



**Children's Spinal Exams**  
**Now extended thru September!!**

Reserve your time by calling 303.343.8800 or [email](#) us.

Learn about:

- Proper backpack use
- Children's exercises
- Children's nutrition

**Enter the his and hers children's backpack raffle!**

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Greetings!

Thank you to all of you who shared your feedback to my previous email concerning the healthcare bill. Your experiences and opinions are compelling and valuable. Please continue to share your healthcare experiences with me, and others. Your real life accounts are helpful to those who have not had to utilize healthcare, fight diseases or offer coverage to employees. Through your positive and negative experiences we can work towards the best option for reform.

This issue's topic the "Top 10 Reasons You Should Not Ignore A Backache" is fitting since I believe it addresses both health awareness and prevention. Whether its a backache or an illness, the adage "an ounce of prevention is worth a ton of cure" stands true.

Now is an ideal time to take a closer look at preventive health. Choose your reason:

- Your back is sore from your summer activities or you're worried that the moguls might re-aggravate old wounds.
- School is back in session and chatter about swine flu is building.
- You'd love to explore reducing dependence on OTC or prescription drugs (we work closely with you and your medical provider).

The following article nicely illustrates the reasons for Chiropractic and preventive care. These reasons also apply to your nutritional health and wellness. With both disciplines, I am prepared to work with you and your family at reducing inflammation, reducing illness and strengthening your immunity.

Each of my protocols fight inflammation and illness naturally. In short, I identify structural abnormalities and nutritional deficiencies and respond with therapies that target the cause.

Not sure how this works? Stop in and find out! Live Healthy!

Dr. Julie Marchiol, DC, FIAMA

Ascent Health Center 303.343.8800

PS: ["Back" On Track](#), children's spinal exams will continue until the end of this month! See our special at the bottom of the page.

**VISIT OUR WEBSITE**

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**2009 Healthcare Benefits**

We're pleased to examine your insurance benefits to see if they contribute to your care.

**QUICK LINKS**

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[www.AscentHealthCenter.com](http://www.AscentHealthCenter.com)

**Chiropractic for Kids**

Good health starts early. Ask Dr. Julie how Chiropractic plays an important role in kid's development.

**Top 10 Reasons You Should Not Ignore A Backache**

10. The straw will break the camel's back  
 We've all heard the expression "the straw that broke the camel's back." This is so true for too many people who ignore minor spine problems. One day they do something silly, like bend down to tie their shoe and they can't get up. Major problems are much more painful and expensive to care for.

9. The times that you need your spine the most will be the time that it will tend to give out on you  
 If you neglect your spine, you can be sure that when you need it the most due to stress, physical activity, business or pleasure travel, or a big game-it gives out on you. Regular adjustments as a part of your lifestyle can keep you healthy and prevent these inconvenient episodes from putting a damper on your life.

8. Nerve pressure can exist without pain  
 Pain is not a good indicator of how healthy or unhealthy your spine is. Spinal examinations such as posture, weight balance, palpation, muscle testing, computer scans and x-rays are much better indicators about the health of your spine. Pain is usually the last to show up and the first to be relieved when you begin care. If you experience pain or know someone experiencing pain, there is a problem that needs attention.

7. Nerves supply your whole body, not just your muscles  
 Your spine protects your nerve system, the master control center of your body. Energy flows over your nerves to provide communication between every cell of your body and your brain. The pathway in your spine must be clear for the messages to get through. If you have a backache, or have had one in the past that has not been corrected, than the underlying cause could be affecting the function of vital organs and systems, leading to an even more severe problem than a backache. And don't forget number 8 above.

6. Deterioration can begin within 2 weeks  
 Researchers in Finland found that when the spine is misaligned it can begin to deteriorate within 2 weeks. Think about how many two weeks go by from birth to age one, especially if there was a traumatic delivery. How many two weeks are there from a childhood fall to age 50? Is it any wonder why more than 15 million people are diagnosed with osteoarthritis each year?

5. Grandma and Grandpa didn't wake up crooked one day.  
 They grew that way over time  
 This goes along with number 6. Over time, deterioration causes the spine to wear down unevenly, not because of age but because it is misaligned. Just like the tires on your car wear down unevenly when they are misaligned, the same can happen in your spine. You may have some areas in your spine that look like they are 80 years old while you have other areas that are more like a 30 year old. Both in the same spine! It only takes one bad area to ruin your life.

4. Your quality of life depends on a healthy spine  
 If you want to be healthy and active as you age, you have got to have a healthy spine and nerve system. Period.

3. Good posture keeps you young and attractive  
 When your body becomes bent over and crooked, you will look and feel old and decrepit. If you keep you posture and your spine straight and strong, you will stay healthy, young and attractive. Many people attempt to use facelifts to preserve their youthful appearance as they age. A facelift would look silly on a person whose spine was bent over and mangled due to neglect.

2. You can't afford to get sick or injured  
 Now more than ever, you cannot afford to get sick. Crisis care costs are astronomical. Back pain alone costs the US over \$90 billion per year. An ounce of prevention is worth a ton of cure.

1. Because your chiropractor cares  
 Our office sees too many people who wait until it's too late or they experience intense pain and suffering before they begin care. Don't let this happen to you. Make an appointment for a spinal examination today.

## Why is Ascent different than other Chiropractic clinics?

**Chiropractic + Acupuncture + NET + Nutrition**

Could you imagine making four different appointments to bring together the disciplines of [Chiropractic](#), [Acupuncture](#), [NET](#) and [Nutrition](#)? Better yet, try getting each of your practitioners to communicate and share their findings.

Good news, you don't have to! Dr. Julie is pleased to provide each of these disciplines to her patients during each and every appointment.

## Throughout the month of September! Get Your Kids "Back" On Track for the School Year



Heavy backpacks can cause nonstructural or functional scoliosis, an abnormal curvature of the spine.

Children's spinal examinations are also a great way to recognize structural strains that come about during sports and other activities.

Bring your children in for their routine spinal examination.

Kids screenings are \$15, or no charge if they join during their parent's appointment.

Offer Expires: September 30, 2009. The "no charge" offer is valid for one child during one appointment.

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