



AO for Life!

WINTER

RESULTS Since 1950

2010

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

Successful, Drug-Free Health Alternatives

Sweat Institute for Atlas Orthogonal Chiropractic

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MAYBE IT WASN'T MEANT THAT WAY, BUT American ends with I Can!!!

Croft M. Pentz

Happy Belated Valentine's Day, Happy Almost St. Patty's Day! Still Happy, Healthy New Year wishes. And, we hope you are enjoying the Vancouver 21st Winter Olympics, they are fun and exciting to watch. Isn't it Just Amazing...we are nearing the end of February already..how fast time does fly. Stay happy, Be GRATEFUL!

We' all at The Sweat Institute are proud to be busy Adjusting the Atlas. We promise to do all we can for you, your family and loved ones! *Our goal is to Change The World One Atlas At A Time. And keep your Atlas in place!*

If you are in the midst of a great struggle, whether it be financial, spiritual, health- or accident-related, have problems with substance abuse, divorce, children or marriage issues, **Keep your Atlas in adjustment,** you will handle everything just a little bit better. We here at the Sweat Institute will keep you in our prayers and we ask for yours. This month, please pray for the families of K. Bennett, F. Shealy & S. McLeroy.

Our Public Relations Campaign, called "Tecla's Thunderbolt Campaign!" is helping us get out there and reach the masses,

Check out our *Atlas Orthogonal* Facebook fan page, type in

AtlasOrthogonal  Fan of Atlas Orthogonal **A Twitter account,**  Follow @AtlasOrthoHQ

under atlasorthohq , Linked profiles and Ask The Doctors page for Questions and answers coming soon... Let us know your suggestions and emails too, just email them to me at tecla@sweatinstitute.com

On January 22, 2010, Dr. Matthew Sweat was on Channel 46, Better Mornings Atlanta he talked with Tracye Hutchins about how the Atlas bone is affected by injuries and heavy



purses.

"Better Mornings" – Jan 20, 2010, 6:42a [HQ]



Check on the Atlas Orthogonal Fan page on FB of Dr. Matthew Sweat with

"Better Mornings" – Jan 20, 2010, 5:44a [HQ]

General Larry Platt taken during the Better Mornings show. Dr. Matthew "American Idol" fan, got a photo with General Larry Platt (Pants on the Ground)

***There are FREE copies of the TV segment in our waiting/lobby area.

Another AO testimony, on Headaches! HR a reporter at 104.7 The Fish & 920 WGKA Radio in Atlanta, raved about Dr. Matthew Sweat on the air recently. She believes he discovered one of the causes of the headaches from which she's suffered for three years after her disc went out of place in a car accident — her 7.5 pound purse. Routinely, she packed her purse with makeup and anything else that she could possibly need while away from home. She says Dr. Sweat gave her instant relief after one adjustment. "I haven't felt this good in years, she said." Neither has her purse!

HEADACHES???????

Solutions not Promises!

If you suffer from, headaches, neck, back, shoulder , arm or leg pain, dizziness, sciatica, fibromyalgia, Dr. Matthew Sweat may offer relief. Call us now (770) 457-4430 for your FREE Consultation

PLEASE NOTE: NOT ALL CONDITIONS WILL RESPOND WITH UPPER CERVICAL care.... but we know that the Atlas, Upper cervical area ADJUSTMENT is important to your health because:

- 1. It affects the muscles and nerves in your head and face***
- 2. It feeds constantly information directly to the brain.***
- 3. It affects parts of the brain with connections to your organs***
- 4. It affects posture and muscle balance producing spasms~ If you get body massages...be sure, to ask them not to massage your neck area!***
- 5. It can be injured in accidents due to how much the head weighs.***

The Atlas Orthogonal Adjustment may help you escape drugs, or surgery, or actually help you when undergoing medical treatments. One of our Medical Neurologists refers us patients weekly, we Thank him and are grateful for his support and confidence in the Atlas Orthogonal Adjustment. The Adjustment is easy, painless and full of incredible RESULTS!!!!

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Many patients have had help with some of these symptoms...

- Arthritis
- Chronic Fatigue Syndrome
 - Fibromyalgia
 - Autism & ADHD
- Head bumps/Concussions
 - Scoliosis & Sciatica
 - Asthma
- Chronic Pain or Stress
 - Athletic Injuries
- Auto Accident/Whiplash
 - Neck & Back Pain
 - Herniated Discs
- Multiple Sclerosis
- Migraines & Other Headaches
 - Poor Posture/Stress
- Seizures, including Epileptic
 - Leg & Arm Numbness
 - Sinus Problems
 - Allergies
 - Dizziness
- Bells Palsy & Birth Trauma
 - Horner's Syndrome
 - Trigeminal Neuralgia

Did you know, that Georgia is the 9th of the 10 Most religious states in the nation? According to a study by the Pew Research group. Mississippi is first followed by, Alabama, Arkansas, Louisiana, Tennessee, South Carolina, Oklahoma, North Carolina, and Kentucky!

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February is DESIGNATED AS AMERICAN HEART MONTH, Be sure to STAY in Atlas adjustment, Eat right and Exercise!!!!

HEART DISEASE & CANCER EQUAL TO 1/2 OR (50%) –Of all U.S. fatalities

BENEFITS FROM EXERCISE (Reference: Dr. Gregg Gerety, Endocrinologist, AJC)

Physical Activity helps to keep the endocrine system in balance and stimulates hormones.

Stimulates healthy activity, blood to the brain and improves body sense and equilibrium.
Stress hormones include adrenaline which is the flight or fight hormone and gives you a boost of energy.

Exercise lowers insulin levels and lower insulin levels may help patient lose weight.

Insulin is a hormone producer in the pancreas and controls metabolism.

Exercise stimulates the endorphins and they give the body a sense of feeling good and well being.

According to Mayo Clinic exercise can help depression and anxiety.

Walking increases your heart activity and joint mobility. Being lethargic and inactive can lead to weight gain.

Walking is the greatest conservative exercise. (Reference: Sweat Institute)

We recommend that adults should walk (3) miles a day usually (1) mile or a minimum of (1) mile is 15 minutes, 3 miles is usually a total of 45 minutes.

RECIPE OF THE MONTH: By Suzanne S., a friend & patient, Delray Beach, FL

Feta Salad: Prepare portions by guess and sight! Cooked penne pasta Romaine lettuce Black olives chopped Feta cheese Ripe avocado Caesar's Dressing. Enjoy!

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"Failure is only the opportunity to begin again more intelligently."~Henry Ford

Make this 2010 your year for Effective communication beginning with mutual respect - communication which inspires, encourages or instructs the other person to do their best. When we respect someone, we will never be rude to them. Consequently, by treating that person with respect, we get cooperation, enthusiastically given instead of grudgingly given. Eisenhower said that leadership was the ability to persuade someone else to do what you want them to do because they want to do it. Giving respect to a person means you will treat them with courtesy and dignity. The respected individual is going to work harder to become a better person, always wanting to do more and more.

Extended Through June 30, 2010, Dr. Matt is offering Free Consultations for new patients and Free Referral visits to existing patients.

We are the place...call now and schedule an appointment with Dr. Matt (770) 457-4430

****Eric Pragle, LMT, our Massage Therapist is working 2 Saturday mornings a month ! Call our office for details (770) 457-4430**