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### **February 2008 Newsletter: “Chiropractic—Good for the heart?”**

#### **Let us Help You Walk Easier with Complimentary Digital Foot Exams, When You Refer your Family or Friends for a \$25 New Patient Exam!**

Is it possible chiropractic adjustments could affect one’s overall health, and even be good for the heart? New data from the U.S. Centers for Disease Control (January 22, 2008) shows [remarkable reductions in heart attacks \(coronary death\) in the U.S. since 1999](#), a 25.8% reduction amounting to 160,000 lives saved in 2005 alone!☺ That said, heart disease and stroke are still the No. 1 and No. 3 killers of women over the age of 25. Together they claim nearly twice as many lives as all forms of cancer, and where one in 30 women will die of breast cancer, one in 2.5 will die of heart disease or stroke. Wouldn’t it be cool if one way to reduce stress turned out to be getting your spine adjusted by your chiropractor?

According to findings reported in the *Journal of Human Hypertension*, patients randomized to corrective chiropractic adjustments as opposed to placebo had their high blood pressure reduced significantly by the end of an 8-week trial. Scientists reported that [the benefit of chiropractic mirrored benefits seen when patients receive two standard antihypertension medications](#). While its of course too early to conclude that patients with high blood pressure can substitute chiropractic care for their antihypertensive medications, this is great news for chiropractic patients, who may be reducing their stress when they receive regular adjustments for their neck, back, joint and headache pains.

#### **Go Red This Valentine’s Day☺**

The American Heart Association (AHA) is once again promoting, “Go Red for Women”...a time to focus on women’s heart health this month. *In conjunction with that campaign Leach Chiropractic Clinic will be offering complete routine new patient exams for both guys and gals, for only \$25 this Thursday February 14<sup>th</sup>, for our annual appreciation day.*

Leach Chiropractic Clinic intends to support the AHA “Go Red for Women” campaign to demonstrate that we care about more than your spine; we care about nothing less than your total health. We also know that the healthy lifestyle activities endorsed by the American Heart Association will help your back, neck, and muscles and joints as well. So,

- Take care of your spine and make a new patient appointment for Feb. 14th!
- *All New Patient fees on the 14<sup>th</sup> will be donated to the American Heart Association as part of the “Go Red for Women” campaign!* Additional contributions will be welcome.
- Go to [www.goredforwomen.org](http://www.goredforwomen.org) for more information about the campaign.
- We’ll be offering heart healthy tips from the AHA, and exercise strategies endorsed by the U.S. Centers for Disease Control at our office, and links from our website.

[Leach Chiropractic Clinic is located at 214 Russell St. in Starkville, and appointments may be made by calling 323-2371. Exams will be by appointment only, and will include x-rays when necessary, up to \\$200 maximum value \(does not include treatment\). Tell your friends that \*\*A limited number of appointments are available on a first come first serve basis, by calling 323-2371. For more resource about the American Heart Association and to access the hyperlinks to this newsletter visit our NEWSLETTERS on the main page at \[www.drleach.com\]\(http://www.drleach.com\) and Chiropractic: Good for the Heart?\*\*](#)