

# Brownlie Chiropractic News

HOLIDAY 2011



BROWNLIE CHIROPRACTIC  
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## BROWNLIE CHIROPRACTIC PRESENTS OUR HOLIDAY GIFT SHOP!

### SERVICE GIFTS \$5 OFF!

- **Massage Gift Certificates**
- **Adjustment Gift Certificates**

### GIFTS TO CONSIDER

- **Cervical Pillows (\$48 for Large Pillows, \$30 for Small Pillows)**
- **Low Back Pillow**
- **Ice Packs**
- **Vitamins**

ALL PURCHASES  
WRAPPED FOR YOU!  
BUY 2 PRODUCTS AND  
GET 10% OFF!

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## Holiday Shopping Preparation

A November 10, 2005 PRNewswire release advises shoppers to consider holiday shopping as an event that requires preparation and attention to your health and well being. The American Chiropractic Association (ACA) urges people to consider several points to help ward off the stress and strain that often accompanies this season.

They offer a checklist to help, which includes the following:

- Stretch before and after a long day of shopping. When you are under stress, your muscles are less flexible than usual.
- Wear shoes with plenty of cushioning in the soles to absorb the impact of walking on hard shopping mall floors.
- Leave your purse at home. Wear a light fanny pack or a light backpack instead. Pack only those items that are absolutely essential (driver's license, credit card, etc.).
- Plan frequent breaks into your shopping day at least once every 45 minutes for most people. Those with less stamina may need to take a break every 20-30 minute.
- Do not wrap packages while sitting on a hard floor. This can wreak havoc on your posture.



## Snow Shoveling Tips

The recent record cold weather and snow across much of the US has also seen a rise in articles advising people in areas of the country affected by snow, on how to safely remove snow when needed. Although much of the country rarely or never has to shovel snow, the tips can be applied to many similar activities

- Do a warm-up first. A tight, stiff body is asking for injury.
- Layer your clothing. Layered clothing will keep your muscles warm and flexible.
- Drink lots of water. Drinking water frequently throughout the day helps to keep muscles and body hydrated.
- Use proper posture. When you do shovel, bend your knees and keep your back straight while lifting with your legs. Push the snow straight ahead; don't try to throw it.

*Earn \$5 Wellness Bucks!*

*1. Go to our Website 2. Click on the Facebook Icon 3. Like us on Facebook*

# Upcoming Events

We have had quite a year and you went along on the ride with us! A major move into La Grange, an Open House, multiple health screenings, and a bevy of small presentations and new inroads into our Web Page and Facebook, more development of our rehab programs and the privilege of working with such dedicated patients and here we are ready to celebrate a most sacred season together. Thanks to all of you for your patience and understanding these last many months...it is now time to enjoy some peace and celebrate!

As of 2006, the average American paid \$846.50 out of pocket for healthcare. This number is expected to rise to \$1,405.73 by 2016. We all know that healthcare costs money, but disease and illness cost much, much more. The greatest gift you presently give yourself and your loved ones is good health. Thank you for that and congratulate yourself this year for your pro-active self care!

Abbe and I will be posting a questionnaire on our website after January 1 ([www.brownliechiro.com](http://www.brownliechiro.com)) we want to know how you think we are doing and your feedback is valued. We will also be asking you to email us about topics you would like to us to teach you more about: send your request to [brownlie708@sbcglobal.net](mailto:brownlie708@sbcglobal.net). Meditation? Stretch? Arthritis? ADHD? Look for upcoming Meditation Class and Norwex Cleaning Products Party.

In closing, Abbe and I both wish to extend our heartfelt thanks to your for choosing our office to deliver your healthcare. We thank you also for your many, many referrals. To us, that is the greatest gift and compliment this year. Accept our deepest wish for you now.. A Very Merry Christmas and a Happy, Healthy New Year!

Sincerely,

Dr. Brownlie & Abbe

## Holiday Donation Promotion 2011

- ◆ The St. Francis Food Pantry distributes non-perishable groceries every Tuesday from 9:30 - 11:00 am to approximately 50 - 70 families who live in our community.
- ◆ The pantry serves clients who live in the 60525 and 60526 zip codes.
- ◆ Some weeks, the pantry has special offerings for their clients, which in the past have included fresh produce, school supplies, bread, books, hams, turkeys, and pies.
- ◆ In the Month of December, our Donation Promotion continues.
- ◆ Donate up to \$20 and we will match it with Wellness Bucks of equal value on your next adjustment.
- ◆ Wellness Bucks are coupons worth the value of your donation up to \$20. Use your Wellness Bucks to receive money off your Chiropractic Care.

### Holiday Hours

Closed Monday

December 26

&

Monday January 2



Abbe

## The Gift of Health

There's no better gift than the gift of true health. This holiday season, show someone how much you care about them by giving them the greatest gift ever—the gift of HEALTH!

- ◆ One on One Consultation with a Doctor of Chiropractic
- ◆ State of the Art Computerized Health Analysis
- ◆ Thorough Postural Evaluation
- ◆ Complete Report of Findings

**A \$150.00 value  
Only \$20.00!**

**Call to schedule your appointment!**

*Expires January 31, 2011*

