

We hope you all had a fantastic 4th of July Holiday full of family, friends, fireworks and fun! We are back in the office at regular hours. So, if you had a little too much fun and your body is rebelling a bit, call us. If you spent Sunday night in a chair calming your Shih tzu while the fireworks continued to boom, call us. If that injury from sliding into 2nd base twenty years ago is giving you troubles after sliding into 2nd base again this weekend, call us. We are here for you!

Saturday Hours

Dr. Waters is available one Saturday per month to see patients. Our Massage Therapist, Rosemary, is also available on these dates. Visits are by appointment only and fill up quick! Please contact the front desk to schedule or utilize our new scheduling app.

July 10th (***This Saturday!***)

August 7th

September 11th

10 Wellness Habits for Life

As we move into the summer months our schedules can change with travel, kids being home from school and just enjoying a change in weather. And sometimes, with changing schedules, we can innocently get out of our healthy routines. I thought this might be a good time for a gentle reminder of 10 great wellness habits that are easy to apply.

1. Chiropractic – Spinal adjustments are not just for pain relief. Although great for reducing pain and inflammation, spinal adjustments are also excellent for speeding up recovery, improving immune system function, quieting an anxious mind, improving athletic performance, and reducing headache pain and tension.
2. Sleep – In addition to recharging your mind and body, proper sleep habits can reduce your risk of heart disease, stroke and diabetes. Studies have also found that a reduction in sleep on a regular basis also reduces your chances of shedding extra weight. The good things that come from getting your 8 hours: improved focus, improved athletic performance, better mood, less likely to experience common cold and flu, improved sex life and an overall happier you.
3. Stress – We all have stress in our lives. Even good events can create a stress “response” in our body. The key to addressing stress is to find something that resonates with you. Not into yoga? Try a brisk 15-30 minute walk. Not a fan of meditation? Maybe a few rounds of deep breathing exercises will do the trick. What is most important is that you’re not in a chronically stressed state (*fight or flight*) for extended periods of time. As we have discussed during our workshops, the negative impact of stress on the body can be significant. If you would like some additional stress-busting strategies, just let me know.
4. Nutrition – It can be easy to put aside healthy eating habits during the summer. With long holiday weekends, BBQ’s, and vacations, our eating habits can take a hit. My advice is to make small changes. Trade that soft drink for 8 ounces of water. Try some veggies with hummus instead of chips and dips. Little changes really do add up.

5. Exercise – When we have changes to our routine and schedules, in addition to overly warm days, it can be a challenge to keep up with fitness routines. I think this is where scheduling your workouts, having a workout buddy and being open to a new routine is helpful. Consider using a new app to keep you motivated and on track.
6. Vitamin D – During the summer months when the sunshine is abundant, and we are naturally spending more time outdoors is a great time to remind you to have your Vitamin D levels checked! Vitamin D is important for immune function, protecting bone and muscle, improving mood, regulating insulin levels, and assisting with weight loss.
7. Posture – Doesn't every parent cringe just a little when they see their kids posture while playing video games? And with so many adults transitioning to working from home, posture may need some attention. Excellent posture health impacts so many aspects of the body. Obviously, poor posture adds more stress to muscles, joints and bones in general. But poor posture over extended periods of time can create poor circulation, headaches, breathing issues, changes in mood, digestion challenges, and most importantly negative changes to the curvature of the spine. I suggest using a timer to remind yourself to get up and stretch and move every 30 minutes or so. This will give your body and posture a little reset.
8. Gratitude – It's no secret that I believe in practicing gratitude daily. There truly is science behind the benefits. People who practice gratitude experience better moods, more fulfilling relationships, an overall reduction in stress, improved health, and better sleep. If you're not sure how to get started, get in touch and I can share some insight.
9. Hydration – This is an often overlooked wellness habit. I know we also discussed this during our wellness workshop previously, but I feel it's an important reminder. Proper hydration assists the body with flushing out toxins, lubricates joints and eyes, combats brain fog, improves athletic performance, helps to avoid headaches and kidney/urinary infections, and assist with weight loss. If you find it difficult to stay on track with your hydration, consider using a tracking app or tracking water bottle.
10. Have fun – Yes, I consider having fun a wellness habit. I encourage you to make a point of doing something every single day that brings you joy, makes you smile and lifts your spirits. It can be something as extravagant as planning a vacation or as simple as watching a comedy, calling a friend, dancing, playing with your pets or any activity that brings you joy.

Check-in Kiosk

Our office has resumed the use of our check-in kiosk. The kiosk allows us to capture important information for your appointment and creates a more streamlined experience when you arrive. The process is quick and easy, and we are looking forward to implementing the feature once again.

Scheduling App

Please use this [link](#) to download and use our Scheduling App. It is available 24/7 and is easy and convenient to use.

Have a Healthy Month!
Waters Family Wellness