-workers and loved ones for a checkup. God Bless You and I wish you and your family all the best during the Month of April.

**Cut this certificate out and present it to my office for your FREE April Spring Time Health Evaluation.
This is for NEW PATIENTS ONLY.**

FREE

“Spring Into Health Evaluation”

START THE MONTH OFF RIGHT.
Schedule Your Friend or a Loved One For Their
FREE April Spring Time Health Evaluation Now!
(all ages accepted)



Give this certificate to your FRIENDS & LOVED ONES during the month of April and they'll receive a FREE Health Evaluation at our office. We care about you and your loved ones and we don't want to forget anyone, including the kids. If you have a friend or family member that is currently not under our care, please take this certificate to them and have them call our office immediately. Start the month of April out right.

They are NO HIDDEN CHARGES and the purpose of this evaluation is to determine if they are a chiropractic candidate. As always, there are No Guarantees we can help, but if we can help, we want that chance. There is nothing more important than the Gift of Health. If you need additional copies of this certificate, please call the office and we'll send them to you FIRST CLASS, or you can just pick them up at the front desk on your next appointment. You AND your friends are always a top priority with us. Call the office today.

COURTESY OF:
Dr. Dan Khampraseut
530 Fullerton Rd. Ste B
Swansea, IL 62226

(618)233-3324

“CALL NOW TO RESERVE YOUR TIME”
<<<<<< CERTIFICATE EXPIRES on Tuesday, April 30th >>>>>>