



GRUNDY

FAMILY CHIROPRACTIC, S.C.

HELPING KEEP FAMILIES HEALTHY!

847-358-9999

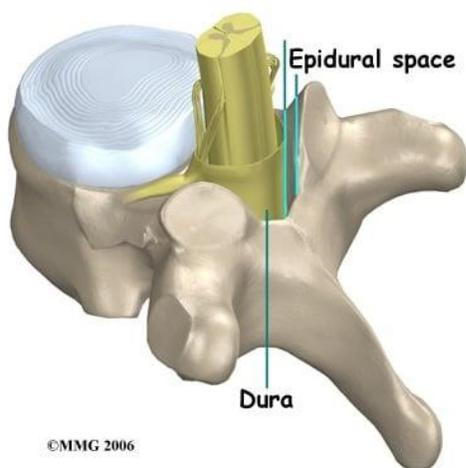
SUMMER HOURS



Mon: 7-1 & 2:30-4:30

Wed: 7-1 & 2:30-4:30

Fri: 7-1



A special thank you to
BB Babies Lactation
Services,
Christen & Samantha
for your kind referrals.

A Word from Dr. Alicia

Dear Patients:

Our hours are changing for the summer. We will be seeing patients Mondays and Wednesdays from 7 -1 and 2:30- 4:30, and will have the same Friday hours, 7 -1.

Don't forget that Fatty acids are important! Fatty acids are used in the body in cell membranes and as neurotransmitters in the brain. Fatty acids help with brain, cardiovascular, skin and hair health! Metagenics makes an enteric coated fatty acid that tastes like vanilla (not fish!) Ask me about Metagenics or visit our site:

AGrundy.metagenics.com.

**Make sure you stretch before
and after gardening!**

Dr. A.

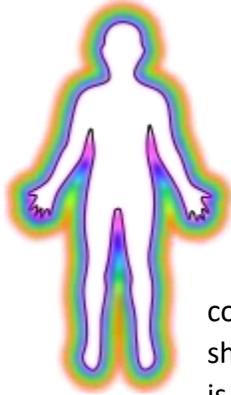
Medical Research Review...

(...Why try Chiropractic first!)

NSAIDS use linked to chronic lower back pain

A study was released this month that looked at the use of anti-inflammatory drugs in patients with low back pain.

“Overall, patients who took anti-inflammatory medications such as nonsteroidal anti-inflammatory drugs (NSAIDs) had a higher risk of ending up with persistent, chronic pain.”



It is thought that the inflammatory process is necessary for healing and inhibiting this will have long term consequences. Studies show that chiropractic care is the most cost effective

and effective way to treat low back pain. Another reason to try chiropractic first!

<https://www.aaas.org/news/anti-inflammatory-medications-raise-risk-chronic-back-pain-patients>

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Infants and Reflux Medication

Did you know that the American Academy of Pediatrics no longer recommends routine use of Reflux medication in infants? It is now recognized that this is a normal developmental phase, due to immaturity of the nervous system.

Medicine for GERD (gastroesophageal reflux disorder) has been found to increase food, drug and other allergies. **Risk of food allergies doubled and drug allergies increased by 50% in children who were given PPI (proton pump inhibitors) as an infant.**

Try chiropractic to help the nervous system work the way it should!

<https://www.drugwatch.com/news/2018/04/23/study-babies-on-antacids-face-food-allergy-risks/>
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