

You're receiving this email because of your relationship with Miller Chiropractic. Please [confirm](#) your continued interest in receiving email from us. To ensure that you continue to receive emails from us, add espofd1@sbcglobal.net to your address book today.

You may [unsubscribe](#) if you no longer wish to receive our emails.



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



Miller Chiropractic Newsletter

November

2016

November marks the official start of the "Holiday Season" when life seems filled with friends, family, parties, stress and anxiety. We have some coping tips for you, along with a chance to win your Thanksgiving turkey.

As we approach Thanksgiving we are most thankful for our patient family and wish you and yours good health and happiness.

You will also find some useful information on the importance of Vitamin D in the winter time.

If you have any favorite holiday traditions or recipes, please share them on the [Miller Chiropractic Facebook page](#), we'll see you there!

Don't forget that it is always easier dealing with a hectic life pace if you stay well-rested, eat healthy and stay well-adjusted.

Please note that the office will be closed on Friday, November 18 as well as Thanksgiving Day and on Friday, November 25.

Dealing With Holiday Stress

Parties, shopping, baking, cleaning and entertaining; don't let the holidays become something you dread. Instead, take steps to prevent the stress and depression that can descend during the holidays.

When stress is at its peak, it's hard to stop and regroup. Try to prevent stress and depression in the first place, especially if the holidays have taken an emotional toll on you in the past.

In This Issue

Safely Back-to-School
Chiropractic for Carpal
Tunnel.

CHILDREN'S VITAMINS

Quick Links

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

[More About Us](#)

OFFICE HOURS

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

Tuesday
By Appointment

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

Acknowledge your feelings. If you can't be with loved ones, for example, realize that it's normal to feel sadness and grief. It's OK to take time to cry or express your feelings. You can't force yourself to be happy just because it's the holiday season.

Reach out. If you feel lonely or isolated, seek out community, religious or other social events. Volunteering your time to help others also is a good way to lift your spirits and broaden your friendships.

Be realistic. The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones.

Set aside differences. Try to accept family members and friends as they are, even if they don't live up to all of your expectations. Set aside grievances until a more appropriate time for discussion. And be understanding if others get upset or distressed when something goes awry. Chances are they're feeling the effects of holiday stress and depression, too.

Stick to a budget. Before you go gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts. Try alternatives like donating to a charity in someone's name and giving homemade gifts.

Plan ahead. Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and then make your shopping list. And make sure to line up help for party prep and cleanup.

Learn to say no. Saying yes when you should say no can leave you feeling resentful and overwhelmed.

Don't abandon healthy habits. Don't let the holidays become a free-for-all. Overindulgence only adds to your stress and guilt. Have a healthy snack before holiday parties so that you don't go overboard on sweets, cheese or drinks. Get plenty of sleep and incorporate regular physical activity into each day.

Take a breather. Make some time for yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do.

Seek professional help if you need it. Despite your best efforts, you may find yourself feeling persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable and hopeless, and unable to face routine chores. If these feelings last for a while, talk to your doctor or a mental health professional.

With a little planning and some positive thinking, you can find peace and joy during the holidays.

tunnel syndrome, shin splints, 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

Miller Chiropractic
435 South Main
Fond du Lac, WI,
54935
920-933-3536

Thanksgiving Dinner on Us



Once again, Miller Chiropractic will be giving one lucky patient the bird - in the form of a [Thanksgiving](#) turkey so you may be well-nourished in addition to well-adjusted.

Between now and Monday, November 21, each time you visit the office for an appointment, you can enter your name for our free turkey drawing.

The drawing will be held at the end of business on November 21 in plenty of time for you to have it on your family table.

(P.S. Don't worry, the turkey isn't alive)

Vitamin D Essential part of Winter Diet

Unless you're lucky enough to winter in a sun drenched climate, you may want to consider a vitamin D supplement during the winter months, or at least strive to include foods rich in the essential vitamin in your menu planning.

Our bodies normally get enough vitamin D from sunlight alone, but at this time of year when gray, cloudy skies abound and we spend more time indoors we can get more vitamin D through certain fish, beef liver, Swiss cheese, eggs and products fortified with Vitamin D like milk and ready-to-eat cereals.



Capsule



Pill



Liquid



Gummy

But sometimes additional vitamin supplements are required. Dr. Miller can consult on if, and which, vitamin supplements might benefit you. We carry a full line of vitamin supplements for adults and children. She can even refer you to a nutritionist, if necessary.

Vitamin D is a fat soluble vitamin that serves as an immune system regulator and is crucial for the absorption and metabolism of calcium and phosphorous.

Three different medical studies link vitamin D to arming the immune system against the common cold, while others show a reduction in severity and frequency of asthma attacks, rheumatoid arthritis in women, maintaining healthy body weight, and may have a key role in keeping the brain working in later life.

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

920-933-3536