



Miracle of the Month!

"Our 7 year old daughter began having severe chest pain almost one year ago. We tried a couple of medications for many different ailments including an emergency room visit for passing out and severe heart pain. After nearly a year of tucking her into bed every night crying in pain, we came to see Dr. Poole. Within minutes, Dr. Poole pinpointed the exact source of her pain—a rib that was out of place. A few minutes later, after her first treatment, her pain immediately dropped to a 2 on the pain scale! We have had no more bedtime tears. Several treatments later her pain is completely gone and we have our active, healthy, and happy little girl back. We are so grateful for how Dr. Poole helped our daughter!"

-Rachel

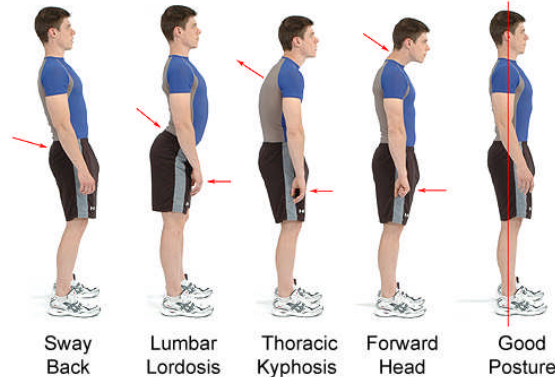
Product of the Month!

Myocalm PM

- Promotes muscle relaxation.
- May help relieve minor pain associated with muscle tension, which can be caused by stress or physical overexertion.
- Promotes a feeling of calm, and can be taken at bedtime for occasional sleeplessness.

Condition of the Month — *POOR POSTURE*

Stand up straight, chin in, shoulders back, don't slouch. We hear this all the time, but sometimes we stand or sit the way we do out of habit. We can break a habit if we try it for 21 days. It will take effort and a willingness to change to improve your health.



GOOD POSTURE TIPS!

STANDING

Bear weight on mainly on the balls of your feet, keep knees slightly bent, keep feet about shoulder-width apart, let arms hang naturally down the sides of your body, tuck your stomach in, and keep your head level.

SITTING

Keep your feet on the floor or on a footrest, don't cross your legs, your knees should be at or below the level of your hips, relax your shoulders and keep your forearms parallel to the ground.

LYING DOWN

Do not sleep on your stomach, sleep on your side or back, if you sleep on your side, place a pillow between your knees, if you sleep on your back place a pillow under your knees, find a mattress that is comfortable for you.

SPECIAL OFFER

\$5.00 off

any Nutritional Supplement(s) when you spend at least \$20.

Offer ends 3/15/12

POOLE NEWS!



← Congratulations to Dr. Adam Poole for completing the Spartan Race recently!



Dr Poole's father, Bob Poole, turned 90 years old this month! He was a chiropractor in Long Beach and the other Poole's have carried on the tradition. The tradition started with Great Aunt Hazel in the 1920's.



← Dr Eric Poole (Dr Dennis Poole's son) and his wife Katie Poole, won Wipeout on Feb. 9. You can watch it on www.ABC.com

