



1289 E. Lincoln Ave., Orange, CA 92865

(714) 282-6141 www.PooleChiropractic.com

Poole's Corner



JANUARY 2011 ISSUE

HAPPY NEW YEAR!

"The will to win, the desire to succeed, the urge to reach your full potential... these are the keys that will unlock the door to personal excellence" - Confucius

IF LOSING WEIGHT FAST IS YOUR NEW YEAR'S RESOLUTION, START THE HCG DIET!

Lose weight fast and effectively with the detox and homeopathic HCG oral drops. Visit our website at www.PooleChiropractic.com to read Dr. Simeons's "Pounds and Inches" manuscript to find out if this program is right for you.

Get the complete detox package & homeopathic HCG oral drops for only \$165 (26-day supply).

Please note: If you have certain medical conditions, you will not be able to use the product. Call us for details.

HCG DIET FREE SEMINAR!

Who: Any adult who is interested in losing weight quickly and effectively!

What: FREE SEMINAR on the benefits of the HCG diet and how to get started.

Where: Poole Chiropractic
1289 E. Lincoln Ave. Orange, 92865

When: WED., JANUARY 26
6:30 pm—7:30 pm.

How: After the seminar you will be able to purchase the products and start losing weight!!!

TO REGISTER, please email poolechiro.promos@att.net or sign up at the front office.

ICE or HEAT?

Ice Treatment: This is most commonly used for acute injuries. If you have a recent injury (within the last 48 hrs) where swelling is a problem, you should be using ice treatment. Ice packs will help reduce swelling around the injury. Applying an ice pack after an injury, such as an ankle sprain will help minimize pain and swelling. Ice treatments may also be used for chronic conditions like overuse injuries in athletes. In this case ice the injury after activity to reduce inflammation. Never ice a chronic injury before activity. Apply ice treatments for no longer than 20 minutes at a time. Too much ice can do harm, even cause frostbite; more ice application does not mean more relief.

Heat Treatment: Heat treatment should be used for chronic conditions to help loosen and relax tissues, and to stimulate blood flow to the area. Do not use heat treatment after an activity and do not use it after an acute injury. Heating pads or hot wet towels are both excellent methods. Place a washcloth under hot tap water and then apply to the injured area. It is not necessary to apply a heat treatment for more than 20 minutes at a time. Never apply heat while sleeping.

ACHIEVE BALANCE WITH BIOMERIDIAN!

At Poole Chiropractic we offer a full-body health evaluation using an advanced technology called Bioelectrical Impedance Measurement (BIM). This FDA-registered device measures 58 different electrical "circuits" in your body related to specific organs and systems. It will also let us know what homeopathic methods will help your weak areas become strong.

- Non-invasive
- Safe and painless
- Evaluation only takes 30 minutes
- Discover your stressed and weak areas
- Obtain an easy-to-understand report
- 2nd evaluation is FREE
- Used for any age
- Doctor's recommendations to achieve optimum health

SPECIAL OFFER
BIOMERIDIAN EVALUATION IS ONLY \$45 FROM NOW ON!
(\$75 value)

WHAT VITAMINS ARE VITAL?

Most people today are missing these seven nutrients and need supplements to feel their best: Potassium, Vitamin A, Vitamin C, Vitamin D, Vitamin E, Calcium, Magnesium & Fiber. (www.webmd.com)

Dr. Poole recommends that his patients take a Calcium supplement, Omega 3 Fish Oil and a good Multi-Vitamin that has trace minerals. You may pick up your core vitamins at Poole Chiropractic anytime. Feel better soon!

Thank you for your referrals! Most of our business has come from patient referrals.

Both Dr. Dennis Poole and Dr. Adam Poole speak Spanish fluently, so if you have any Spanish speaking friends that need chiropractic care, please send them our way! THANKS!