



WINTER 2006

# In Good Hands

A Free Monthly Newsletter For The Friends and Patients  
of Dr. Erik Bliss

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## New Year= Health Focus:

Happy New Year!

Hope everyone is keeping active and had a great holiday season. It is now time to go to work on your health. This issue will have some info on keeping your new year resolutions.. I want to be your health coach so this has some great info on doing that.

Dr Bliss has been busy chasing his 9 month old boy who is crawling and his two and a half girl around while working on getting certified in acupuncture. We currently remolded the office and updated all our software and computers. Dr Bliss is looking to buy and open a new office here in Anderson. We should be getting some new intersegmental traction tables soon and provide more needle less acupuncture sessions. We are very appreciative of all the great things patients have been saying about us. Bliss Chiropractic has been in Anderson for the last 15 years and focused on being a referral only practice. We have room to grow and really appreciate the referrals

Hope you enjoy this newsletter. Feel free to stop in for a free evaluation and exam if you haven't been in for 6 months and a coupon on the back for a friend to be a new patient. Try chiropractic, you will not regret it.

Every year, the top resolutions are to quit something: junk food, smoking, alcohol, drugs, overworking, or so much couch and TV time (exercise). We are some messed up, addicted people, aren't we?

What do Americans get for their addictions? STATISTICS DON'T LIE: The U.S. is second to last in healthy longevity (years lived without disease), and rock-bottom last in years of potential life lost, neo-natal mortality, infant mortality, and mental illness (depression and anxiety that have reached clinical levels).

The bottom line, the current system is failing and clearly the cause of our ever declining level of health and wellbeing.

One reason people are so frustrated and depressed is that they'd like to improve in many important areas of their life, they make resolutions, and they even know what they SHOULD BE doing to improve, but they just can't pull it off.

90% of all New Year's resolutions bite the dust by January 3rd. This is for a very good reason. . . "The will is subservient to the skill." That is to say that you may have the desire, but you don't have the skills or habits to pull it off. That is very challenging and eventually, very depressing. Unfortunately, challenge and depression over time tends to equal quitting altogether.

Information obviously doesn't work. You can beat a coffee, fast food, diet Coke, couch potato, alcohol, sugar, died in the wool addict of any kind over the head with information, information, and more information—but they rarely change and hardly even hear you.

In my research, I've found some interesting facts about addictions.

HIGH-LEVEL DENIAL: Consciously on the surface, people just don't believe the poor behavior is going to hurt them. The smokers, drug addicts, junk-food junkies, or people who simply ignore some component of their health in general that I've known, wouldn't jump off of a bridge or shoot themselves in the head with a gun, yet they live in a way that has the same results.

EGO: "I've got it under control." "I can quit anytime I want to." "I'll do better when. . . ." "It's just a stressful time right now." "You don't understand my situation." "Other things that people do are just as bad." "Who would want to live that way." "I couldn't do that." "It's genetic." "I don't have the time right now." "I don't have the money right now." These, and many, many more are the mantras of addicts. They're all attached to #1 Denial, but additionally we believe we can handle it or even that the rules of health and life won't apply to us. After once again encouraging him to begin focusing in on some specific ways of taking care of himself, I had a high-profile patient say to me, "You know Dr. Bliss, deep down I'm aware that I can't keep living this way. Some day I know I'm going to be placed on a surgeon's table and say to myself, I knew it!"

I've known far too many people who've had to say, "I knew it!" When they got sick, when their families left, when they got fired, when they had legal problems, money problems, etc., etc. In my family, when it comes to health, most people don't get the chance to say, "I knew it." They died before they got that opportunity.

You can't do this alone. You need to go through a series of programs lasting a minimum of 40 days at a time throughout 2006. That is what's necessary to change habits and mind sets and to build the skills necessary to actually fulfill dreams and accomplish that which you've resolved to do for years.

It's been proven that diets don't work. The only weight loss programs that show any sort of long term success have a leader, a group, and accountability.

Information doesn't work, but programs do. You get a change of mind, heart, and habits over a process of time and engagement with people who have similar goals as you. Bad habits and quick fixes are just what the people who sell you medications, junk food, sugar, caffeine, cigarettes, illegal drugs, and alcohol want for you. Only you can make a difference. To really reach your goals, look for programs with a group format and a highly qualified leader who has a track record of success with people just like you.

If you'd like to see your life change and/or the people in your business or church meet their dreams and accomplish their resolutions, contact us today about the next Extreme Makeover at Bliss Chiropractic.

