

A Little Dry?

Enter the "new normal" (at least for the time being). Everyone who has forgotten they were wearing a mask and attempted to take a drink, raise your hand and wipe your chin!

It can be difficult to maintain proper hydration when we're out and about or working while wearing our masks. We have to remind ourselves to stay hydrated.

We've discovered that while wearing our masks more, we were drinking less. Those little sips during the day aren't happening as often. Please take the time to take frequent drinks from your bottle of water, cup of tea, etc. while taking much needed breaks from sitting. Your body will thank you!

Also, please remember, there's only one right way to wear your mask. That's with your nose and mouth covered.

CERVICAL SPINE: MATTER OVER MIND

Earlier this year, a chiropractic clinical researcher published the case of a 40-year-old patient seeking care for two weeks of neck pain. Two problems accompanied her neck problem: headache and anxiety. Her anxiety was a long-standing symptom but became much worse during the neck pain episode. On a standard psychological questionnaire, she scored "5" out of a maximum of 6 for the intensity of her anxiety. In addition to the questionnaire, her anxiety was also followed by salivary cortisol measurements – a way to monitor adrenal stress.

After 6 weeks of chiropractic adjustments and home exercises for the cervical spine, her headache was gone, and her neck pain was down to a minor residual level. Her anxiety score was down to 2/6, compared to her original 5/6. Her adrenal stress as measured by lab work was less than half the original levels.

This case reminds us that correcting a musculoskeletal problem such as neck pain can have a profound influence on one's emotional life. It's a case of matter over mind.

Reference: Hughes FP. Reduction of Cortisol Levels and Perceived Anxiety in a Patient Undergoing Chiropractic Management for Neck Pain and Headache: A Case Report and Review of the Literature. *J Contemporary Chiropr*, 2020; 3:14-20. Full text: <file:///C:/Users/Owner/AppData/Local/Temp/95-Article%20Text-164-1-10-20200214.pdf>

COMMUNITY OUTREACH CLASSES

As part of our commitment to educating the public, we currently offer the following courses:

Concussion: This course is designed to help you better understand what the concussion victim can expect in the short term and long term. *Venue:* Vienna Community Center, 120 Cherry Street, Vienna. Thursday October 1, 10:00-11:00 am. Contact Kathy Blevins, 703-255-7801 or KBlevins@viennava.gov.

Breathing Exercises for Brain Potential: Would you like to sharpen your focus at work, further excel at school, achieve more in your favorite sports or games, or just be more "together" in your everyday life? Learn breathing exercises that support brain function. *Venue:* Vienna Community Center, 120 Cherry Street, Vienna, Thursday, October 22, 10:00-11:00 am. Contact Kathy Blevins, 703-255-7801 or KBlevins@viennava.gov.

Mouth and Throat Toning for Better Sleep: Has your snoring ever inspired others to comment? Are you ever jolted awake by your own snoring? Is your drowsiness causing you to be accident prone? Learn exercises to tone your throat and mouth. *Venue #1:* Unitarian Church, 2709 Hunter Mill Road, Oakton, VA Thursday, October 15, 10:00-11:00 am. Contact Casey Tarr, 703-821-6838 or eileentarr1@verizon.net. *Venue #2:* Vienna Community Center, 120 Cherry Street,

Vienna, Thursday November 19, 10:00-11:00 am. Contact Kathy Blevins, 703-255-7801 or KBlevins@viennava.gov.

VETERANS



Kitten found at Iwo Jima,
March 1945

Have you been deployed to Iraq, Afghanistan, or any other active conflict area in the past five years? If so, we'd like to offer you a year's care at no cost to you. All we need to see is a copy of your orders and your ID. Call 703-938-6441 for more information. Thanks, and welcome home.

Don't forget to thank a veteran - human or otherwise - for his or her service on November 11 and every day.



“Smoky” warned her owner of incoming fire while on a troop transport in the Pacific, WWII, probably saving his life.

MULTIPACKS

If you are interested in having your spine checked regularly on an early intervention basis, you may be interested in our multipacks. You'll save money while safeguarding your spinal health and mobility.

CHIROPRACTIC INDEPENDENCE DAYS

In an effort to make chiropractic care available to everyone, we have set aside selected Mondays as Chiropractic Independence Days. On these days, care is independent of your insurance status or financial situation. Anonymous cash payment goes into a box at the front desk, or you may pay by check or credit card. How much? That's up to your judgment of our care's worth and your ability to pay. (Medicare is the one exception; those fees are federally mandated.)

New patients are welcome on Chiropractic Independence Days, schedule permitting. This is a great way to introduce friends and family members to chiropractic care.

Time slots go quickly, so book early. We ask that you let us know as soon as possible if you need to cancel or reschedule, so that a fellow community member can use your time slot.

Thanks!

CALENDAR

Sept: 7 Labor Day (Closed) 12, 26: Saturdays Open 21: Chiropractic Independence Day 28: Yom Kippur (Closed)	Dec: 14: Chiropractic Independence Day 12, 19: Saturdays Open 24-1/3: Winter Holidays 30: Mid-Holiday Catch-Up Day
Oct: 19: Chiropractic Independence Day 10, 24: Saturdays Open	Jan, 2021: 4: Re-Opening Day, 2021 9, 23: Saturdays Open 21: Chiropractic Independence Day
Nov: 16: Chiropractic Independence Day 7, 21: Saturdays Open 26-27: Thanksgiving (Closed)	<u>STANDARD HOURS OF OPERATION</u> M-W-F: 10:00-1:00 & 3:00-6:00 Sat: 9:00-noon (selected Saturdays) Tue/Thu/Sun: Emergencies Only