



AO for Life! Spring Edition 2007

Healing Since 1950

Dr. Roy W. Sweat & Dr. Matthew H. Sweat

Successful, Drug-Free Health Alternatives

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HAPPY SPRING TO YOU'ALL!

We at the Sweat Institute for Atlas Orthogonal Chiropractic wish you and your families a very Healthy and HAPPY BEAUTIFUL time of the Year!

We know how allergies and pollen can affect everyone. Make sure you stay in AO adjustment, it helps your sinus passages and makes breathing easier! Keep in mind with your Atlas in place, your entire body will function better!!!!

Research supports that all adults and children should take multi- vitamin supplements:

Here are some of the key observations made by the researchers and us:

- A large number of individuals do not observe recommended intake of five fruits and vegetables a day. A multivitamin would significantly offset the health risks associated with inadequate diet.
- *Vitamin C supplements and antioxidants can be extremely helpful at this time of year with sinus, allergies and spring/summer colds...Dr. Matt and Tecla take 1000-3000mg every night (Be sure to take with or after food!)*
- *A Neti-Pot was recommended to Tecla by one of our patients and he is our Optometrist, Dr. T. Reagin. It looks like a small teapot and you add warm salt water and literally run it up and through both sides of your nose once to three times a day. Very effective to clear your passages from the pollen and daily antigens that are in the air.*
- The low cost associated with multivitamins make them a convenient and affordable choice for disease prevention. A multivitamin provides low daily levels of many vitamins, reducing the risk of overdosing on individual vitamins.

Many of the Nutritional & Health Food stores will help you with any of your questions and problems...A wide variety of natural, herbal, vitamins and mineral supplements are available. Just ask ! Or go online So use proper care when taking vitamins..... And of course make sure to have your Atlas checked to stay in alignment.

BEING GRATEFUL AND THANKFUL FOR OUR LIVES AND OUR DAILY BLESSINGS ALSO WILL KEEP US POSITIVE AND MORE HEALTHY...Try writing down what you are grateful and Thankful for everyday or even once a week. You will surprise yourself.

(Tecla found this in a beautiful Spiritual book she was reading , Worn Out Woman!

I'm Thankful for..

Air and autumn and animals
babies and Breath and beauty
children and compassion and Creativity
daylight and Dew and daffodils
Emotions and energy and enthusiasm
faith and Family and friends
grandparents and grandchildren and God
hands and Health and hope
Ice cream and intelligence and intuition
joy and Journeys and jokes
kindness and kisses and Kittens
love and Laughter and leaves
Mothers and music and memories
night and Nature and neighbors
order and oranges and Oceans
peace and Patience and prayer
Quiet and quality and questions
rain and Rest and romance
sunshine and smiles and Stars
time and Teachers and trees
Unity and understanding and uniqueness
vision and Values and vacations
winter and water and Wisdom
excitement and expression and experience

Youth and yearning and yesterday

zest and Zip and zeal

Be Thankful for all these things and add your list of thanks!

We all need to look to each day with a smile on our face and be as Positive as we can be...Rent the Movie, **Pay It Forward** and try to practice Random Acts of Kindness. Tecla saw this movie and paid for the cars lunch behind her as they finished placing their order at a drive through...You can do it too! Just letting someone go in front of you at the grocer line can feel like a Random Act of Kindness. Share with us your Random Acts of Kindness and we will share them with all of you!



Come meet with Sara_Shipe (Our Massage Therapist at the Sweat Institute)

She has ½ hour specials and 1 hour specials!!!! Ask us about them!!

Hello Sweat Clinic Family!

Most of you know me, however, for those who don't, my name is Sarah Shipe. I have been a patient at Sweat Clinic for 20 years and practicing Massage Therapy for seven, including two years here. I am returning my practice to Sweat Clinic and wanted to take a moment to introduce my Massage Philosophy and myself.

I have focused my massage career in a practice called Myofascial Release (MFR). I have found this technique to be the most productive when dealing with muscular discomfort. MFR looks at the body as a whole. It takes the patients past and present situations to determine the source of muscular pain. I also integrate NMT (neuromuscular therapy) into the session, which is, simply put, a deep massage. The two therapies together along with Atlas Orthogonal Chiropractic could enhance and expedite a more relaxed, pain free life style. I also do soft, Swedish Massage, so we can make the decision together. I can't wait to meet each and every one of you and I'm happy to be back with this spectacular team of people at Sweat Clinic.

Best Wishes,
Sarah Shipe

NEWS FLASH!!!! We are continuing to offer a Free 15 minute Consultation with Helen Allen, known Naturopathic –She can help with Nutrition, Hormones, Sleeping Problems and more. Call now to schedule-Wednesdays afternoons by appointment. (770) 457-4430/39.

Remember Auto Accident Patients....accidents can be so harmful and you may not even know it for days, weeks, months or years to come...Be sure to stay in Adjustment and advise us if you have been in an accident.

AUTO ACCIDENT PATIENTS-DR. MATTHEW SWEAT HAS BEEN PRACTICING ATLAS ORTHOGONAL CHIROPRACTIC FOR OVER 17 YEARS AND LAST YEAR HE BECAME CERTIFIED IN AUTO CRASH FORENSIC RISK ANALYSIS BY THE Spine Research Institute of San Diego.

DID YOU KNOW:

That Atlas Orthogonal Chiropractic can help Arthritis, Chronic Fatigue Syndrome, Fibromyalgia, AUSTISM and ADHD, Head bumps/Concussions, Scoliosis, Asthma, Chronic Pain or Stress, Athletic Injuries, Auto Accidents/Whiplash, Neck and Back Pain, Herniated Discs, Sciatica, Carpal Tunnel, Migraine Headaches, Poor posture, Seizures, including Epileptic, Leg and Arm numbness, Sinus problems, Allergies, Dizziness, Bells Palsy, Horner's Syndrome, Trigeminal Neuralgia, even Birth Trauma

Do your loved ones deserve any less? **Please educate** your family and friends on the benefits Atlas Orthogonal Chiropractic care and invite them to participate in their own optimal health. They will appreciate the energy of their new healthy lifestyle.

TRY THIS OUT FOR SPRING!!! A GREAT HEALTHY RECIPE!!!

Fruit Pizza!

One Box Sugar Cookie Mix (according to directions, omitting water) Place on round pizza pie plate.

Bake at 350 for approximately 15 minutes or until lightly brown. Add filling: Blend with mixer until smooth: 1 8 oz. Package of Cream cheese, ½ stick butter or margarine, 1 cup of Powdered sugar.

***Spread on cooled crust. Add fruit (peaches, kiwi, strawberries & nectarines) Or try your favorite fruit!
Enjoy!***

We appreciate your continued support and enthusiasm as we are nearly finished furnishing the AO Tribute cabinets and front waiting room. Watch for the final touches to be completed by May...just in time for Dr. Matt's Birthday and Dr. Roy's 80th Birthday!

Please mark your calendars for June 25, 2007- We are serving cake and coffee all day for Dr. Roy's 80th Birthday. We invite you to stop by and visit.

***The new Sweat Institute website is here...check us out!!!
www.sweatinstitute.com***

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