

The Good Life

The Newsletter for the Good Life People

January 2007

Good Life Projects:

It's a new year and the time for us to go over our 2007 projects with all of you. You are not just our patients, but also partners at work. Feel free to give us your ideas. We take your comments seriously. The new advancements are:



Dr. Manfred Alkhas

1. We are adding more advanced physical therapy modalities in the month of February to our office. Room #3 will be equipped with a brand new Traction/ Spinal Decompression table.
2. As you might have already noticed Good Life is now equipped with the latest instrument adjustment technology that mobilizes specific spinal segments. This technology is the most advanced and researched adjustment technique. The gentle and effective thrust of the instrument moves the vertebrae approximately 1.6 millimeters, which is more than any chiropractor's hand adjustment can accomplish. This technique is also safe for children and osteoporosis patients. Ask for demonstrations!!
3. We are birthing a new community group called the Optimum Health Community (the OH! Community). The OH! Community will meet once every two to three months to discuss the latest health research and trends. We will read books, articles, discuss health issues and invite reputable guest speakers. The OH! Community information will be posted in our newsletters, waiting room board, and Good Life Website (www.goodlifechiropractic.com).
4. Good Life is introducing new lines of nutritional products to the office. Our new nutritional products include treatments for PMS, high cholesterol, heartburn, osteoporosis, menopause, arthritis, sinusitis, and specifically formulated multivitamins. Good Life does not sell any multi-level company products.

The list goes on but more will be noted in the future editions of the newsletter. We are determined to make Good Life one of the best chiropractic offices in the nation. The difference is your health and that's what matters to us.

-2007 Dr. Manfred Alkhas

Question of the Month

- Can spinal misalignments be genetic? If yes, can chiropractic correct these genetic anomalies?

- Answer to the last month's question:

What are the major causes for jaw misalignment and what are the most common signs of TMJ syndrome?

The most common cause for TMJ pain diagnosed in our office are prolonged dental work, grinding of teeth (bruxism), and trauma. The most common signs are pain during chewing, popping sounds when opening or closing the mouth, pain in the ears, and headaches. Chiropractic offers gentle and effective treatments for TMJ syndrome.



Good Life Chiropractic

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“Good life Chiropractic, A Well Adjusted Life”

Announcements



1. We are proud to announce our biggest loser!! Good Life's determined patient, Bev H. from Santa Clara has lost over 110 pounds by eating healthy, plant-based diet. She looks fabulous and energetic.
2. We are also proud of Julie D. our dear patient who ran the Nike Women's Marathon (26 miles) supporting research for lymphoma treatments.
3. You can now have your credit card on file with Domarina. Your information will not be stored digitally in the office to maximize security. This will make coming to Good Life easier for our regular patients.
4. Dr. Manfred will be giving a series of lectures on the topic of nutrition at San Jose's Fed Ex headquarter on January 9th and 23rd.
5. Our trip to Boston has been postponed. Will will announce the dates as soon as we get the final word.

8 Factors to Better Choose your Vitamin Supplements:

1. The product must not contain any binders, fillers, coatings that may be synthetic and possibly harmful.
2. The product must not contain any preservatives such as potassium sorbate and sodium benzoate.
3. The product must not be heat-processed. This destroys important enzymes.
4. Make sure your multivitamin is full of minerals. Stay away from colloidal minerals, they may be toxic. Carbon-based organic minerals are the safest and most effective.
5. Ascorbic acid is a synthetic form of vitamin C. Get the real thing!
6. Be aware of synthetic Vitamin E's. DI-alpha tocopherol is synthetic vitamin E and d-alpha-tocopherol is the natural one.
7. The product must not have nay artificial flavors, colors, additives, wheat (gluten), corn, or yeast.
8. It is good for the product to be ultra-hypoallergenic.



Now you know the difference between our products and some other products in your local grocery stores.