

IN TOUCH a quarterly Newsletter compliments of:

Anuloma Chiropractic & Anuloma Yoga Center



503-619-0408 anulomachiropractic.com anulomayoga.com Like us on Facebook

Auto Accident? Understand your rights.



If you have an auto accident, you have the right to seek treatment from the doctor of your choice. You do NOT need a referral from your family doctor. Your auto insurance will **NEVER** refer you to a specific provider. It is against the law for them to do so.

We have noticed that many of our patients are receiving marketing letters from certain Chiropractors who are purchasing DMV records and soliciting accident victims, within days of their accident. The letters or phone calls are made to look like they come from your insurance company. Possibly, on the front of the envelope are the words, "*Important information about your recent accident.*" These letters or calls are solicitations. They are definitely NOT from your insurance. Although soliciting from DMV records is technically not against the law, many believe this type of solicitation to be predatory, unprofessional and unethical.

If you have had an accident and need Chiropractic treatment, we can always care for you, as usual, with Chiropractic treatment, massage and exercises to help you recover as quickly as possible. You do not have to go to one of those clinics that send marketing letters. In case you are injured in an accident, give our office a call at 503-619-0408 and we will be happy to schedule you an appointment. Our office can also help you to navigate through the stress and paperwork of the claim process.

New hands at Anuloma

We are excited to announce that India Hamburg, L.M.T., Licensed Massage Therapist, is available by appointment. She offers half hour, hour and 1½ hour massage sessions. You can reach her at 503-431-1391 or call the clinic at 503-619-0408. You can also visit her online at indiahamburgLMT.com.



Mindful eating.

What is your body hungry for?

For many people, it is difficult to imagine the concept of eating to feed your body, or eating to provide your body cells and tissues, the nutrients that provide for optimal function and health.

On the contrary, for many, eating is done merely to satisfy the senses of hunger, satiety and taste. Furthermore, our eating patterns can become both habitual and "robotic," with little thought or care given as to which foods will support health and optimal function. We eat what we have always eaten or what we think sounds good. Our eating patterns can even become generational. Perhaps we suffer from health problems or obesity, which we simply accept as "fate," because "they run in the family." While some health conditions do indeed have a genetic predisposition, lifestyle and diet are important factors which unlike genetics, are theoretically under our conscious control.

Even small, mindful changes in our eating patterns and habits can benefit our health and well being. Eat plenty of fresh fruits and vegetables, cold water fish and other good fats such as avocado and raw walnuts and almonds. Limit or avoid sugar, processed foods, hydrogenated oils such as margarine and foods fried in vegetable oil, processed grains and red meat. Drink at least 8-10 glasses of water a day. Regarding supplements, almost everyone is deficient in vitamin D and Magnesium. It is a good idea to take 5000 mg a day of vitamin D and 500 mg of magnesium. Essentially follow the advice, "if it comes from a plant, eat it. If it is made in a plant, don't eat it." When you eat to nourish your body, your whole relationship with food will change.



Yoga is great for injury rehabilitation

My patients know me as a Chiropractor, but I am also a yoga teacher and I offer classes and private sessions.

Yoga's gentle movements are a big reason for why it's so popular. Yoga is good for people who haven't been active in a while. It's good for people who have certain health conditions like arthritis or osteoporosis. You can change the exercises to fit your needs. But yoga is also great if you're already fit and want a challenging workout. As you become stronger and more flexible with yoga, it's easier to do other kinds of exercise like dancing, walking, running or swimming. You may also likely experience increased energy and stamina and an overall sense of well-being. Call 503-619-0408 for more information.



Redeem this coupon for
One free yoga class

anulomayoga.com

**Chiropractic visit and
1/2 hour massage
\$20 off
Regular \$95**

**With coupon \$75
503-619-0408**

Expiration Date: 05-15-2019

**3 Massages
\$150
Regular \$180**

503-619-0408

Expiration Date: 05-15-2019

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