Don't wait to say, "I knew it!" Put away your denial and ego this year and turn resolution into revolution.

Let Dr Bliss be your health coach in 2006. He can offer to get rid of aches and pains through chiropractic, nutrition help with weight loss and detox programs, exercise and strengthen plans, acupuncture evaluations, work station ergonomic evaluations. Use the health pass for a free new year consultation. Call 232-9040 today and eliminate the new year procrastination. Hope to see you soon.  
Dr Erik

## IMPORTANT DATES

### Seminars

March 06 Kansas City  
April Acupuncture certification Philadelphia

We would like to thank all  
of our wonderful  
patients who refer others to  
our office for  
Chiropractic care!!

### November/Dec 05

Dr Ortiz  
Dr Capurro  
Dr McLaughlin  
Dr Bullard  
Dr Poppa  
Dr Mumma  
Dr Suresh  
G. Ryan  
RB Khatru  
B. Holcomb  
B. Connor  
Conrad Family  
New England Club  
D. Bliss  
Parkside Christian Church  
Christian Family  
Parker Family  
D. Bartholomew  
K. McKenzie  
M. Voss  
A. Tegge  
J. Jones  
V. Shepard  
S. Schula  
B. Ross

Thank you for all of the nice things you say about us!

***We are now accepting new  
referral patients!***

# ASK DR. BLISS



## 1. *What happens to your spine after car accidents*

A sudden forceful whipping movement of the neck serves to stretch or sprains the ligaments and muscles which hold the spinal segments or vertebrae within a normal range. It can take up to 2 weeks for any symptoms to appear. Symptoms can include: headache, dizziness, nausea, neck pain, mid back pain, low back pain, or numbness/tingling into the arms. It is important to receive an examination and to begin treatment as soon as possible to avoid any permanent damage to these bones, ligaments, and muscles. A little accident of being hit at less than 5 mph can cause 9 g's of force on your neck so make sure to get check out ASAP before chronic conditions develop. Auto accidents are covered at 100%.

## 2. *Can a slipped disc be corrected without surgery?*

*Dr. Bliss specializes in Disc Conditions!* The vast majority of lower back pain cases that have been classified as disc syndrome can be corrected without surgery. Dr. Bliss uses a special adjusting technique called flexion/distraction and a disc pump for disc patients. When a patient receives this treatment and adheres to their treatment plan, surgery can usually be avoided. Symptoms include numbness down the legs and arms if a neck condition.

## 3. *Chiropractic's Approach to Ear Infections and Sinus headaches*

With cold and flu season upon us, ear infections and sinus pressure once again become a common occurrence among patients. With 10 million new cases every year, ear infections are the most common illness affecting babies and young children and the number one reason for visits to the pediatrician. For many children, it can become a chronic problem, requiring treatment year after year. Recent studies show that most ear infections will resolve without surgery or drugs. And too much antibiotics can cause problems for your child in the future including recurrent symptoms. So before yet another round of antibiotics or the drastic step ear tubes, consider a visit to Dr. Bliss to help your child with chronic

ear infections. *Using a very gentle pediatric adjusting technique, an adjustment to the child's upper neck can usually resolve the child's ear infection without drugs or surgery. It helps the Eustachian tube drain and relieve the pressure, Sometimes within hours!* 4. **Now Year = Now Benefits!** Did you know that your insurance benefits for chiropractic restarted at the beginning of January? If you have dropped off of your treatment plan due to insurance limits, now is the time to restart your care. If you have any insurance questions or concerns, call the office and we will be happy to answer them for you. *Haven't been in for awhile? Use the Health Pass below for a Free checkup. You don't let your teeth go more than 6 months without a checkup or cleaning. So why let your spine?*

Please cut along dotted line and bring with you

### HEALTH PASS

A Passport to Health  
Name: \_\_\_\_\_

Referred By: \_\_\_\_\_

### PASSPORT TO HEALTH

BLISS FAMILY CHIROPRACTIC is dedicated to providing quality care at affordable costs. This "Health Pass" was designed to allow you to have a consultation and examination at no charge and a free reevaluation if you're a regular patient that hasn't been in for 6 months.

This exam will help us determine if your condition will likely respond to Chiropractic Care.

The "Health Pass" does not include the cost of X-rays which are needed in some cases.

### HEALTH PASS

Erik Bliss D.C. C.C.S.P.  
Expires 2/28/06

## IN GOODS HANDS

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