

MOBILE DEVICE? STATIONARY HUMAN - PLEASE



One of the benefits of living in the 21st Century is the amount of computing and communication power we can carry in our pockets or strapped to our belts. Wherever you are, you can talk to a friend in a different part of the country, text a relative in another country, and look up information almost instantly.

Remember, though, when you are immersed in the electronic world, you tend to be less engaged with the immediate physical world. Crossing the street while texting, driving while playing a computer game, or climbing a flight of stairs while doing a search can result in injuries. If we are helping you get past an injury you already have, driving or walking while distracted can give you a new injury, putting your recovery at risk.

Just because your device is mobile doesn't mean it's a good idea for you to be mobile when using it.

##

SEASONAL PREP FOR YOUR NOSE AND SINUSES

After the tree pollen season comes the ragweed season. After the ragweed season comes the cold and flu season. No health care practice or advice can completely protect your nose and sinuses from allergens and viruses. However, there are steps you can take to prepare this sensitive part of your face for its seasonal challenges.

The Basics

Common sense measures such as hydration, getting adequate sleep, and hand washing are part of basic nasal hygiene. Of course, air quality is an important factor. For tips on reducing your exposure to air pollutants, see, “The Toxic Greenhouse” in our January-April 2020 newsletter.

When you are having nasal and/or sinus trouble, the basic approach is “moisten and cleanse”. To moisten, drink hot beverages, and breathe deeply while taking hot baths or showers. You can also drape a towel over your head while breathing in the steam from a bowl of hot water. To cleanse, use a saline spray or a neti pot.

Can Chiropractic Adjustments Help?

Normal spinal nerve function can help maintain good nasal and sinus health. Conversely, spinal nerve dysfunction can aggravate nasal and sinus symptoms. The spinal nerves most directly related to the health of the membranes of the nose and sinuses come from the cervical spine (neck) and thoracic spine (upper back). We have recently seen this nose-nerve relationship at work in a dramatic fashion with our long COVID patients.

A real estate agent with long COVID symptoms was experiencing a “house on fire” smell when there was no fire present. This disturbing mirage of odor was accompanied by an overall loss of the sense of smell. She rated her ability to detect aromas as a “1” on a scale where “5” is completely normal.

After ten chiropractic adjustments over a six-week period, she rated her sense of smell at "2-3", and her "house on fire" experiences had transformed into a less disturbing "burnt popcorn" odor.

A retired military attorney rated his sense of smell as "3", and experienced episodes of a "dumpster smell" when no garbage was present. After twelve chiropractic adjustments over a five-week period, he rated his sense of smell as "almost 5", and the "dumpster smell" experiences were decreasing in frequency.

To read our research papers on long COVID and other topics, go to "About the Doctors" in our website and scroll down.

What Does This Research Have to Do with Me?

The majority of you reading this do not have loss or alteration in your sense of smell. However, the same nerves from the neck and upper back influence the health of your nose and sinuses. Of course, nothing can make your nasal sinuses pollen-proof or impervious to germs. However, regular chiropractic care can help maintain the "circuitry" that regulates your nasal "machinery".

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NEW VIDEO: THE CHIROPRACTIC ANTI-FEAR FACTOR



You have experienced the benefits of chiropractic care, and you want your friends, family, and co-workers to enjoy the same benefits. However, when you try to refer them to us, you hit a wall. This wall is often built by a misguided fear of the chiropractic adjustment. Ill-informed fear deprives them of the care that could benefit them.

Our brief video – “The Chiropractic Anti-Fear Factor” – demonstrates the safety and benefit of chiropractic care for people of all ages, from seniors to small children. An important safety factor is that we adapt our adjustment for each patient. The adjustment is as individual as a handshake.

You will find our new video posted on our website: www.viennachiropractic.com. Click on “You Tube”. Please share with whoever needs to see it.

Thank you for your next referral.

##

GOOD TO KNOW: CHIROPRACTIC INDEPENDENCE DAY

We’ve been holding Chiropractic Independence Day for almost 30 years. On that day, all care is delivered regardless of insurance or economic status or any other outside factor. It is strictly a matter of our patients wanting to be seen and our willingness to do so.

Q&A

...Why are you doing this?

We want to restore health care decision-making to the patient and their doctor.

On Chiropractic Independence Day, being out of work or dealing with a tight budget are not barriers to care.

...You have to live on something, so how does this work?

On Independence Day, there is a box on the front counter into which you can place an amount somewhere between what you can comfortably pay and what you decide your care here is worth.

We regret we can't offer the Independence Day experience of completely self-initiated pricing to Medicare patients as those fees are federally mandated. Medicare patients do, however, always get a substantial discount.

Generally, Independence Day is held once a month and is indicated on our calendar at the end of this newsletter.

...Other than the fee schedule, what is different about this day?

Absolutely nothing. You get the same level of care you would get on any other day, at any other price point.

... Can a new patient begin care on Independence Day?

Yes, Chiropractic Independence Day is a great time to introduce that friend or family member who has been curious about the office and/or chiropractic care.

... How do I schedule for an appointment on that day?

Call us! The earlier you schedule, the more likely you are to get an appointment at the time that works best for you.

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AFFORDABLE CARE

Ask about our multi-packs and see "Good to Know" above.

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COMMUNITY OUTREACH CLASSES

As part of our commitment to community education, we offer a series of courses on Tuesdays, 10:00-11:00 am at the Vienna Community Center, 120 Cherry Street, Vienna. There is no charge. To register, visit the front desk at the Vienna Community Center. To register online, establish an account at <http://www.viennava.gov/webtrac>. For questions about the registration process, call the Vienna Community Center at 703-255-6360. Upcoming:

<i>Tongue-Throat Exercises for Better Sleep</i>	May 12
<i>Breathing Exercises for Better Brain Function</i>	Jun 9
<i>Building Better Knees</i>	Jul 14
<i>Tongue-Throat Exercises for Better Sleep</i>	Aug 11

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CALENDAR

May 2,16 Saturdays Open 25 Memorial Day: Ofc Closed 18 Chiropract Independence Day	Aug 17 Chiropractic Independence Day
Jun 6,20 Saturdays Open 15 Chiropractic Independence Day	Sep 7 Labor Day – Office Closed 12, 26 Saturdays Open 21 Chiropractic Independence Day
Jul 4 National Independence Day - Office Closed 11,25 Saturdays Open 20 Chiropractic Independence Day	<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