**August Newsletter**

**Chiropractic Tip.** Did you know that chiropractic is very safe and very effective during pregnancy? When you are pregnant, your body goes through some major changes! The obvious one is the change in your center of gravity, as your baby bump grows, there are a lot of shifts that happen with your gait and posture. Also, the closer you get to delivering, the more Relaxin hormone you release, which loosens all the ligaments in your body...great for giving birth, not so great for spinal stability. Chiropractic adjustments can help alleviate discomfort associated with pregnancy, but are also great for your spine while pregnant. It is recommended that you get adjusted on the same schedule as you see your OBGYN during your pregnancy, and follow-up after your postpartum recovery. Ask your doctor if you have any questions.

**Nutritional Supplement: ZYPAN for Heartburn, Gas, Bloating.** This is a Standard Process product comprised completely of organic whole food, nothing artificial or synthetic. This is good for you because there is no pharmaceutical interaction and it is digested very easily. Zypan actually corrects the acid imbalance in your stomach, which is necessary to properly digest food. It doesn’t just mask and worsen the problem, like a lot of antacid medicines. We have free samples, ask us to try it!

**Tommy Report:** Mr. Thomas Trax (son of Dr. Tim Trax and Dr. Connie Smith-Trax) is just finishing up his summer internship at Adrian Steel. He is preparing to start his college career this fall at the University of Toledo! Go Rockets!

**Liam Report:** Baby Liam (son of Dr. Casie Carr) had a very smooth, successful open heart surgery last month and he is doing fantastic! He grew enough from his first surgery to allow this to be a full repair, and hopefully his last surgery! His recovery took 3 weeks less in Ann Arbor than anticipated and he was nicknamed the “Superstar” by his Doctors and nurses because he bounced back so quickly to his happy, little, smiley self. Thank you very much for all your prayers, gifts and donations! They have helped Liam and the Carr family dramatically.

**Thank you for allowing us to be a part of your healthcare team and for your confidence with all your referrals! We have the best patients in the world and we’ll always do our best to serve you well!**