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Poole's Corner

December 2011 ISSUE

Get Aligned During Christmas Time!



What is Ultrasound Therapy?

At Poole Chiropractic we use Ultrasound Therapy for many of our patients. You may be wondering how this machine works!



Ultrasound is an extremely high frequency sound that is

out of the range of human hearing but in the case of alternative medicine, the use of ultrasound is known as therapeutic ultrasonography. Ultrasonography is the use of high frequency sounds to visualize subcutaneous structures within the body including muscles, joints, tendons, vessels and internal organs.

Ultrasound therapy can be useful for many different patients. The 'micro-massage' that ultrasound creates does the following:

- Helps reduce swelling
- Increases blood flow
- Decreases pain, stiffness, and spasms

It may help patients who have suffered car accidents to those that have chronic back pain from any number of sources.

Some insurances will pay for Ultrasound Therapy and others do not. The "out of pocket" cost for this treatment is \$15. It has helped speed the recovery process for many of our patients.



Holiday Food Drive!

Give BACK to Your Community and We'll Give BACK to You!

Poole Chiropractic is holding a FOOD DRIVE to benefit the hungry in Orange County from

DEC. 12 - JAN. 6

Every time you bring in canned food you will be entered into our RAFFLE for a chance to win some prizes, including a **FREE**:

- **ULTRASOUND THERAPY**
- **E-STIM THERAPY**
- **BIOMERIDIAN EVALUATION**
- **MIGUN THERMAL MASSAGE**



Raffle winners will be drawn on Jan. 7, 2012.

"At Christmas" by Edgar Albert Guest

A man is at his finest towards the finish of the year; He is almost what he should be when the Christmas season's here; Then he's thinking more of others than he's thought the months before, And the laughter of his children is a joy worth toiling for. He is less a selfish creature than at any other time; When the Christmas spirit rules him he comes close to the sublime.

When it's Christmas man is bigger and is better in his part; He is keener for the service that is prompted by the heart. All the petty thoughts and narrow seem to vanish for awhile And the true reward he's seeking is the glory of a smile. Then for others he is toiling and somehow it seems to me That at Christmas he is almost what God wanted him to be.

If I had to paint a picture of a man I think I'd wait Till he'd fought his selfish battles and had put aside his hate. I'd not catch him at his labors when his thoughts are all of pelf, On the long days and the dreary when he's striving for himself. I'd not take him when he's sneering, when he's scornful or depressed, But I'd look for him at Christmas when he's shining at his best.

Man is ever in a struggle and he's oft misunderstood; There are days the worst that's in him is the master of the good, But at Christmas kindness rules him and he puts himself aside And his petty hates are vanquished and his heart is opened wide. Oh, I don't know how to say it, but somehow it seems to me That at Christmas man is almost what God sent him here to be.



Laugh & Help Others More Often ... Why?

REACHING OUT TO OTHERS IN NEED,

helps to ease the stress in the body, which results in these benefits:

- A decrease in the intensity & the awareness of physical pain due to the release of endorphins, a body's natural pain-killers.
- Experience a "helper's high," followed by a period of calm, after performing a kind act.

Also, studies show that **LAUGHTER** releases feel good endorphins and reduces chronic pain. It also eases tension and puts a smile on your face. Try laughing more and see how you feel!



←Here's Dr. Poole enjoying the great outdoors with some of his grandkids! He has a total of 16 grandkids and one on the way.



HOLIDAY HOURS:

CLOSED:

Christmas Eve, Sat., Dec. 24

OPEN:

New Years Eve, Sat., Dec. 31, 8:00 am - 12:00 pm