



The Chiropractor

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We treat auto accidents, headaches/migraines, sports injuries, sciatic nerve, spinal problems, stiff necks, low back pain.

ACCIDENTS HAPPEN !

Let's look at basic physics for a moment. If your car is going 25 mph, so is your body. When the car stops, your body continues at 25 mph. FYI your body would be doing 25 mph by the time you hit the ground, after jumping from a three-story building! (Makes you think, doesn't it.)

Airbags alone are effective 12 % of the time. Seatbelts alone are effective 42% of the time. Combined they are 47% effective. Just because airbags are of newer technology, they clearly cannot be used in place of a seatbelt. They are designed to be used in conjunction with a seatbelt. All children under the age of 12 should ride in the back seat to avoid injury from the deployment of an airbag.

Each year about 3 million people suffer a whiplash injury. About half are left with a chronic problem, and 10% become permanently disabled. This is why it is so important to use your headrest properly. You should adjust your headrest so that the top of it is level with, or just slightly higher than the top of your head.

Information to collect when involved in a Motor Vehicle Accident (MVA) - Date, time, and location with street addresses. Draw a map demonstrating the direction all cars were traveling. For all those involved: collect names, driver license numbers and the state of issuer, birth dates, address, phone numbers, insurance company and agent's name, policy numbers and expiration dates, make, model, year, license plate number and state of other cars. Get information from those that witnessed the accident: name and phone number. If the police show up get a badge number and name. If the collision was the fault of the other driver, his or her insurance policy will pay for any medical or chiropractic treatment you should require.

What to do next --get into *The Chiropractor* and document what happened. Make sure that your musculoskeletal system is balanced. Don't assume your pain will go away. Too many times people get hurt and wait too long. In some cases the pain goes away because your body compensates, not corrects. Years later your body starts to get symptoms due to the imbalances caused by the accident. Then too much time has passed for the auto insurance to cover the injuries. Don't wait, get in fast. Encourage your friends to do the same.

Also, a good attorney will come in handy. (1) The attorney will be honest and won't charge you for a consultation to get you on the right track. (2) The attorney will handle all the communications between you and the BIG insurance corporations. (3) The attorney will be an advocate for you. (4) All this leads to less stress and better healing.

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In an automobile accident you really only have two choices: (1) wear your seat belt and dramatically increase your chances of staying in your seat and taking the impact with your torso, or (2) don't wear your seat belt and taking the unavoidable impact and pain with your knees? arms? head? or...your life?



NATURE'S PERFECT FOOD

WHAT CONTAINS vitamins, proteins, minerals, antioxidants, non-refined sugar, and is fat-free? Raw honey! Honey also inhibits the growth of bacteria and promotes healing of burns and scrapes. Compared to sugar, it is less of a strain on the body. Eating 1 or 2 teaspoons of raw honey each day may help with hay fever and other allergies. The Chiropractor now offers raw honey from a local beekeeper as well as lip, hand, and skin balm made with beeswax, safflower, coconut, and other natural ingredients.

Remember, honey should not be given to children younger than 1 year old.

ROASTED VEGGIE DELIGHT



INGREDIENTS:

Cubed

Potatoes with skins

Yams—peeled

Sliced

Peppers—any kind

Onions—any kind

Olive Oil

1. Mix potatoes and yams in a bowl with 1-2 Tbl. olive oil to coat them.
2. Place on lightly oiled cookie sheet.
3. Season to taste with any of the following: salt, pepper, chives, parsley, basil, lemon pepper, taco seasoning, Italian seasoning.
4. Bake for 30-35 minutes at 425°.
5. While the potatoes are baking...
6. Mix peppers and onions in a bowl with 1-2 Tbl. olive oil to coat them.
7. After the potatoes are baked, layer the onions and peppers on top
8. Bake another 5-10 minutes.

Option- lightly sauté onions and peppers before baking them.

Be creative! Use a variety of vegetables!

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