

APRIL
2017

ADVANCED CHIROPRACTIC

325-695-9355

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**EVERY DAY IS
ANOTHER CHANCE
TO GET STRONGER
TO EAT BETTER
TO LIVE HEALTHIER
AND TO BE THE BEST
VERSION OF YOU**

#STRONGFORSUMMER

TESTIMONY

After just 2 visits with Dr. Morgan the pain in my knee has gone and my life has returned to normal.
Joe P. Abilene, TX

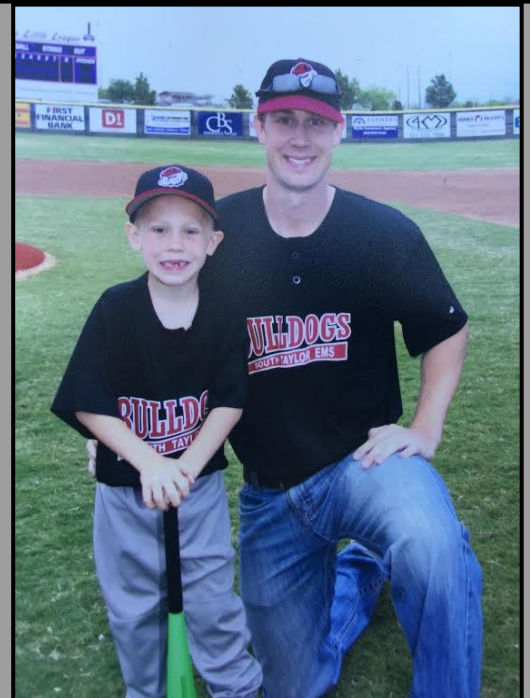
Morgan Family Update

My favorite time of year is spring. Spring means longer warmer days, and best of all baseball season. I grew up playing a variety of sports but baseball has always been my favorite. I couldn't wait until Lane was old enough to start playing. We've been practicing for a couple of years now and we were both excited to start our first season. I initially did not sign up for a coaching position but when approached with the opportunity to be an assistant I accepted.

Now I've been to a couple of coach pitch games, and had a few good laughs. But that didn't prepare me for what I've gotten myself into. Have you ever heard the analogy "its like herding a bunch of wild cats"? Yes, well that fits this situation appropriately. Just imagine 15 kids (4-6 yrs old) aimlessly staring off into the distance in tiny athletic gear, and chaotic, unsynchronized running to the ball...that's if they aren't busy kicking rocks or picking their noses. Haha!

I initially agreed to help out with the intention of helping the little boys grow and get better at the sport I love but I have also grown. My patients have REALLY grown if you know what I mean!

So If you're a fan of baseball and or you just need a little laugh I suggest you go watch a coach pitch little league game.



Carpal Tunnel and Weight loss

If you suffer from any of these symptoms, you may have a painful progressive condition called carpal tunnel syndrome.

Carpal tunnel pain is a miserable – even crippling – condition.

Whether it causes sleepless nights, pain at work, or keeps you from enjoying golf – living with carpal tunnel is difficult.

One female patient said it like this...

"I dread going to bed, I dread sweeping, doing dishes...any kind of household chores I dread – because of the pain."

- ◆ Pins and needles feeling in the hands
- ◆ Pain in the wrists
- ◆ Numbness or pain in the arms
- ◆ Difficulty grabbing objects

Finally, You Have A Proven Option Other Than Drugs And Surgery

New research in a treatment called low level laser therapy, or cold laser, is having a profound affect on patients suffering with carpal tunnel syndrome.

One Study Showed It Reversed Carpal Tunnel Syndrome In 77% Of Cases

In 1997, a study looked at cold lasers and their effect on carpal tunnel syndrome. This study found cold lasers reversed 77% of cases. The researches concluded "This unique and novel approach is cost-effective and has a role in future management of CTS [carpal tunnel syndrome]." (*Muscle Nerve (1997) 20:1029-1031*)



Could cold laser be your solution to carpal tunnel pain? For 10 days only, I'm running a very special offer where you can find out if you are a candidate for cold laser therapy.

*Call the office and schedule your appointment today **325-695-9355**.*

Weight Loss Testimony

The program helped me take charge of my life. I'm able to walk longer distances, I feel better and I'm not wheezing anymore. I've tried many times to detox from sugar with no success. I don't crave sugar any longer! I am hopeful that I can loose even more weight. –Dolly G. Abilene, TX

Supplies Needed:

Plastic Cups, Popsicle Sticks, Orange Juice, Fruit
Cut up your fruit (kiwi, Strawberries, Blueberries
or fruit of choice)

Place into cup

Place Stick into the center of the center of the
cup

Pour Orange juice over fruit until its covered

Place in freezer until frozen

Enjoy!

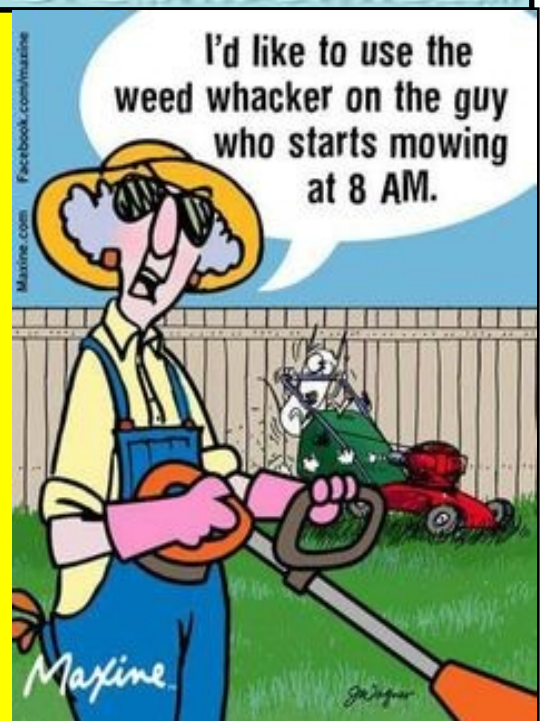


Beat the Heat

- Wear Sunscreen and a Hat
- Stay Well Hydrated (aim to drink 1/2 you body weight in ounces of water)
 - Take frequent rest breaks to cool down
- Watch for signs of a heat emergency such as dizziness, confusion or vomiting



*Laughter
is the
Best
Medicine*



LOSE 1/2 to 1 LB PER DAY

Dr. Morgan's 30 Day Weight Loss Program

- No Shots! - No Exercise! - No Drugs! - No Hunger! - No Surgery! - No Crazy Diet!

-Doctor Supervised!

**YOUR OWN PERSONALIZED WEIGHT LOSS PROGRAM IS BASED
ON THE INFORMATION YOU GIVE DR. MORGAN!**

Its like having your "Fingerprint" ANALYZED for weight loss...giving Dr. Morgan the perfect "recipe" for you so you can burn fat the fastest way you can each and every day! You'll raise your metabolism and reset your weight set point so that you keep the weight off after you've lost those first 20-30 pounds. Call and Schedule your appointment with Lauren, appointment slots are filling up fast for this amazing program!

A red starburst graphic with a black outline, containing promotional text.

Receive 20% OFF

If you Call before

May 1st

325-695-9355