

Gerou's Chiro News

A Free Monthly Newsletter for the Friends and Patients of Dr. Thomas J. Gerou

7277 N. Lilley Rd., Canton, MI 48187
(734)-981-6969

This Month's Featured Topics:

- Moved to our Permanent Location!
- New Services Offered
- Products Available
- December's Featured Nutritional Product
- Benefits of Exercise
- Benefits of Chiropractic
- Health Alert



New Office

The search has ended! Gerou Chiropractic World Headquarters has chosen its new, permanent location in the up-front building at Lilley & Warren (previously a real estate office). Canton won out over many popular locales, including: Tahiti, New York City, Dubai, Buenos Aires, and Ypsilanti!

Come check out our new facility - We Love It!!!

New Services Offered

We will be offering the following services, and the latest technology to better serve you:

- Chiropractic care
- Spinal disc traction therapy
- Computerized Surface EMG (nerve study)
- Digital spinal x-ray
- Nutritional counseling
- Computerized nutritional assessment evaluation.
- Massage therapy
- Rehabilitative therapy
- Personal training

Products Available

- Chiropractic pillows (D-Core & water pillows)
- Vitamins & nutritional supplements
- Cold packs
- Bio-Freeze
- Low back support belts
- PowerStep orthotic arch supports
- Exercise balls

Featured Nutritional Product

A-F Betafood: Holiday feasting (over-eating and eating rich foods) can leave you feeling bloated and very sluggish. A-F Betafood works with the liver to produce & secrete bile, necessary for proper digestion of fatty foods, allowing for the absorption of the nutrients. Many patients just love this product!

Benefits of Exercise

Exercise to decrease pain! Research from Stanford suggests vigorous exercise may help prevent joint and muscle pain. In people 50+ years old, those who exercised regularly had pain-rating scores 25% lower than their sedentary peers, as well as a lower incidence of arthritis.

Arthritis Research and Therapy, 2005.

Death by Laziness! The World Health Organization attributes 1.9 million deaths per year to doing nothing. In developed countries, lack of exercise is the 7th leading cause of preventable death. Worldwide lack of exercise is the 14th leading cause of preventable death. So, go exercise!

World Health Report, 2005.

Benefits of Chiropractic

Chiropractic adjustments keep your joints moving properly. This helps avoid the negative effects of immobilization. Stuck or fixed (immobilized) joints can lead to: tight muscles, chemical build-up, poor circulation and neurological compromise to name a few, and these processes can begin as soon as 4 hours after a joint is immobilized.

Craig Liebenson, Journal of Manipulative and Physiological Therapeutics, 1992.

Treating areas that don't hurt?

Chiropractors may adjust areas on your body that are not "in pain". The reason for this is to "maintain" proper motion and the health of that particular area by decreasing muscular tightness and the trapping of metabolic waste products.

Marcus Strutz, DC

Health Alert

Women who take antibiotics during pregnancy are more likely to give birth to children with an allergy-related condition, such as asthma, hay fever or eczema. About 33% of

moms are prescribed one or more courses of antibiotics during pregnancy.

American Journal of Respiratory and Critical Care Medicine, 2002.

Quotes

"While other professions are concerned with changing the environment to suit the weakened body, chiropractic is concerned with strengthening the body to suit the environment."

BJ Palmer, DC – 1925.

"I like thinking big. If you're going to be thinking anything, you might as well think big."

Donald Trump

"There are two great medicines: diet and self-control."

Max Bircher, 1962.



Thanks for your Support

I appreciate all of you who voted for Joe Barone for 35th District Judge. Unfortunately, Joe was edged out in the November Election. We're all disappointed, but on a positive note, Joe Barone will continue practicing law, so I won't have to find a new attorney! In fact, I would strongly recommend Joe if you are in need of legal services in the future.

Merry Christmas & Happy Holidays!

