

August Newsletter

ACTIVEHealth

Medical . Chiropractic . Physical Therapy .



***A Summer Message From
Dr. Marc and Jill***

Welcome to August!

Usually this month is very busy with our last minute getaways before the kids go back to school. This year is different. Less summer vacations and for many, back to online/virtual school. Life is different, however, the one constant is that we are here for you to help deal with these changes and stay positive. Whether physical or emotional stress, it's always easier to handle when our bodies are aligned and functioning optimally. We are here to help!

We are Better Together!

Stay safe and social distance.

A Message From The Doctor's Desk

By: Dr. Behrue

We All Need Better Posture!!



As we all know Covid19 has changed our everyday life. Many of us are now working from home. We find ourselves working from the dining room table, sitting on the couch or lying in bed. Going to the gym or exercising might be a thing of the past. As a result of changes in our normal routine, many of our patients have noticed changes in their posture. The simple act of sitting all day and moving less, shuts off important muscles that need to be engaged in order for our body to function normally.

Posture is defined as the position your body is held against gravity while you sit, stand, exercise and lie down. Poor posture can lead to a multitude of conditions and disorders. Improper posture can change or exacerbate the curvature of your spine which can have a significant increase in pain or symptoms with poor posture.

General benefits of good posture:

Improves concentration and mental acuity, reduces the pain in your back and neck, increases your range of motion, reduces muscle tension, provides better sleep, reduces stress on lower and upper back and improves muscle tone.

Good posture can help improve your bodies function:

Improve your digestion, circulation, blood pressure, nerve signals to/from the spine and can promote proper growth development in children (we all can see what text neck and video games are doing).

Recommendations to do at home:

Exercise, such as walking or riding your bike.

Stretching, we can help coach you on how stretching and strengthening the tonic muscles can improve your posture.

Another suggestion is you can also wear a Posture Medic Brace like you see us wear while treating patients to create and reinforce proper muscle memory and alignment.

Ask us how to help stretch, strengthen, and stabilize your muscles.

We All Need Better Posture!!!

Patient Spotlight

By: Jada

Before discovering Active Health, Colby suffered from persistent low back pain for about a year to a



year and a half. This pain was affecting his life at work and at home - even affecting his abilities to sit, sleep and walk. As it became more severe, he reached out to medical doctors to try and get to the root cause of the problem. After getting no answers or relief a friend recommended Active Health Center. Colby was very impressed with how thorough his examination was with Dr. Sandy. After x-rays were taken all of his problems were explained in detail. Colby claims that after his very first chiropractic adjustment, he felt relief instantaneously! Ever since then he hasn't had any more lower back pain. He feels like it was a miracle with how much better he

has gotten in such a short period of time. He wholeheartedly recommends anyone, especially those dealing with chronic pain, to come and be seen at Active Health Center.

Curious about what the MCU does for chronic neck pain?

[Click here to schedule a consult today!](#)

Featuring

RHP Health Products: Nerve Support Formula



**Tingling or numbness in Hands and Feet?
Cold, Burning, or Pain in the Hands, Feet?
Losing Your Balance or Your Coordination?**

It is estimated that about 20 million Americans suffer from peripheral nerve damage. The condition affects people of all ages; however, older people are at an increased risk. Up to 70% of people with diabetes have some kind of nerve damage. Did you know your nervous system is involved in everything your body does, from regulating

your breathing to controlling your muscles and sensing heat and cold.

RHP Nerve Support Formula Helps Build Healthy Nerves

Nerve damage or nerve pain (also known as neuropathy) is often caused by a deficiency of specific vitamins. When you can't get enough of these vitamins from the foods you eat, you need to supplement your diet. The Nerve Support Formula supplies the precise ingredients needed to help build and maintain healthy nerves.

There are two vitamins which are absolutely vital to nerve health but that up until recently have not been easily available in a form that can be more readily absorbed and used by the body.

These are Benfotiamine, a special form of Vitamin B1, and Methylcobalamin, a special form of vitamin B12. Unfortunately, the oral intake of B vitamins do not make it into the blood stream as needed. For example, the most common type of vitamin B12 used in supplements can result in absorption of as little as 1/2 of 1 percent of the amount taken, which makes it almost impossible to get enough of these vitally important vitamins.

Why RHP Nerve Support Formula?

The RHP Nerve Support Formula contains a perfect blend of the right ingredients designed to provide real nutritional support to people who have neuropathy, including Benfotiamine and vitamin B12 (methylcobalamin). The RHP Nerve Support Formula is a nutritional supplement which has been on the market for over ten years and it is the most popular product we offer. Benfotiamine and methylcobalamin are two of the most widely used ingredients in the world to support nerves and the nervous system.

The blood stream levels of vitamin B1 and vitamin B12 can now be greatly increased, providing the nutritional support needed by the body to rapidly and

far more effectively build healthy nerves and a healthy nervous system.

**Find out if Nerve Support is right for
YOU!**

**Click below for a FREE CHAT with
Dr. Marc Weinberg.**

FREE CHAT

Like us and follow us on our social media platforms

