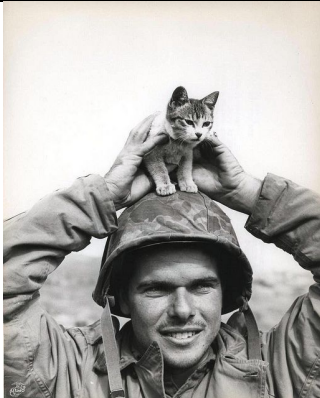


VETERANS



**Kitten found at Iwo Jima,
March 1945**

Have you been deployed to Iraq, Afghanistan, or any other active conflict area in the past five years? If so, we'd like to offer you a year's care at no cost to you. All we need to see is a copy of your orders and your ID. Call 703-938-6441 for more information. Thanks, and welcome home.

**Don't forget to thank a
veteran - human or
otherwise - for his or her
service on November 11
and every day.**



**"Smoky" warned her owner of incoming
fire while on a troop transport in the
Pacific, WWII, probably saving his life.**

Three Kinds

While you may be prompted to schedule a visit for sciatica, headaches, wellness, etc, your reason for doing so probably falls to one of three kinds of situations: *a)* An acute problem (pain or mobility arriving for some insidious reason or a crash or fall) *b)* A chronic situation (long term, may come and go) *c)* A wellness visit (a little early intervention, or checking out the neuromusculoskeletal infrastructure).

Acute pain or limited range of motion tells us something has either suddenly changed or hit critical mass and even if it's not grinding your activity to a halt, it's not making it easy to function. Sometimes it gets more intense within a short time.

Chronic pain or dysfunction has generally been there a long time. It may be constant or come and go. Either way, it's an alarm system that either buzzes constantly or bleats intermittently. It tells you something is going on that deserves to be checked out.

Wellness visits are tune-ups, meant to catch potential problems before they escalate to acute or chronic. This is usually a good time for us to do a basic nutrition check or suggest an exercise or two for any problem spots that show up.

All three kinds of visits include a spinal analysis, an adjustment as needed and postural and nutritional suggestions as apply to you at that time and maybe exercises to strengthen and stabilize you as suits you specifically.

When you call for your appointment, it is very helpful if you tell us what kind of visit we're talking about. That way we can plan a visit that best suits your needs, including extra time if you need it and it allows us to think about anything in particular we want to look into for you or ask you about.



AFTER COVID

Last year, a patient came in for relief of low back pain. She also mentioned the loss of her sense of smell, a problem that began during her COVID-19 infection, which had afflicted her entire household. Although she was fever-free, COVID-negative, and mostly recovered at the time of her visit, her sense of smell had not returned.

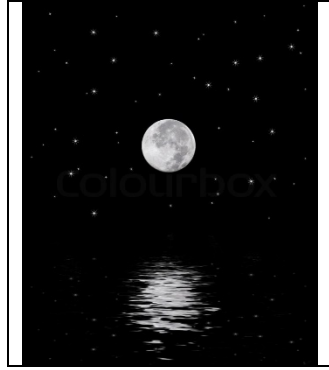
Following a chiropractic adjustment, her low back pain had improved. At the front desk, she used some hand sanitizer, and remarked that she could smell the fragrance. At a subsequent visit, she reported her ability to smell and taste garlic at her family's dinner table.

A summary of this experience was included in a recent paper published in the *Asia Pacific Chiropractic Journal* ([https://www.apcj.net/site_files/4725/upload_files/MasarskyViewpoint-Education,Evidence&Pandemic\(1\).pdf?dl=1](https://www.apcj.net/site_files/4725/upload_files/MasarskyViewpoint-Education,Evidence&Pandemic(1).pdf?dl=1)). The rest of the paper was devoted to importance of chiropractic case reports in the coming post-pandemic times.

We are certainly not suggesting that chiropractic adjustments are the cure for sensory and organic ailments. However, it does make sense to help your body overcome interference to nerve function, with or without long-haul syndrome. If you help nervous system function, you help every other function.

And as we mentioned in our article, "On Your Way Out of the Tunnel," many of our post-COVID problems will undoubtedly involve muscle and joint pain from months of computer strain and sedentary lifestyle (<http://www.neurologicalfitness.com/newsletr/May-Aug2021.pdf>). These are the familiar musculoskeletal problems that usually prompt people to seek chiropractic care.

