



Symmetry Chiropractic
A different approach to chiropractic

WWW.SYMMETRYCHIROPRACTIC.COM



STRENGTHEN YOUR IMMUNE SYSTEM FOR THE COLD AND FLU SEASON!

With the cold weather creeping up on us, and the stress of the holidays here and near, we become more susceptible to the cold or flu. During this season it seems many of us get caught up in the hustle and bustle and sometimes forget to take care of ourselves-putting our immune system at risk. I have found regular chiropractic adjustments to be one of the most effective prevention measures for the cold season. Regular exercise, the proper use of supplements, and a healthy diet are also very important in preventing or reducing the duration of a cold.

Chiropractic treatments for a cold?

Chiropractic corrects spinal displacements. This mechanical disadvantage compromises the integrity of the nervous system, in turn affecting the powerful ability of the immune system to fight opportunistic invaders. You may not realize how intimately connected the nervous system is with the immune system. Some researchers are now saying the two systems may actually be one. Therefore, by tuning up your nervous system with a chiropractic treatment, you are actually reinforcing the protective qualities of the immune system.

As always...Chiropractic First, Drugs Second, Surgery Last! Be Healthy This Holiday Season!!!

If you are concerned about the upcoming cold and flu season, call today! 510.769.0125

TRAVEL TIPS FOR THE HOLIDAY SEASON TO KEEP AWAY THE ACHES AND PAINS.

1. Warm up with a brisk walk to stretch your hamstrings and muscles before enduring a long car/plane ride.
2. Be sure to take rest breaks that include walking and stretching.
3. Pack light. Use 2-3 smaller bags rather than 1 larger bag.
4. Travel with a lumbar pillow to support the inward curve of your low back.

NEW!

We now carry natural hull therapy pillows! Natural hull pillows have been used for centuries to ensure a restful, healthy sleep. Natural hull pillows give a firm yet gentle support that allows our muscles to relax which can provide symptomatic relief of the aches and pains associated with sore, tight muscles.

Give the gift of well-being and comfort to yourself or to your friends and family!

SAVE THE DATE!

FRIDAY, DECEMBER 14TH WE WILL BE HOSTING OUR HOLIDAY CELEBRATION! WE HOPE YOU CAN JOIN US FOR HORS D'OEURVES, WINE & CHEESE.

R.S.V.P. BY EMAIL OR PHONE TO RESERVE A MASSAGE.

