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Pool e's Corner

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HAPPY HALLOWEEN!

OCTOBER 2011

Scare Pain Away Month!

Inflammation-Fighting Foods & Supplements

People with arthritis or any kind of inflammation problem may benefit from a Mediterranean diet, which includes:

- Fish or other foods rich in omega-3 fatty acids such as walnuts, canola oil, and soybeans.
- Olive oil -Studies show that a compound in olive oil stops the production of the chemicals that induce inflammation and works the same as using ibuprofen.
- Whole grains - brown rice, oatmeal, barley
- Colorful fruits and vegetables
- Spices - cinnamon & ginger
- Soy protein powder
- Omega 3 fish oil supplement
- CoEnzyme 10 (CQ10)
(Webmd.com)

Prepare Yourself For Cold & Flu Season

Dr. Poole recommends taking at least these supplements daily for optimum health:

- Multi-Vitamin
- Omega 3 Fish Oil
- Calcium

*Be a Friend, Tell a Friend,
Recommend Chiropractic!"
Thank you for your referrals!*

Trick or TREATment!

Each time you come in for a treatment in October, you may enter our raffle for a chance to win a

\$25 Gift Card to Party City!!!

(Winner will be drawn 10/28/11)

Condition of the Month!

NECK INJURIES

Whether you fall, or have a car accident and get a whiplash, you should ICE your neck right away to reduce inflammation, pain and excessive scar tissue.

Also, call Poole Chiropractic to make an appointment as soon as possible to receive an evaluation of your neck injury and get an X-ray, if needed.

If you are suffering from a past neck injury, we can help! There are usually ways to ease the pain and discomfort through chiropractic adjustments, exercises and learning correct posture techniques.

Pumpkin is not only Delicious,

it's Nutritious!



Pumpkin is incredibly rich in vital anti-oxidants and vitamins. It's very low in calories yet a good source of vitamin A, fiber, and flavonoid poly-phenolic antioxidants like leutin, xanthins and carotenes.

Enjoy pumpkin seeds, low-fat pumpkin bread and pumpkin pie this fall season.

Stop & Smel I the Roses!

Do you stop and smell the roses? Do you get enough sunshine to feed your soul and give you the Vitamin D your body needs? Research shows that enjoying the outdoors and basking in the sunlight lowers your stress, improves your mood and inspires your creativity. It also protects you against depression, insomnia, and an overactive immune system.

Dr. Poole's Motto:

"Never be inside, if you don't have to on a beautiful day!"



The Dr. Poole's made it to the top of Mt. Baldy!

*Mt. Baldy at 10,068 ft is the highest peak in the San Gabriel Mountains.