



▶ FEATURED ARTICLE ... 1

o June

o 2016



▶ FEATURED ARTICLE
CONTINUED 2



▶ HEALTHY TIP 1

Monroe County Health & Wellness *Newsletter*

ADDRESSING THE HEALTH AND WELLNESS NEEDS
OF OUR COMMUNITY AND PLANTING THE SEEDS
FOR A HEALTHY FUTURE.

*Balanced Health Chiropractic & Wellness Center is the author of the
featured article in our Monroe County Health & Wellness Newsletter.
Read more about them below!*

Feature Article

Why Everyone Needs a Chiropractor

Imagine if someone says to you, “Lucky me, 50 years old and I’ve never had to visit a dentist. I’ve had no pain so I’ve never went!” Can you imagine what their teeth look like? Compare this person to a person who says, “Lucky me, I’ve never had to visit a chiropractor!” Imagine what their spine looks like! You can’t see your spine and sometimes you can’t feel the damage until it is too late.

Chiropractic is a natural form of health care that uses spinal adjustments to correct misalignments in the spine and restore proper function to the nervous system. Adjustments help your body heal naturally without the use of drugs or surgery. A spinal adjustment corrects the misalignment which helps restore normal nerve flow. With proper nerve flow your body can respond to daily stressors and react appropriately.



**Balanced
Health**

Chiropractic & Wellness Center

DR. JEN STEINBAUGH

CHIROPRACTIC • ACUPUNCTURE • MASSAGE

618-939-4110

*Featured Article continues
on the next page...*

Alcohol and Summer Weather

Sometimes nothing sounds better than sitting out in the summer sun and enjoying a cold beer. But use caution when consuming alcoholic beverages during the summer months, particularly when you are exerting yourself outside, such as when completing yard work, or BBQ’ing over a hot grill. One of the most overlooked risks of summertime is drinking alcohol when temperatures are on the rise. Alcohol constricts blood vessels near the skin reducing the amount of heat the body can release. Although beer and alcoholic beverages seem to have the effect immediately of satisfying your thirst, they actually cause further body dehydration. Drinking alcohol in the hot summer weather can leave you dehydrated, confused and more susceptible to accidents and injuries. One main danger of drinking too much during the summer is the risk of heat stroke caused by dehydration. Drink lots of water before, during and after physical activities in the heat or hot sun. In general, it is always a better idea to drink cool water in the heat rather than alcoholic beverages. Avoid alcohol in the heat to stay healthy and hydrated in the summer months.



Featured Article Continued...



Misalignments can happen for various reasons. You might be thinking, "I have never had any accidents or injuries." Even minor injuries can be enough to cause these problems. For instance, you could fall, hit your head, get up and think, "Hey, I am fine." The truth is, these effects can be immediate, but can often take years before the effects are felt. Even daily activities such as poor posture, sports, lifting and "sleeping wrong" can also cause your spine to become misaligned.

An accident or injury can weaken the connective tissue that holds your spine together. This results in a biomechanical breakdown that fixates your head, spine and pelvis into a stressed and unstable position. If left untreated the bones, discs and joints of the spine deteriorate. Over time these misalignments will become progressively worse and lead to degeneration (arthritis).

Pain is typically the last symptom of a dysfunction in your body. It is your body's "warning sign" that a misalignment has been present for some time. If you, a friend, or a loved one have not had a chiropractic checkup, now is the time. You can replace your teeth, but you cannot replace your spine! Just like everyone needs to go to a dentist periodically, everyone needs to go to chiropractor periodically as well. Chiropractic care can fix and prevent



Our goal is to partner with our members to help you promote and grow your business while also serving as an advocate for you within our wonderful community.

Waterloo Chamber of Commerce
118 E. Third Street, P.O. Box 1
Waterloo IL 62298
618-939-5300
Chamber@htc.net
www.enjoywaterloo.com

