

BARE BONES

Waterford office # 519-443-6663 Simcoe office # 519-426-8330

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Headache and Chiropractic:

Most people have experienced headaches from time to time. Although a headache is never "normal", they are common and in less severe cases, can be managed with analgesics quite effectively.

However, more severe headache symptoms are slow to respond to chemical treatment alone. There are many different kinds of headaches, some which can be treated by chiropractic better than others. The three main types of headaches found in a chiropractic office are as follows:

- 1) Migraine headache
- 2) Tension headache
- 3) Cervicogenic headache

Cervicogenic headaches are caused by referred pain that originates within the structures of the cervical spine, in other words, the neck.

Chiropractic care, which may include manipulation/mobilization, trigger point therapy, exercises, etc., can decrease muscle spasm and improve vascular flow, two important components of headache.

If you have chronic headaches that are not responding to traditional care, you may want to consider a chiropractor.

The doctor of the future will give no medicine but will interest his patients in the care of the human frame, in diet and in the cause and prevention of disease.

Thomas Edison

We have a winner...

Thompson Chiropractic is pleased to announce our third winner for the Elegant Dinner for Two on us at The Belworth House in Waterford (drum roll please)...

Congratulations

Colin Beard

Refer a friend or family member to our practice and get your name entered into our contest. Learn more about the contest on page two of this newsletter.

"Caring for people, not just spines."

New Patients Welcome!

Broccoli Salad

Spring and summer always makes me want to search out our local fruits and vegetables. This salad can be made with local ingredients when they are in season or from your local grocery store today!

Ingredients:

5 cups broccoli florets
6 bacon slices, cooked crisp and crumbled
½ cup diced red onion
½ cup grated medium cheddar cheese
¼ cup salted, roasted sunflower seeds (optional)

Put first 5 ingredients into large bowl. Toss.

Sweet Creamy Dressing:

6 tbsp. light salad dressing (or light mayonnaise)
2 tbsp. granulated sugar
2 tbsp. white vinegar

Combine salad dressing, sugar and vinegar in small bowl. Makes about ½ cup dressing. Drizzle over salad. Toss well. Serves 6

To change up this recipe and make a broccoli slaw:

Instead of broccoli florets, use 4 cups broccoli slaw, available in bags in the produce section of your grocery store.

Congratulations... RENEE OWEN!
For naming our newsletter. Thanks to everyone who participated.

What's New...

We have a presence on the world wide web. Visit our new webpage at www.drthompsonchiropractic.ca. More interactive content will be on our website in the near future. Any questions or comments can be emailed to drthompson@drthompsonchiropractic.com

Waterford Office (519) 443-6663
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WIN A DINNER FOR TWO ON US!

Our contest continues.

The staff have decided that we should show appreciation to those who refer new patients to our office. A thank you card was just not enough to show our true gratitude for their confidence and enthusiasm in us.

So, we came up with what we feel is the perfect way of saying thank you. Approximately every 4 months we will have a draw. This time around we will be drawing for a gift certificate at a local restaurant.

Contest Rules:

1. When you visit the office, you will be given a referral card (or cards) with your name on it.
2. Give this card to a friend or family member who you believe would benefit from chiropractic care or radial shockwave therapy.
3. Tell your friend or family member to bring in the referral card when they come in so it can be entered into our draw.

Remember...the more cards you give out, the greater chance you have of winning!

