

## **TOP TEN REASONS NOT TO TRY CHIROPRACTIC**

### **10) “I Like My Right Shoulder Higher Than My Left”**

You’re not alone...take a look around you. It doesn’t take a rocket scientist to notice how out of balance many people are. I know a good tailor that can cover it up though.

### **9) “The Tingling And Numbness In My Fingers Is Actually Starting To Feel Good”**

Good. Get used to it. It will only get worse. Maybe if you’re lucky you’ll have surgery to correct it someday.

### **8) “These Headaches I Have Are Normal. They Say So On That Tylenol Ad On TV.”**

Headaches are NOT normal, regardless of what the drug companies want you to believe.

### **7) “Telling The Girls That I Got This Limp In The Army Makes Me An Instant Hit At Parties.”**

Low back and neck pain may get you sympathy, but it is certainly no party.

### **6) “A Friend Of A Guy At Work Said His Aunt’s Sister-In-Law’s Older Brother Got Hurt By A Chiropractor”**

Who are these obscure people anyway? Chiropractic is beyond a doubt the safest of all the healing professions. It is documented and has the health care industry’s lowest malpractice insurance problems to prove it.”

### **5) “My Neck Feels Fine. So What If I Can’t Turn My Head To The Left... It’ll Get Better**

It may get better, but probably at the expense of something else. Chiropractic restores full motion.

### **4) “Surgery Makes More Sense To Me. I’ve Already Had My Gallbladder Cut Out And I’m Sure The Doctors Wouldn’t Remove Anything I Really Need.”**

I’d rather attempt to restore health to sick tissue than surgically remove it, but of course I’m one of those crazy people who changes the oil in his car BEFORE it blows up.

### **3) “Back Spasms Are A Great Excuse For Why I Missed That 3 Foot Putt”**

Muscle spasms are merely a symptom of a much larger underlying problem. A thorough examination is necessary to uncover the cause of the problem, then correct it.

### **2) “If I Stopped Using All These Drugs, My Drug Plan Would Go To Waste.”**

Overmedication is a growing problem in our country today. All drugs have side effects. Only you can decide if the risks are worth the benefits.

### **NOW FOR THE NUMBER 1 REASON NOT TO TRY CHIROPRACTIC**

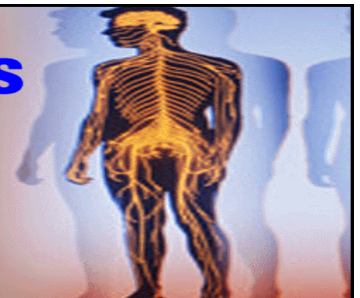
### **1) “This Ringing In My Ears Drowns Out My Mother’s Barry Manilow CDs**

Dr. Richard Robson

**345-1351**

[www.facebook.com/  
robsonchiropractic](http://www.facebook.com/robsonchiropractic)

**Chiropractors  
turn the  
power on!**





golf links.  
**Chiropractic**  
*and wellness*

# NEWSLETTER



MAR/APRIL 2017

Volume 3 Issue 2

## How a Lack of Sunshine in the Winter Can Impact Your Bone Health

Vitamin D, often known as the sunshine vitamin, plays an important role in your bone health.<sup>1</sup> It is mostly made by the body through exposure to sunlight. This is unique to vitamin D since most vitamins come from the foods you eat.<sup>1</sup> Having too much or too little vitamin D in your body can affect the amount of calcium in your bones and can take a toll on your overall bone health:

Low levels of vitamin D can lead to decreased bone mass (osteoporosis) which can increase your risk of fractures.

Too much vitamin D can lead to calcium deposits in the kidneys (kidney stones), or calcium build-up in other soft tissues like the heart, lungs, and blood vessels.<sup>2</sup>

More than 90% of a person's vitamin D requirement tends to come from casual exposure to sunlight.<sup>3</sup> This poses some unique challenges for

those whose environments limit their exposure to the sun. For example, in Canada and other countries in the northern hemisphere during the winter months, people are exposed to less ultraviolet light. This means in the winter in Canada our bodies produce little to no vitamin D.<sup>1</sup> Statistics Canada reported that, in the winter months, 40% of Canadians had vitamin D levels that were below the recommended range.<sup>1</sup> In the summer, that number is much smaller, but still a whopping 25%.<sup>1</sup> This means that as a northern country, we often lack the exposure to ultraviolet light that is needed for enough vitamin D to be made in the body year-round.

You can get vitamin D naturally from a few foods, including egg yolks or fatty fish such as salmon or mackerel.<sup>1</sup> In Canada, some foods are fortified with vitamin D by law to prevent the risk of vitamin D deficiency in the general population, including milk, soy milk, rice beverages, and margarine.<sup>4</sup>

This winter, increase your vitamin D intake and keep your bones strong by reading nutritional labels and seeking out products during your regular grocery shop that are fortified with vitamin D. It also never hurts to add a little bit more sunlight to your day!

For questions about keeping your bones (and the rest of your spine, muscle, and nervous system) in good health this winter (and throughout the year), you can ask a chiropractor.



**CHIROPRACTIC CARE CAN HELP MAKE  
PAIN-RELIEVING DRUGS UNNECESSARY!**