



MARCH 2011 ISSUE

Condition of the Month - **SCIATICA**

A Message from Dr. Poole

"Your greatest asset in your life is your health! MARCH forward with a greater resolve to live a healthier, happier life.

My minimal recommendations for supplements to take are the following:

- 1. Metagenics Ultimate Daily**
- 2. Omega 3 Fish Oil**
- 3. Calcium**

If you purchase all three supplements, you will get a \$10 savings."



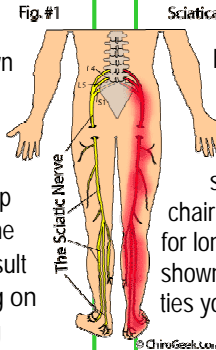
Product of the Month! **SOMBRA**

SOMBRA Relieves minor aches and pains of muscles & joints associated with arthritis, simple backaches, strains, bruises & sprains.

- Absorbs quickly with a refreshing orange scent.
- Unique warming and cooling ingredients.
- Alcohol free, non-greasy, non-staining.
- Used in Ultrasound.
- Animal free. Made in the USA.

This month we are selling **SOMBRA** for only \$10 instead of the usual price of \$15 to save you money! We use **SOMBRA** with Ultrasound Therapy.

Sciatica describes persistent pain felt along the sciatic nerve, which runs from the lower back, down through the buttock, and into the lower leg. The sciatic nerve is the longest and widest nerve in the body, running from the lower back through the buttocks and down the back of each leg. It controls the muscles of the lower leg and provides sensation to the thighs, legs, and the soles of the feet. Most often, it tends to develop as a result of general wear and tear on the structures of the lower spine, not as a result of injury. Some causes are from sitting on a wallet, pregnancy, standing too long every day or from wearing construction belts. Some may experience a mild tingling, a dull ache, or even a burning sensation, typically on one side of the body. Some patients also report: A pins-and-needles sensation, most often in the toes or foot or a numbness or muscle weakness



in the affected leg or foot. Visit Poole Chiropractic for sciatica pain relief!

At Home Solutions: You may feel better lying on your back on a firm surface with a pillow under your knees. Another option is lying on your side with a pillow between your knees to keep your back straight. Also, you might find that a recliner chair is helpful. Take it easy, but do not lie in bed for longer than two days because this has been shown to actually worsen the condition. Do activities you are able to tolerate, and do not expect to feel better overnight. Alternate between heat therapy and ice. You may use ice cubes to massage the painful areas. Take these vitamins to help insure proper nerve function and general spinal health: Calcium, Magnesium, Vitamin B12, Vitamin K, Vitamin A, Vitamin D & Vitamin C. (www.acatoday.org)

MARCH MADNESS OFFERS!

SAVE MONEY WITH OUR NEW **MIGUN THERMAL MASSAGE PACKAGES!**



Original price is \$30 per massage.

# Massages	Cost	Cost Per Massage
2	\$30	\$15
5	\$60	\$12
10	\$100	\$10

\$10.00 for SOMBRA - Natural Pain Relieving Gel

(\$5.00 savings)



TEST YOUR LUCK & KNOWLEDGE!

Email your answers to these questions to PooleChiro.Promos@att.net and be entered into our **FREE RAFFLE DRAWING** for a chance to win: **Sombra Pain Relieving Gel**, a 30 min. **MIGUN Thermal Massage**, a **Biomeridian Evaluation** to find out what systems in your body are weak or strong or a **FREE Adjustment**. **GOOD LUCK!**

1. Who is St. Patrick?
2. What is the longest and widest nerve in the body?
3. What does Poole Chiropractic use with Ultrasound Therapy?
4. Legend says that each leaf of the clover means something, what do they mean?
5. If you have Sciatica, can chiropractic care help relieve pain and pressure? Yes or No?



Thank you for your referrals!

In February, we received 44 new patient referrals. We appreciate your support!