

To Your Health

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

Dr. Erik Bliss
Chiropractic Physician

7687 Beechmont
Cincinnati, OH 45255
513-232-9040,

Make Chiropractic A *Family* Affair

What's New,

Hope everyone is ready for spring and a active summer. Exciting news that I have been selected to be part of Christ Hospital Spine Center to better serve you as working with MD's, PT's and others for a teamwork approach to your condition. I am also currently on staff at Jewish hospital.

Also, I have been getting certified in acupuncture and will be able to offer acupuncture along with your chiropractic care as a added benefit. This will open up more and more conditions the office can treat to better enhance your health to go along with the nutrition and physical therapy that we all ready do.

I really appreciate all the good things people have been saying and grateful for the referrals to the office. Hope to see everyone soon.

God Bless,

Dr Bliss

You don't need to wait until your back hurts to benefit from Chiropractic Care. Chiropractic is more than just relieving back pain. We specialize in spinal care to optimize the function of your nervous system so messages from the brain pass without hindrance through the spinal cord to all parts of the body, and from the body back to the brain.

Malfunctions in the joints of the spine can exist for some time before painful symptoms arise, just like a tooth cavity takes a long time to develop before it hits the nerve and gets painful. If found early on, say when you get your teeth cleaned routinely, a small filling will do. If left until painful, however, much more damage will have been done. *The same is true with your spine!*

Get it checked regularly to prevent painful conditions from arising. For the same reason, just because your child's back does not hurt, does-

n't mean they don't need it checked. Children, toddlers, and even infants sustain all sorts of falls and blows to their bodies that can cause spinal problems. Children are often so resilient that they may not develop pain right away, but correcting spinal problems early on can prevent all sorts of seemingly unrelated problems later. Keep in mind that **spinal adjustments are MUCH easier to give to children than on adults** and as a result they are safe and painless. My youngest patient has been a few hours old, and my oldest has been over 100! So the next time you decide to get your back checked, think about insuring optimum health for your children as well. **Bring them along and make Chiropractic a Family Affair!**

Dr. Bliss

P.S. *The youngest child that I have ever adjusted was less than 30 minutes old!! ... in the delivery room, for my own children. (Birth is a very traumatic experience.)*

P.S.S. Ask about our Family plans! We want to make Chiropractic affordable for everyone to enjoy.

Inside this issue:

Food for Thought	2
Coupon	2
Damaging Effects of Forward Head Posture	2
Get in Shape to Tackle Your Yard This Spring	3
Insurance Corner	3
Did You Know?	4

"20 million Americans use chiropractic services every year."

- American Chiropractic Association, 4/02

"23% of consumers said they would go to a chiropractor if they experienced an injury causing pain to their back or neck."

- Chiropractic Economics Website, 4/02

"60 million people in the U.S. have used chiropractors."

- American Chiropractic Association, 5/00

"Results of a study of more than 800 patients showed that more than half of people age 55 seek chiropractic care for mild to moderate complaints, without visiting a primary care provider."

- Journal of the Geriatric Society, 5/00

"Doctors of chiropractic reported that approximately 12% of their patients were under the age of 16. The largest group of patients-37%-was in the 17-44 age group, with the 45-64 year old group encompassing 34% of patients."

- American Chiropractic Association, 2/01

"A New England Journal of Medicine article stating that a group of patients with acute low back pain were more satisfied with the treatment they received from chiropractors than from orthopedic surgeons or primary care physicians."

- Business & Health "Chiropractic: The new benefit staple" 3/98

"About 80 percent of working-age adults can expect to have at least one bout of back trouble during their lifetime."

- Healthy Living "Beyond Back Care" 9-10/99



FAQ - Frequently Asked Questions

1. If I come back in for treatment, will I need to come in 2-3 times per week? If it is for a condition that I have treated previously, many times relief is achieved within 1-2 treatments. You may then be ready for Maintenance care. If there is a new injury or condition, an evaluation may be needed to determine the best method of treatment.

2. What is Maintenance Care? Maintenance care is treatment designed to "maintain" your progress and help prevent future flare-ups of chronic conditions. Most Maintenance patients are treated every 3-6 weeks depending on the problem. Ask me if Maintenance care is appropriate for your condition. Periodic adjustments also help your body's nervous system function more natu-

rally which helps prevent other problems.

