

the  
**Sutherland Health News**

Chiropractic, Massage, Acupuncture, Nutrition, Orthotics....  
 Good Health Naturally

Sutherland  
 Chiropractic  
 Celebrated 20 Years  
 of service to our  
 community on  
 September 11,  
 2010.

The clinic has the following Doctors,  
 Therapist and Staff:

Chiropractors

- Dr. Duane Pochylko
- Dr. Michael Hornick
- Dr. Nicole Arnold
- Dr. Sheila Bonnett

Acupuncture

- Dr. Tori Crowter ,

Massage Therapists

- Travis Carlson, Ashley Bilsky, Rene Hellings, Janine Slogotski, Chesney Brotzel, Carey Gerlinsky

Staff

- Barb, Leanne, Carolann, Amanda, Molly, Colbi, Courtney

Hours: Monday - Friday 7 am - 7 pm  
 Saturday 9 am - 2 pm

#2- 705 Central Ave. 374-4390

[www.sutherlandchiro.com](http://www.sutherlandchiro.com)

[health@sutherlandchiro.com](mailto:health@sutherlandchiro.com)



**Good Nutrition and Exercise are  
 investments in your future!**

No one can predict what their future holds but with healthy choices now you can add healthy years to your life. Scientific research and good old common sense confirms this to be true. So the question becomes; What does it really take? It may not be as much as you think. A good brisk walk for more than 20 minutes every other day keeps the heart, lungs and joints young. This, for most, is the bare minimum; if you can do more then you should try to do more. Ask your chiropractor, acupuncturist or massage therapist, how much and what types of exercise are right for you. As for nutrition, turn the page over to learn more.....

**Natural Health Care for the Entire Family**

Our Chiropractic Doctors, Massage Therapists and Acupuncturists have pursued postgraduate training in applying the highest quality, most effective care for all age groups with virtually no possibility for adverse side effects. Whether you or your children require care for a specific health concern or just want to express OPTIMAL neurological, spinal, orthotic foot support and/or overall health, we can provide appropriate care for each specific circumstance. Our 20 years of positive results speak for themselves...literally, just ask.

Check out all the foot orthotic products available at our clinic at [www.sutherlandchiro.com](http://www.sutherlandchiro.com) and click on the orthotics tab. Our orthotics are covered by almost all insurance plans.



**Immune Boost**



If you are over 19 years old and you feel the start of a cold coming on, try the following version of the traditional Hot Toddy.

**Ingredients:** 1 cup red wine (the cheap stuff); tbs local honey; tbs whole cloves; ½ squeezed lemon; couple of shakes of cinnamon; very small pinch of cayenne pepper.

**Preparation:** Combine ingredients in a saucepan, warm slowly, **DO NOT BOIL.** Stirring frequently. Strain and consume quickly, then go to sleep. You should sleep “like a log” and wake feeling well on your way to being yourself again. Oh and book an appointment, chiropractic, massage and acupuncture have also been known to enhance the immune system. Instead of **“GETTING” A COLD, FIGHT IT!**

**Nutrition: Eating well is actually quite easy!**

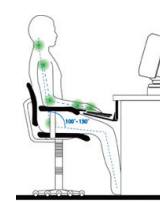
If you want to have healthy nutrition it is your day-to-day choices that make the difference. Keeping your diet high in fruits and vegetables is key. The more organic the better. The same goes for your meats. Red meats only a couple times a week and fresh fish as often as you can. Stay away from preservatives as much as possible and *eat smaller portions.* A diet high in complex carbs (potatoes, pastas, bread and rice) has been linked to obesity and many diseases. Keep them to a minimum. It is when you make bad nutrition choices on a regular basis that you suffer. It is ok to splurge and have that ice cream once in a while; it is not ok if you are buying 4 liters each week. Supplements are also important. Research confirms that Omega Oils are key to good health. High quality fish oil should be a daily supplement along with a multivitamin/mineral suited for your needs. Go to

[www.Adeeva.com](http://www.Adeeva.com) where there is a

complete description of most of the nutritional products supplied at our office. In addition take the **Natural Health Test** that will teach you about your dietary choices and how they are affecting your health. A complete report will be generated based on the information you provide and recommendations on how to improve your diet will be prescribed. The test takes about a half hour of well-invested time.



Forward Head Posture (FHP) or Anterior Head Carriage (AHC) has been linked through quality research to decreased overall health and longevity. Nightly stretching, chiropractic care and massage therapy have been shown to reduce FHP therefore improving overall health and increasing longevity. So if you want to live longer, **KEEP YOUR BACK STRAIGHT AND YOUR CHIN UP!**



**You get three sets of teeth in your life, but only one spine, treat it well.**

Dentists have appropriately obtained great success in educating the public that preventative maintenance keeps our teeth healthy. How did they achieve this? For one, teeth are very easy to see and it is obvious to us now when they are not healthy. Secondly, toothpaste companies profits largely by educating you to keep your teeth healthy. They ran massive advertising campaigns to help us understand the necessity of brushing our teeth daily. *Nightly stretching* is as beneficial for maintaining the health of your spine, as brushing your teeth before bed is for your teeth. Unfortunately for chiropractic, there is no big company that can profit from you following that simple advice. *Stretch before bed* and see your chiropractor and get massaged regularly, once a month, more or less, depending on how stressful your day-to-day life is. Of course your teeth are important, but because your third set of teeth may be false, they are not as important as your spine, which is irreplaceable and houses your all important nervous system. So Keep Smiling and *stretch at night.*



