

# Gerou's Chiro News

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

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## This Month's Featured Topics:

- **Reminder That We Moved**
- **Elect Joe Barone for District Judge**
- **Getting in Shape for Spring**
- **Featured Nutritional Product: LigaPlex II**
- **Is it a Concussion?**
- **Looking for Testimonials**
- **Special Offer**



## Our new location is working out fine!

Come see us! We'll have a warm cup of coffee waiting for you.

## St. Patrick's Day

On Monday, March 17, 2008, we will be having some fun at our office. Green beads, snacks and possibly some Irish music...(we'll see about that!)

Come join us. As always, we are accepting New Patients, so why not call and schedule a family member at this time.

## Elect Joe Barone for Judge

My attorney and long-time friend, Joe Barone, is running for 35<sup>th</sup> District Court Judge. Of the current Judges, (John McDonald, Mike Gerou and Ron Lowe), Judge McDonald will be retiring at the end of this year. I am collecting signatures on the Nominating Petition at this time. We are looking for our friends in the Canton, Plymouth and Northville communities who would be willing to allow us to place a lawn sign on your property. Thanks!

## Getting In Shape for Spring

Warm weather is fast approaching, and now is the time to make those necessary changes to get in shape for Spring! Approach this in a multi-step fashion. The combination of making small gains in a number of areas can be easier for some... "inch by inch, it's a cinch!"

### What To Do:

1. Evaluate your fitness status. Are you getting enough exercise at least 5 days per week?
2. Can your diet be improved? Do you take good quality nutritional supplements to enhance your health?
3. Are you carrying excess weight that is making you sluggish?
4. Are you maintaining a healthy nervous system through regular chiropractic adjustments?
5. Are you participating in outdoor activities to keep you active?
6. Positive Mental Attitude. Feel good about yourself and the healthy direction you're going. Everyone can improve in at least a few of these areas.
7. Set realistic goals for yourself. No two people are exactly the same, so our goals and expectations should be personalized to fit us.
8. The definition of "Happiness" is "When Reality Exceeds Expectations"! Live it!

## Featured Nutritional Product

LigaPlex II is an important product in assisting in the repair of muscle, ligaments, chronic degenerative joint problems and disc herniations. A good diet with the addition of high-quality nutritional products is essential for optimal health. We have a simple questionnaire called a "SYMPTOM SURVEY" that utilizes a computerized program to assess your nutrition needs. It's FREE and only takes you about 5-10 minutes to fill out.

## Is it a Concussion?

Spring is just around the corner, and your child may be itching to get out on the playing field. However, being more active means a greater risk for injuries, including concussions.

These brain injuries, caused by blows or jolts to the head, may be mild or severe. But, they can interfere with the way the brain works.

Fortunately, if you recognize the signs of a concussion and seek appropriate care, you may be able to help prevent complications – and get your child on the road to full recovery.

Seek emergency care immediately if there are signs of potentially serious brain damage, such as:

- Loss of consciousness (keep in mind that concussions may occur with or without loss of consciousness)
- Dizziness or drowsiness
- Severe headache
- Weakness or numbness in limbs
- Coordination problems
- Repeated vomiting
- Convulsions
- Slurred speech
- Confusion
- Blurred vision
- Having one pupil larger than the other

If the brain doesn't recover fully after a concussion, a second head trauma could cause a serious brain injury and even death. So, it's vital to get a doctor's OK before your child gets up and running again.

---compliments of Ford Motor Co.'s "Stay Well for Life" Newsletter.

## New Patients Welcome

Sometimes I forget to let our patients know that we are always accepting new patients. If you have a friend, co-worker, or family member that lives or works locally, has a health problem, and is interested in trying to get rid of their problem, please have them give us a call! The greatest form of compliment we can receive is a referral from you! Your trust and confidence is truly appreciated!

## Looking for Testimonials

What others say about Chiropractic carries much more clout than what I may say. Often, we know someone who is contemplating going to see a Chiropractor, but isn't quite sure. The reassurance received by reading testimonials from patients who may have suffered from the same conditions gives that added comfort that they are making the right decision. Would you be willing to write a short testimonial of your experience with Chiropractic?

Thank you for your consideration!

## Which Location Do You Like Better?

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