3. Are all patients adjusted the same way? No. Each patient's spine and care plan is unique. With 24 moving bones in the spine, each of which can move in seven different locations, we see a variety of spinal patterns. Each patient's care is custom-tailored for their age, condition and health goals.

4. Can I adjust myself? No. Some people can make their joints "pop", but that's not an adjustment! Worse, damage can occur by mobilizing a joint with weakened muscles and ligaments. Adjustments are specific and take years to master. Even Dr Bliss must consult a colleague to benefit from chiropractic care.

Food for Thought!

Strawberry Shortcake

INGREDIENTS:

- 1 quart of strawberries / 1/2 cup sugar / 1 1/4 cup flour / 3/4 cup sugar / 1/3 cup butter / 2/3 cup milk / 2 eggs / 2 1/2 teaspoon baking powder / 1/2 teaspoon salt / 1 pint heavy whipping cream / 1/4 cup sugar

PREPARATION:

Early in the day, prepare the strawberries. Wash and cut or pull tops off of strawberries. Make at least two slices from top to bottom of each strawberry. Put in a covered container. Pour sugar over top, cover and put in the refrigerator.

Preheat oven to 400 degrees. Grease and flour 9" square pan. In small mixer bowl combine all cake ingredients. Beat at medium speed, scraping bowl often, until well mixed, about 2 minutes. Spread into prepared pan. Bake for 20 to 25 minutes. Cool completely in pan.

Just prior to serving whip cream and sugar. Cut cake into nine squares. Slice each square horizontally. Place both halves on serving plate. Spoon strawberries on cake. Dollop whipped cream on top and then ladle clear strawberry juice over cream. Enjoy!

Free T-Shirt

Refer someone in for the month of April, May and while supplies last receive a 15 year Bliss Chiropractic anniversary T-shirt. Just send someone in to see if we can help them. If I can't, I will be happy to refer them to someone who can.

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.

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 many, but not all cases.

HEALTH PASS

Erik Bliss D.C. C.C.S.P.

(513) 232-9040

Get in Shape to Tackle Your Yard This Spring

Before you rev up the lawnmower or reach for your yard tools this spring, consider the possible consequences: upper or lower-back strain, neck strain and pain in the shoulders.

Just as playing football or golf can injure your body, the twisting, turning, bending, and reaching of mowing, raking and shoveling can also cause injury if your body is not prepared. Like an athlete, if you leap into something without warming up or knowing how to do it, the chances of injury are greater.

What Can You Do?

The American Chiropractic Association (ACA) and Dr. Bliss offer the following tips to help prevent the needless pain yard work may cause.

- Do stretching exercises, without bouncing, for a total of 10 to 15 minutes spread over the course of your work. Do knee-to-chest pulls, trunk rotations, and side bends with hands above your head and fingers locked. Take a short walk to stimulate circulation.



When finished with the yard work, repeat the stretching exercises.

- Stand as straight as possible, and keep your head up as you rake or mow.

· When it's still warm outside, avoid the heat. If you're a morning person, get the work done before 10 a.m. Otherwise, do your chores after 6 p.m.

· When raking, use a "scissors" stance: right foot forward and left foot back for a few minutes, then reverse, putting your left foot forward and right foot back.

· Bend at the knees, not the waist, as you pick up piles of leaves or grass from the grass catcher. Make the piles small to decrease the possibility of back strain.

· When mowing, use your whole body-weight to push the mower, rather than just your arms and back.

· If your mower has a pull cord, don't twist at the waist or yank the cord. Instead, bend at the knees and pull in one smooth motion.

· Drink lots of water, wear a hat, shoes and protective glasses. And, to avoid blisters, try wearing gloves. If your equipment is loud, wear hearing protection. If you have asthma or allergies, wear a mask.

· Try ergonomic tools, too. They're engineered to protect you when used properly.

· Take frequent breaks about every 30-45 minutes. Stretch, sit down, and get a drink of water. Remember you don't have to finish it all right now! The leaves will still be there tomorrow. And the next day.....

· If you do feel soreness or stiffness in your back, use ice to soothe the discomfort. If there's no improvement in two or three days, call Dr. Bliss for an appointment.

