



Back Column

Pinnacle Physical Medicine & Rehab
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It's Tax Season! Need Some Stress Relief?!



Stress, sometimes called tension, is any reaction to an emotional, physical, social or mental situation. Reaction to stress may manifest in alteration to our thinking, feelings, emotions, physical being, actions or perceptions. The impact of stress is different for all individuals as some people handle stress better than others. Regardless of your particular response, the function of your nervous system is involved. That's why our office staff can help. Our office staff can help restore the

function of your nervous system by removing interferences that can make a profound difference in how you respond to stress.

Stress can result from many things: a high pressure job, filing your taxes, relationships, financial problems, traffic jams or life changes. Though it's usually considered a psychological problem, it can produce many real physical effects. The body's chemical and physical makeup may change, such as increased heart rate, elevated blood pressure, increased cholesterol levels and muscle tension. Stress may create an environment for other illnesses and conditions to progress, such as fatigue, headaches, irritability,

insecurities, memory loss, stuttering, teeth grinding, high blood pressure, heartburn, stomach upset and anxiety. The body uses and absorbs nutrients at a higher rate when under stress which may create deficiencies especially of Vitamin B complex, Vitamin C, Calcium and Magnesium. Some important supplements are:

- **Vitamin B complex**— critical to good health and proper function of the nervous system
- **Vitamin C**— supports the adrenal gland as well as an antioxidant against free radicals
- **Calcium, Magnesium, and Zinc**—when supplies are depleted they can cause anxiety, fear or

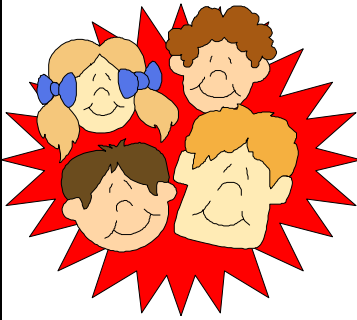
hallucinations

- **Coenzyme Q10**— helps protect the heart and immune system

Just as a chain tends to break at it's weakest link, we seem to exhibit stress and strain in the weakest areas of our bodies. For some, it's an upset stomach. For others, recurring headaches, back pain or muscle stiffness may occur. Still others respond with nervous twitches, allergic reactions or sensitivities to chemicals.

It may not be possible to remove stress from your busy life. However, with the help of chiropractic, medical and physical therapy care, you can respond better to the unique challenges you face.

Source: www.mercola.com



Welcome New Patients!

Here are the new patients that became members of our practice recently! We'd like to welcome you publicly and wish you all the best!

Robert S.

Dave G.-referred by Henry S.-thanks!

Travis D.-referred by Yvette W.-thanks!

Julia K.

Gary E.-referred by Dianne H.-thanks!

Jimmy G.-referred by Dr. Fannin-thanks!

Oswaldo U.-referred by Ivelisse A.-thanks!

Terry P.-referred by Jeannie P.-thanks!

Chris D.

Jeremy A.-referred by Jerry A.-thanks!

Thanks to all of our friends who referred patients to us. We want to say "thank you" in a special way. For each person you refer that becomes a patient, we give a "referral reward". Ask Diane how you can receive an extra bonus for sharing the good news about chiropractic.

We Carry Multivitamins—for Kids!

- **Animal Parade® Gummies** are bursting with chewy, delicious, all-natural orange, grape, and cherry flavors, just two gummies provide a broad profile of nutrients, including a full complement of 20 essential vitamins and minerals, along with 14 of nature's premier whole foods. Delicious natural fruity flavors!
- **Animal Parade® Children's Chewable Formula** supplies the protection and nutritional assurance all parents seek for their children, along with the great taste and animal shapes kids love. Each chewable tablet supplies 16 vitamins and 8 minerals as well as nature's most healthful whole foods including carrot, broccoli, whole brown rice and spinach. Combining the natural goodness of whole foods with a balanced profile of nutrients is what makes Animal Parade a complete dietary supplement formulated for your child. Ask Dr. Showalter about it today!

Source: www.naturesplus.com

Welcome Vikki!

As of March, Vikki Braden has joined our practice. Vikki is a licensed Physical Therapy Assistant. She graduated from Washburn University in Topeka, Kansas in 1997 and has had experience in various settings from long term care to outpatient physical therapy. Vikki has continued her education by obtaining credit hours in manually managing pain. She comes to us with nine years of work experience. Welcome Vikki!!



Diane's Recipe Corner

Tropical Mango Mousse

2 mangos-peeled, seeded, and cubed
1 banana

2/3 c. nonfat plain yogurt
2 tsp. honey

6 ice cubes
1 tsp. vanilla extract



Directions

1. In a blender combine mangoes, bananas, yogurt, honey, ice cubes, and vanilla extract until smooth.
2. Refrigerate for 3 hours.
3. Pour into individual dishes and enjoy!

Question of the Month:

True or False?

The body uses and absorbs nutrients at a higher rate when under stress which may create nutritional deficiencies.

The first patient to call with the right answer will win a FREE bottle of BIOFREEZE. (once per patient, please). The answer to last month's question was: A. 95%. June O. got the question right. Our **Patient of the Month** for April is **Brandy K.** Congratulations! Brandy will receive a free 30

minute massage. A random number is picked each month so everyone has a chance to win!!

The winners for the **March Madness** drawing were Stacey H., Donna C., Craig L., Terry P. and Lucy S. Congratulations! The winners will receive their choice of a free adjustment or a free massage.

Quotable Quotes

- The highest appreciation is not to utter words, but to live by them. **John F. Kennedy**
- Luck is a matter of preparation meeting opportunity. **Oprah**
- Kind words are the music of the world.
F. W. Faber

DID YOU KNOW....?

Our Office Manager Diane Zemsta and Assistant Lauren Pieniaszek are both licensed

Chiropractic Therapy Assistants. They had to have 50 hrs. of extension courses, pass a test given by the Tennessee Chiropractic Association and accrue 1200 hours of on-the-job training. Each year, they must also accrue 6 hours of continuing education to renew their licenses. This year the class was held in Gatlinburg and covered Chiropractic and Medical Terminology and Recordkeeping and was presented by Dr. Mike Massey. Chiropractic Therapy Assistants from all over the state of Tennessee met together to discuss patient case histories in an effort to improve future chiropractic care for their patients.





It is the mission of Pinnacle Physical Medicine & Rehab and Optimum Health Clinic to provide our patients with the most advanced, effective chiropractic, medical, physical therapy care and health advice possible. Our office and staff are totally committed to patient satisfaction.

We're on the web!

**www.mddcpt.com or e-mail us at
chirodcs@yahoo.com**

**Contact us today to subscribe to our free monthly
newsletter!**

*The articles in this newsletter are not meant to be or replace medical advice; they were written for information purposes only. Before doing anything seek the advice of your Medical Doctor or talk with Dr. Showalter.

Mark your calendars...

Patient Appreciation Day is May 17th

On Wednesday, May 17th, all of our existing patients will receive a **FREE** adjustment in honor of our 5th year anniversary.

If you know a family member, friend or co-worker who would like to try chiropractic care, new patients will be seen on

Thursday May 18th or Friday May 19th

for a Complimentary Consultation and exam with Dr. Showalter

It's only a couple of weeks away, so call for your time now!!

(Worker's comp, P.I. cases, Medicare and federal programs excluded)

