

Helpful Hints to Speed Up Healing

Reduce Caffeine to 2 or fewer regular sized cups per day. Caffeine is a stimulant. It excites muscle fibers and can cause muscle spasms. If muscles spasm it will pull your bones out of normal placement. You may find that your adjustments won't hold for very long and you feel that you are not improving. Too much caffeine may also cause you to not get enough restful sleep. Sleep is when your body heals and recovers.

Check your bed and pillow sometimes they may be the cause of your pain if they are excessively old, hard or soft. It may be time for a new bed/pillow. If your bed is 10 years or older it is definitely time for a new bed.

Avoid Artificial Sweeteners if possible Some people have diabetes and other conditions that require them to use artificial sweeteners; but aspartame which is also known as nutrasweet, equal, spoonful, benevia and NatraTaste and Canderel can cause muscle spasm. Aspartame is based off methyl alcohol which can turn to formaldehyde.

Diet Re-evaluate what you are eating. You know the old saying "Eat your veggies." The reason is that they give your body the nutrients like magnesium and potassium that keeps muscles from spasming

Double Check your medication warning labels Believe it or not, some of the symptoms of the condition you are coming to the chiropractor for are frequently side-effects of the medication you are taking. You may have been taking the medication for years with no side-effects, but it can build up in your body after awhile. Also your body chemistry can change over time. If you didn't save the drug instructions, call the pharmacist. If you find that one or more of your meds could cause the symptom, consult with your MD.

If you are on a weight-training or exercise program ***While you are healing consult the chiropractor to see if you should temporarily stop exercising until you are healed.*** Once you are healed make sure you are doing the exercise correctly. You may also need to reduce/change the range of motion, speed of the exercise or number of reps.

Once the chiropractor says it's okay... ask the what exercises you can do to reduce your chances of having the problem again. **We want to keep you fixed** so that you tell all your friends about the great work we do.