Insurance Corner

Heather is always available to answer any questions or concerns you may have regarding your insurance benefits! Don't let unanswered questions stop you from coming in. If you don't understand your insurance policy, please call us and we would be happy to find out the correct information for you.

Frequently asked Insurance questions:

1. *Does my Health Insurance cover Chiropractic?* Chiropractic services are in such demand that most insurance companies cover most, if not all, of your visits in our office.
2. *Can kids be adjusted and is it covered by insurance?* **YES!** As described in detail on page 1, kids can greatly benefit from regular adjustments and ins. covers usually covers them in full!
3. *If I am injured at work or in a car acci-*

dent, can I come to your office or do I have to go somewhere else? If you are injured at work or in an automobile accident you then can go to any Doctor that you wish to. Our office has x-ray and other diagnostic equipment that allows us to quickly diagnose the problem and get you the treatment you need.

4. *What is a deductible?* A deductible is determined by your employer and is the amount that you must pay before your health insurance company pays anything. This is for any doctor that you go to and is usually met by this time of the year.
5. *What if I haven't met any of my deductible yet?* Most plans have a **deductible carryover policy**. Anything met towards your deduct. in the **last 3 months of this year**, carries over

towards the 2007 deductible. So don't wait until next year. Get your problem corrected while it's correctable.

6. *What if I don't have insurance?* We offer family plans and time of service discounts that make it easy to afford care! Ask about our payment plans.
7. *Does Medicare cover Chiropractic?* Dr. Meeks is a provider for Medicare and medically necessary treatment is covered. There are no limits and your normal deductible and co-insurance apply. Sometimes your secondary even pays that for you!

**We welcome you back to have chiropractic improve your health.
See you soon!**

1. The discs in your spine are great shock absorbers! You have 24 vertebrae in your spine, and each is separated from one another by these shock absorbers called discs. These discs are pads of cartilage, and have a fairly tough outer layer and a soft interior to cushion against the shocks and strains created by you during everyday activities.

-The discs are subject to injury, disease, and degeneration with use over time. Certain activities and types of work increase the risk your discs can be damaged or deteriorate. If the soft interior material of a disc pushes out through a tear or weakening in the outer covering, you have a slipped disc.

-A slipped disc goes by a number of names; it is also called herniated, protruding, bulging, ruptured, prolapsed, or degenerated discs. There are fine distinctions between these terms, but all

Did You Know?...

really refer to a disc that is no longer in its normal condition and/or position. Slipped discs cause pain by intruding on or pinching and even injuring nerves in the spinal column.

2. Calcium is the most common mineral in your body. It's essential to the growth and maintenance of strong, healthy teeth and bones. It's also necessary for regulating the heartbeat and lowering cholesterol levels.

-But what if you don't get enough calcium? You may suffer from aching joints, dry, brittle nails, tooth decay, high blood pressure/high cholesterol levels in the blood, and even muscle cramps. Perhaps the most significant potential complication from inadequate calcium intake is bone loss, often leading to osteoporosis and increasing the risk for bone fractures. These are real dangers for women who have gone through menopause already. So play it safe, and get plenty of Calcium in your diet!

Perseverance

The best way out is always through. (Robert Frost)

Without an antagonist prowess fades away (Seneca)

Prosperity unbruised cannot endure a single blow, but a man who has been at constant feud with misfortunes acquires a skin calloused by suffering; he yields to no evil and even if he stumbles carries the fight on upon his knee (Seneca)

The soul is like a violin string: it makes music only when it is stretched. (Eric Hoffer)

Sometimes troubles can seem like they're knocking at my spirit. But troubles will not get my spirit. They might affect my body, my life, but they will never get my spirit. (Morrie Schwartz)

Show me someone who's successful, and I will show you someone who has overcome adversity (Lou Holtz)

Dr Bliss' Upcoming Speaking Engagements

April 2007—Atlanta, Ga.

June 2007 —Cincinnati, Oh.

Acupuncture-March 23, April 27, May 20 in Kansas City

BLISS CHIROPRACTIC
Dr Erik Bliss
7687 Beechmont
Cincinnati, OH 45255
Www.blisschiro.com

Email: blisschiro@fuse.net

***FEEL BETTER?
REFER OTHERS!***

