

Are You Suffering From Unnecessary Pressure?



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NEW SOLUTIONS to BACK PAIN

Have you ever had a pebble stuck in your shoe? Why did it cause you pain? The reason the rock caused pain in your foot is because it put pressure on a nerve that senses pain.

You should know that in the same way that a rock in your shoe causes pain in your foot, pressure or irritation to nerves in your spine cause pain in your back and neck. Irritated nerves can also cause numbness, muscle spasms, tenderness, and burning pain. If you suffer from any of these problems, you may have pressure on the nerves in your spine.

How would you get rid of the pain caused by the rock in your shoe? You would remove the rock to take pressure off of your foot. In our office, we utilize scientific, advanced technology to relieve the pressure from nerves in your back and neck.

Please take advantage of our gift of health, including a FREE consultation and spinal testing to see if our methods could help relieve the pressure you may be feeling.

Have You Discussed Living Arrangements for Elderly Parents?



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As parents age, it often becomes more difficult for them to live independently and manage their own affairs without outside help. Consider the following when deciding how to address an elderly parent's living situation.

Available Accommodations. Before you ask Mom or Dad to move in with you, think about the realities of this scenario. Does your home have the necessary space and amenities?

Level of Care Required. Be honest with yourself about how much care you can give on your own. Avoid taking on more than you can handle and seek the help of professionals.

Costs and Who Will Pay Them. Whether you open your home to a parent or help find a suitable alternative, there will be costs involved. If your parent needs to rely on you for financial assistance, a financial advisor can help you sort out the ramifications to your budget. If you are paying for more than half of a parent's living expenses or paying for medical expenses, you may be eligible for a tax break. Talk to your tax preparer.

Don't Hesitate to Seek Help with the Decision. Rally family and wise friends to explore your options and decide what may be the best route, given the circumstances. Enlist the insights of your financial advisor and tax preparer to determine how expenses will be managed and potentially shared by you and the parent involved. By giving the situation proper care and thought, you can find a solution that works for your family.

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How Transformational Life Coaching Works



By: Kathy L. Kirk
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*Want to change the world?
Want to make a difference?*

Change yourself first.

The new definition of insanity is: **thinking/believing** the same thing over and over again and expecting different results.

In Transformational Life Coaching we learn to take conscious responsibility for what we think and where we focus our attention. Because we are vibrational, energetic beings, it is to our personal vibrational the Universe matches us with people, circumstances and experiences that comprise our "life reality". This is the Law of Attraction in action.

We know we want something more or better, but nothing in our external life can change until we shift the internal beliefs/thoughts that created our original experience.

The Good news is that to get a different life, all you need to do is change your habits of thought and focus. When you shift a belief into alignment with Source Energy (God), which always feels Good, the Universe has to match your vibrational shift with external evidence. It is Law.

Being a deliberate creator is a powerful place when you understand how the Universe works and your **natural** place within it.

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You asked; the Universe just answered!

Need a Lower-cost Solution for Quality Care?



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As the leaves turn and kids go back to school, thoughts turn to... The flu? Actually, flu vaccine begins to arrive in September and is generally available through April. And now is the best time to get vaccinated.

The flu, or influenza virus, can be very mild to completely debilitating up to and including death. Generally symptoms include:

- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue
- And sometimes fever

The average person is contagious one day before they start to feel sick to up to seven days after they feel better. That is a long time to be exposed to a virus! This year's flu shot covers H1N1 as well as two other strains expected to hit the northeastern Ohio area. The Center for Disease Control (CDC) recommends anyone over the age of 6 months get vaccinated unless told otherwise by a doctor.

Vaccination is the best way to prevent getting the flu, but some other precautions to take are to wash hands regularly, avoid touching eyes, mouth and nose, get enough sleep, exercise, fluids and nutritional foods and manage your stress level.

Many insurance programs will cover a flu shot at After Hours Family Medicine including Medicare part B. This fall, stop by to let us help you and your family stay healthy!