

3rd Quarter 2007
SM City Bacoor
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Mabuhay Chiropractic Clinics

Natural Healthy Living

Chiropractic's Public Health Side

PRESS CONFERENCE

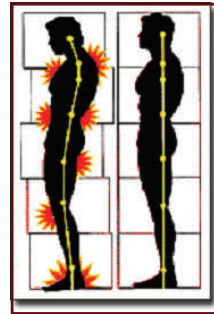
October 2nd, 11 am at the Inter-continental Hotel in Makati is the place where an important announcement on the developments in chiropractic's plan for contributing to the public health needs of the Philippines, through chiropractic's special perspective in healthcare.

Director of Mabuhay Chiropractic Clinics, Michel Tetrault, DC is hosting a Press Conference for the tri-media of Manila to hear about these upcoming developments:

1. Seeking a donor, a patron, for the desperately needed College of Chiropractic to take root in Manila.
2. Announcing tie-up discussions with STU's physical therapy dept. in conducting new research on posture and the connection with a National

Posture Awareness campaign called "Tindig Diretso! Pinoy"

3. Announcing plans to establish a training program to elevate Community Health Workers referred to as Hilots. This is the Spinal Health Therapist 500 hours certificate course, affectionately called: "Save the Hilot" campaign.



The print, TV and radio media are all invited to send their representatives and take note of these development plans.

Also, this will provide the opportunity to expose more people to the benefits of chiropractic and highlight the effectiveness and safety of this small but growing profession.

"It's time the Philippines catches up with other major countries that have already mainstreamed Chiropractic as a valuable professional healthcare service." Says Doc Michel,

Mabuhay Chiropractic invites its patients to come and attend and share their personal experiences to the press reporters as they will be particularly interested in the human side of the story as well as the official announcements.

Special courtesy will be made available for those patients that volunteer to participate in the Press-Con event so plan to come Tuesday, October 2nd at 11am and let us know you're coming! Lunch is on us...

Clinic Holds another Patient Appreciation Day

As is our tradition we like to have a party for and with our patients in the clinic every several months or so.

Considering the importance of the Press-Con we want to celebrate in both clinics with our special clients.

Come and share food and refreshments at the clinic.

Forbes Park, Makati clinic day is on **Monday, October 1st all day**. Please bring your friends and family to visit our beautiful clinic.

We will be unveiling a wall sized painting of our logo, we call the "Spine-Tree" for good posture and strength.



SM Bacoor day will celebrate on **Tuesday October 2nd from 6pm to 7pm** in our Well-Point facility.

On **Wednesday** at the Forbes Park office we will be holding a **"Clinic Blessing" at 6pm**. All are invited to attend this as well.

Our special give-away is a secret.

5 important health essentials

- Proper Diet and Nutrition
- Proper Exercise and Fitness
- Proper Sleep and Rest
- Positive Mental Attitude
- Proper Nerve Supply

Please join the celebration days October 1, 2 and 3.

- Refreshments
- Healthy Food
- Door Prizes
- Bring a friend

Appreciation parties:

Forbes Park - Monday all day
SM City Bacoor - Tues 6-7pm

Clinic Blessing:

Forbes Park—Wednesday 6pm

Testimonial Corner - Nerve Problems

This is to thank Michel Tetrault, a Canadian that studied chiropractic in the U.S.A. He opted to stay in the Philippines to practice chiropractic. I learned from him that chiropractic is the treatment of diseases by manipulating the parts of the body, specially the spine.

Back in July 2004, I was very surprised that when I woke up in the morning my left hip down to the left foot was numb. Numbness followed with severe pain that I could not sleep day and night for a week. I could not walk. I am on a wheel chair. A neurology doctor in Dasmariñas Medical Center prescribed me with B-complex vitamins and a medicine for convulsion which gradually helped ease the pain. The pain continued on for a year so I had to consult another doctor in a Naic hospital that prescribed the same medicines and to continue taking it in a lesser dosage

possibly for the rest of my life. My condition became better but I developed an allergy to these medicines. I got an itchy skin all over my body and my creatinine rose critically. I stopped taking medicines. Numbness was still there and I could not still walk long and stand long. I lost my interest in pets. I donated my two monkeys, two wild cats and turtles to Cavite zoo in 2005, I left my hardware store to my mother and a helper in Magallanes Cavite, reduced my beehives from twelve to two beehives and I lost interest in many things I used to do before.

Last August 2007, my sister Remedios Ogot dela Cruz from Trece Martirez City gave me a call telling about her officemate Susan a nurse that suffered the same condition I have. She is completely healed thru chiropractic. I was given the contact number of Michel Tetrault, but maybe I

used to accept my condition, so I did not give much attention to it. After a month, my sister kept on reminding me until I was persuaded and gave a call the Tetrault Mabuhay Chiropractic Clinic in SM City, Bacoor Cavite. X-ray was done and found a misaligned spine in my lower back, some discrepancy in the middle spine and one in the neck area. I was informed that it is not a complicated case and needs six sessions to fix it. After the first session, I felt differently, I got a lot better, refreshed and relaxed. The process was simple but very scientific. The fifth chiropractic session was done on the 15th of September 2007. I can say I am back nearly to my perfect health. I am starting to attend back to my hardware store and to my hobbies. Buenvenida!, Senior Michel Tetrault. Do you want to see monkeys, duck, goats and beehives? Those are with me again.

Cesario O. from Bacoor, Cavite

Home Care

It is not uncommon for Chiropractic treatments to be accompanied by recommendations to make certain changes in daily activities or to perform specific tasks that will improve the treatment outcomes and speed up the healing process.

These fall into three categories

1. Acute pain management such as ice, bracing,
2. Limited restrictions like bed rest, no lifting...
3. Permanent restrictions like work and home activities to be performed or to be avoided.



“If in doubt use ICE” Many people are told to put heat over a painful area, thinking that the increased circulation will help the healing.

The use of heat best applies in the case of a pulled muscle, but adding heat increases inflammation, which is mostly responsible for joint and tendon pain. So when you are not sure if you should use ice or heat, the safest advice is to use ice.

Ice should not be applied for any longer than 30 minutes

Slipped Discs

The term "slipped disc" is commonly used to describe a spinal disc herniation but in actuality, the disc can never slip like we think; instead the outer fiber mesh gets stretched and weak areas tear, thus allowing the jelly-like center material to bulge outward. This causes severe pain.

If the bulge (herniation) is severe enough, the nearby nerve roots that supply the legs or the arms will also become irritated; so a disc problem can also cause radiating pain into the upper or lower extremities. In the case of a lumbar disc

herniation the radiating pain could affect the buttock all the way down to the foot, and on the same side as the bulge. This is the main reason people undergo spinal surgery but under chiropractic management 80% of surgeries are avoidable.

Remember, only a chiropractor can evaluate a spine with a disc problem and determine if and when chiropractic methods can help in any particular case. Many studies have shown that most disc surgeries can be avoided with timely chiropractic care and that's good news the 80% that may respond!

“Only a chiropractor can evaluate a spine with a disc problem and determine if and when chiropractic methods can help in any particular case.”