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Poole's Corner

Dr. Dennis L. Poole
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NOVEMBER 2011 ISSUE
 Happy Thanksgiving!



Condition of the Month

FIBROMYALGIA

What is it?:

- Widespread pain in 4 quadrants of the body for a min. of 3 months.
- Tenderness or pain in at least 11 tender points when pressure is applied, which points cluster around the neck, shoulder, chest, hip, knee and elbow regions.
- Other symptoms include: fatigue, sleep disorders, chronic headaches, dizziness, cognitive impairment, malaise & muscle pain after exertion, jaw pain, morning stiffness, menstrual cramping, irritable bowels, numbness & tingling sensations, skin & chemical sensitivities.

Natural Treatment Options:

Chiropractic care has consistently ranked as one the treatment options that offer the most relief for the fibromyalgia patient. At Poole Chiropractic we can use ultrasound and electrical stimulation to ease the pain as well.

- 100 to 200 mg Magnesium 3 x per day
- 400 to 800 mg Malic Acid 3 x per day
- B - Vitamins
- Omega-3 Fatty Acids
- Limit red meat & saturated fat
- Limit caffeine
- Exercise: try Yoga, Pilates or Tai Chi instead of aerobics
- Regular chiropractic care

(www.acatoday.org)

Giving Thanks!

Thanksgiving means, "the act of giving thanks." If you appreciate the service you receive at Poole Chiropractic, give your thanks by referring a friend or family member to us who will be thankful to you. We are very



Dr.'s Leland & Dennis Poole

thankful for your business, friendship and ongoing referrals! Your referrals will receive a FREE EXAM & CONSULTATION in November & December. We are looking forward to meeting your friends and family!



Dr. Adam Poole

"Those who dwell among the beauties and mysteries of the earth are never alone or weary of life."
 - Rachel Carson

Special Offer!

All Referrals Receive a

FREE EXAM & CONSULTATION

(Offer expires: 12/31/11, for cash patients only)

The HCG Diet Is New & Improved!

The HCG formula has been modified to make it the most robust and powerful form of HCG ever, now called **hA2cg Evolution!** If you only need to lose 10-15 pounds you may take the HCG drops and consume **1,000 calories** and still exercise vigorously! However, if you want to lose more than that, you may want to follow the original 500 calorie diet plan so the weight comes off faster.

On both you eat the same kinds of foods and take the new hA2cg oral drops daily. Others who may benefit from the 1,000 calories include those who are unable to control hunger and cravings with a traditional 500 calorie hCG diet. They will just lose weight a little slower. While on this diet, we recommend starting the detox program, taking HGH Vitality to help increase energy and EquolSlim to aid in weight loss.

<u>1,000 Calorie Diet</u>	vs	<u>500 Calorie Diet</u>
BMI of 25 or less & only need to lose 10-15 pounds		BMI of 26 or more & need to lose at least 20 pounds or more
Active and exercise often 3-5 times a week		Limit exercise and only walk
Want to build muscle while losing fat		Want to focus on just losing the fat first
No fat loading phase		2 fat loading days
Allowed 6 oz of lean protein for two meals per day and 1,000 calories		Allowed 3 oz of lean protein for one meal per day and only 500 calories
Required to drink an OptimaLean shake each day		May drink herbal tea all day if need be