As we also mentioned in that article, when you see light at the end of the tunnel, it proves you're still in the tunnel. With that in mind, we will continue the precautions mentioned in another article in the same newsletter, "Our COVID-Safe Practice," until public health authorities advise otherwise. We also encourage as many of you as possible to join us in being fully vaccinated.



STRESS AND INFLAMMATION

A recent paper in the journal *Frontiers in Human Neuroscience* highlighted the importance of stress in promoting inflammation (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5476783/>). While the exact mechanism or mechanisms will be an active area of research for some time, one intriguing possibility involves one of your body's natural hormonal reactions. In response to stress and/or inflammation, your adrenal glands secrete anti-inflammatory hormones, such as cortisone and cortisol. That's good news, in the short run. However, long-term stress can cause your body's tissues to become desensitized to those hormones. It's like pouring water on a fire, but the fire still won't go out.

In addition to the many benefits of stress management that have been well-known for years, this emerging evidence strongly suggests the importance of reducing stress to reduce the pain of long-term muscle, joint, and disc disorders. Exercise such as 2 hours of brisk walking every week is an established controller of stress. Yogic meditative practices such as alternate nostril breathing are helpful as well. (Learn this technique from our video posted on our You Tube channel: (www.youtube.com/channel/UCkEKVboDAUWH4YEJnfrlnPg)).

On-going nerve irritation is a source of chronic stress. As most of you already know, taking care of nerve irritation is what doctors of chiropractic do for a living.

MULTIPACKS

If you are interested in having your spine checked regularly on an early intervention basis, you may be interested in our multipacks. You'll save money while safeguarding your spinal health and mobility.

CHIROPRACTIC INDEPENDENCE DAYS

In an effort to make chiropractic care available to everyone, we have set aside selected Mondays as Chiropractic Independence Days. On these days, care is independent of your insurance status or financial situation. Anonymous cash payment goes into a box at the front desk, or you may pay by check or credit card. How much? That's up to your judgment of our care's worth and your ability to pay. (Medicare is the one exception; those fees are federally mandated.)

New patients are welcome on Chiropractic Independence Days, schedule permitting. This is a great way to introduce friends and family members to chiropractic care.

Time slots go quickly, so book early. We ask that you let us know as soon as possible if you need to cancel or reschedule, so that a fellow community member can use your time slot.

Thanks!

WHAT'S A PROGRESS CALL & WHY IS IT IMPORTANT?

Sometimes, at the end of certain visits, we'll ask you to give us a progress call on a specific day. Please do it. What we are asking for is a call, made at your convenience, so we don't wake you or cause your dinner to get cold, that lets us know about any changes you are experiencing for better, worse, or right on the fence. We usually do this in cases of trauma, acute pain or other symptoms so we can know in a timely way a) how you are feeling, and b) what changes we need to make. If you're feeling great, please make the call anyway. You can make the call at any time of the day. Leave a message on the phone, and we will get back to you if needed. By keeping us informed, you may well save yourself time, money and some anxiety.

Why is it so important?

By keeping us up to speed on any changes to your condition, whether intensity or location of your pain, altered ability to perform your activities of daily living, new symptoms or facts you became aware of after your visit, we are able to determine if we need to change when your next appointment should take place and how long it should last. Your progress call can also alert us to the possible need for diagnostic imaging or other testing.

If the pain or other symptom appears to be gone, please make the call anyway. You may decide you want to wait and see if it returns before rescheduling. We wouldn't necessarily recommend this, but every person's situation is different. It's certainly your choice, but informing us of this change helps us plan your care going forward.

CALENDAR

Sept 6 Closed for Labor Day 11, 25 Saturdays Open 20 Chiropractic Independence Day 20 Full Moon	Dec 4, 18 Saturdays Open 18 Full Moon 20 Chiropractic Independence Day 23 Office closed for winter holiday <i>Except...</i> 29 Open to get you through to 1/3/22!
Oct 9, 23 Saturdays Open 18 Independence Day 20 Full Moon	Jan 3 Office reopens 15, 29 Saturdays Open 17 Chiropractic Independence Day & Full Moon
Nov 13, 27 Saturdays Open 15 Chiropractic Independence Day 19 Full Moon 25/26 Closed for Thanksgiving	<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