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Helping you
to live your life
well-adjusted...



Miller Chiropractic Newsletter

January

2017

Happy New Year!

We've survived the holidays and now face Mother Nature and her winter-y heart! But a new year means new beginnings and a fresh start. Whether you make formal resolutions, we can all vow to make 2017 a healthier year mentally, physically and emotionally. The best way to start is to stay well-adjusted, by calling to schedule your next appointment.

For your planning purposes, Doctor Miller will be **out of the office from January 16-20**, and no appointments will be scheduled. **The office will be open for your other needs from 9:00 a.m. to 3:00 p.m.**

Beginning January 31, Dr. Miller will be back-to-school on Tuesdays and Thursdays at Moraine Park Technical College Teaching in the LFI program, which provides instruction in personal health for challenged individuals. Appointments on Tuesdays and Thursday will be limited, so plan accordingly.

Be sure to stop by the [Miller Chiropractic Facebook page](#) for special offers and helpful information.

7 Steps to Keeping Your Resolutions



New Year's Day is looked at as the ideal time to kick start a

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Quick Links

[Miller Chiropractic on Facebook](#)
www.well-adjusted.biz
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OFFICE HOURS

Monday & Wednesday
8:15 a.m. - 6:00 p.m.

Tuesday
12:00 p.m. - 2:00 p.m.

Thursday
12:00 p.m. - 5:30 p.m.

Friday
8:15 a.m. - 5:30 p.m.

Relief that only Dr. Miller can Provide

Dr. Miller has been successfully treating several patients for symptoms of vertigo using a method that can result in dramatic improvement - or even complete elimination - of symptoms; it's called the Canalith Repositioning Procedure (CRP).

Athletes with injuries or anyone seeking solutions to headaches, back pain, carpal tunnel syndrome, shin splints,

new phase in your life and the time when you must make your all important new year's resolution. Unfortunately, it is also one of the worst times to make a major change in your habits because it's often a relatively stressful time, during the party and vacation season.

With the holiday season behind us, life may already seem less stressful, so why put pressure on yourself with unrealistic new year's resolutions?

Don't set yourself up for failure by vowing to make huge changes that will be hard to keep. Instead follow these seven steps for successfully making a new year's resolution you can stick to for good.

1. Just pick one thing

If you want to change your life or your lifestyle don't try to change the whole thing at once. Instead pick one area of your life to change to begin with.

Make it something concrete so you know exactly what change you're planning to make. If you're successful with the first change you can go ahead and make another change after a month or so. By making small changes one after the other, you still have the chance to be a whole new you at the end of the year, and it's a much more realistic way of doing it.

2. Plan ahead

To ensure success you need to research the change you're making and plan ahead so you have the resources available when you need them. Here are a few things you should do to prepare:

Read up on it - Go to the library and get books or go online.

Plan for success - Get everything ready so things will run smoothly. If you're taking up running make sure you have the trainers, clothes, hat, glasses, ipod loaded with energetic sounds at the ready. Then there can be no excuses.

3. Anticipate problems

There will be problems so make a list of what they'll be. If you think about it, you'll be able to anticipate problems.

4. Pick a start date

You don't have to make these changes on New Year's Day. That's the conventional wisdom, but if you truly want to make changes then pick a day when you know you'll be well-rested, enthusiastic and surrounded by positive people. Sometimes picking a date doesn't work. It's better to wait until your whole mind and body are fully ready to take on the challenge. You'll know when it is when the time comes.

5. Go for it

On the big day go for it 100%. Make a commitment and write it down on a card. You just need one short phrase you can

shoulder pain, sciatica, plantar fasciitis, knee problems and tennis elbow find great relief from Active Release Technique, or ART.

Dr. Miller is the ONLY Master Certified ART provider and the only certified CRP provider in the Fox Valley

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carry in your wallet. Or keep it in your car, by your bed and on your bathroom mirror too for an extra dose of positive reinforcement.

Your commitment card will say something like:

I enjoy a clean, smoke-free life.

I stay calm and in control even under times of stress.

If you do fail and sneak a cigarette or shout at the kids one morning don't hate yourself for it. Make a note of the triggers that caused this set back and vow to learn a lesson from them.

Perseverance is the key to success. Try again, keep trying and you will succeed.

7. Plan rewards

Small rewards are great encouragement to keep you going during the hardest first days. After that you can probably reward yourself once a week with whatever makes you tick.

Whatever your plans and goals are for 2017, we wish you luck with them but remember, it's your life and you make your own luck.

Dress Warmly

We have already seen subzero temperatures this winter, and



it is important to remember that sub-zero temperatures and wind-chills can do serious damage to exposed skin in under 10 minutes.

Make sure ears, face and hands are protected. [Here are some other tips for protecting yourself against the bitter and dangerous cold](#) or really, for any wintertime outdoor activity. Stay Warm!

Diet & Nutrition Key to Healthier 2017

Proper nutrition is an essential part of preventive health care along with chiropractic adjustments, exercise, and rest.

If you're among the millions of Americans who resolve to lose weight this year we commend you, and applaud your action toward a healthier lifestyle.

Dieting is not without risk, however, and you should always let your physician know your dieting plans.

Improper nutrition can affect nerve transmissions, joint and bone health. Since chiropractic is a natural way of healing the body, proper diet and eating natural foods can help the body with the ability to heal itself.

Dr. Miller can suggest which, dietary supplements may be beneficial to you, as well as refer to a nutritionist or dietician. She received her nutrition certification through the State of Wisconsin and the Wisconsin Chiropractic Association.

Dr. Kay offers a variety of vitamins and supplements for adults and children which are available in the office, just ask the next time you stop by.



Stay well-adjusted and don't forget to call the office for your next appointment.

920-933-3536