

THE KRUMME CLINIC OF CHIROPRACTIC &



March is Fibromyalgia Awareness Month

Fibromyalgia is recognized among rheumatologists as one of the more common problems in patients with musculoskeletal pain. It is a chronic, pain condition associated with musculoskeletal pain and stiffness, fatigue, non-restorative sleep, alterations in cognitive functioning, and depression. Less common symptoms arise from a variety of body systems. Diagnosis is difficult; patients suffer, on average, for 5 years and spend thousands of dollars before receiving a diagnosis and proper management.

Current research suggests that Fibromyalgia is a disorder of the central nervous system. Because

By removing spinal stress, chiropractic is good for the heart by way of the nervous system.

Like every organ in the body, the heart is controlled by the nervous system. There is a nerve that runs from the lower part of your brain down to your heart. This nerve



SPRING SPECIAL

In honor of our first newsletter, new patients receive an initial consultation and examination for just \$20. Most insurance plans also accepted.

Expires April 7th, 2009

chiropractic medicine is based on the theory that an individual's health is controlled by the state of his or her central nervous system, chiropractors, who are experts in this area, are especially well suited to help patients reduce their Fibromyalgia symptoms. Because the symptoms affect the entire body in a

variety of individual ways, many people find relief through treatment provided by a chiropractor. If you or someone you know is suffering from Fibromyalgia, treatment at the Krumme Clinic of Chiropractic & Wellness could offer the answer you/they have been looking for.

A Healthy Heart with Chiropractic Care

is called the vagus nerve. It is the only nerve in your brain that extends down through your neck and into your abdominal region. You certainly don't want to have spinal stress anywhere in your neck, if anything, it just doesn't feel good. Sometimes, you feel an annoying and tender

bump when you press your thumb into the side of your neck just below your ears. This is a fairly good sign you are suffering from spinal stress. Chiropractic care can renew the flow of life energy your vagus nerve is trying to bring to your heart and stomach. Call us today for a consult.

THE KRUMME CLINIC OF CHIROPRACTIC & WELLNESS

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Increased vitality is an appointment away!



Dr. Ellen Krumme and *The Krumme Clinic of Chiropractic and Wellness* is the first area chiropractic office to be accepted by **Fibromyalgia Centers of America (FCA)**. FCA was founded by caring and concerned doctors that independently researched methods that could help the frustrated, debilitated sufferers of Fibromyalgia. These doctors joined knowledge, methods and results with a professional commitment toward relief. They are committed to finding the causable factors and correcting them through modern technology.

FCA is here to help those people who suffer with pain and discomfort and aren't getting the results they desire or deserve. For more information and a special offer, see included patient letter and/or call us at 513-759-6500.

We're now on the Web!
www.Krummechiropractic.com



10 Easy Ways to Sneak Exercise Into Your Day

1. Take the stairs - skip the elevator or escalator. A Harvard Alumni study showed that those who walked 20 to 34 floors a week had a 30% lower risk of stroke.
2. Use muscle, not machine - we burn about 300-700 fewer calories than previous generations. Use a rake instead of a leaf blower, wash your car by hand, get off the chair and change the TV Channel.
3. Walk to a co-workers office - skip the e-mail. It can make a difference of a ten pound gain or loss over nine years.
4. Take an exercise break - get energized with movement.
5. Wait actively - if you must wait, for a plane or appointment, walk and move about while you wait.
6. Do the housework "boogie" - while doing housework, play lively music and dance around while cleaning.
7. Go shopping, aerobically - before you enter the food store or mall, take a few brisk laps around before entering.
8. Socialize actively - instead of eating with friends, meet to go bowling or hiking.
9. Install a chin up bar in a convenient doorway. Whenever you walk through, do a pull up or stretch.
10. Practice "phone fitness" - stretch, walk or climb stairs while on the phone.