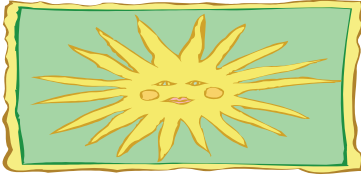


Congratulations Britta for winning the free Cranial Sacral Session & to every patient that scheduled a shiatsu session in May!!!!!!!



SUNBURN

PREVENTION:

Cataplex F (6-2 hours prior to exposure) & Calcium Lactate

SUNBURN:

Betty Balm

JUNE SPECIALS

EXTRA-ORDINARY THERAPY GIFT CARDS FOR THE SPECIAL MEN IN YOUR LIFE!!

Discounts are available this month for the purchase of

our Gift Cards

\$60.00 Gift Card for only \$50.00!

\$30.00 Gift Card for only \$25.00!



Res-Q 1250 Nordic Fish Oil Supplements 200 count on sale –Buy one \$25 and get the second at half price.

READY, SET, STRETCH!

Stretching essentials with Tina Caperelli available every Wednesday by appointment and usually insurance reimburseable!

Stretching increases flexibility. Flexible muscles can improve your daily performance. Tasks such as lifting packages, bending to tie your shoes or hurrying to catch a run-away child become easier and less tiring.

Stretching improves range of motion of your joints. Good range of motion keeps you in better balance, which will help keep you mobile and less prone to falls — and the related injuries — especially as you age.

Stretching improves circulation. Stretching increases blood flow to your muscles. Improved circula-

Stretching improves circulation. Stretching increases blood flow to your muscles. Improved circulation can speed recovery after muscle injuries.

Stretching can relieve stress. Stretching relaxes the tense muscles that often accompany stress.

Visualize your muscle groups. When you're stretching, focus on your calves, thighs, hips, lower back, neck or shoulders. Also stretch muscles and joints that you routinely use at work or play.

Pace yourself. It takes time to lengthen tissues

safely. Hold each stretch for about 30 seconds, then repeat on the other side. Do each stretch three or four times.

Don't bounce. Bouncing as you stretch can cause small tears in the muscle. These tears leave scar tissue as the muscle heals, which tightens the muscle even further — making you less flexible and more prone to pain.

ALWAYS Focus on a pain-free stretch. Expect to feel tension while you're stretching. If it hurts, you've gone too far. Back off to the point where you don't feel any pain, then hold the

stretch.

Relax and breathe freely. Don't hold your breath while you're stretching.

You can stretch anytime, anywhere — in your home, at work or when you're traveling. If you have a chronic condition or an injury, however, you may need to alter your approach to stretching. For example, if you have a strained muscle, stretching it like usual may cause further harm. Discuss with Dr. Karen and Tina the best way to stretch and how often to stretch. upper or lower back.