



of the Week...

Should I get my child's spine checked before they go back to school?

Most parents appreciate the importance of regular checkups for their child's teeth, eyes and ears. Why neglect their spine and nerve system? A spinal check up is vital because the spine houses the spinal cord, containing billions of nerve fibers that send messages from the brain to every part of the body. Any imbalance puts tension on the nervous system which interferes with this vital communications link. Get your child's spine checked by here so they can be at their best as school begins this year.

Small Companies Starting to Offer Wellness “Perks”

According to an Associated Press article published at the end of July, 2006, many companies have started offering “perks” as wellness benefits to their employees.

Why is PetSafe Inc. offering employees points towards valuable gift certificates for regular use of a gym? Why has a Florida Credit Union offering their employees \$100. towards annual gym membership?

These companies and more like them every single day have finally figured out what we've been saying for years. They hope to lower their health care costs while promoting a happier and more productive work environment for their employees. And, in so doing, increasing their productivity, increasing their profitability and making their companies

even more attractive to prospective employees.

Some companies have started offering wellness classes to their employees. Others offer on-site benefits like massage. Still others are organizing “health fairs” and ergonomic (work safe) workshops for their employees.

Why do we bring this to your attention in the HealthTip? Three reasons:

1. If you're an employer, this is a smart approach for your company too.
2. If you work for a company that has not yet instituted programs like this, why not recommend them? Be a hero to your company and fellow employees.
3. Why wait for your company? Become proactive growing your health today!

The Bottom Line...The Bottom Line...The Bottom Line...

What you know that many companies don't know is that any wellness program without chiropractic is a wellness program in name only. Chiropractors have been at the forefront of the wellness revolution because true wellness is only possible in a body that is functioning properly and only possible when the 3 dimensions of lifestyle stress have been evaluated and proper steps have been taken to both neutralize the stress and widen one's range of adaptability to that stress.

This issue of the HealthTip of the Week is brought to you as a public service by...