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ACE Chiropractic News

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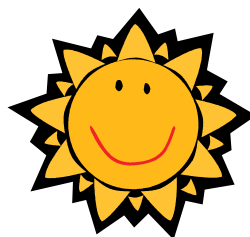
Flying into Summer!

Dear Practice Members,

Time flies when you’re having fun! The first half of this year has started out with a bang and we know it will continue along this path. Everyday is filled with excitement in our office. Our practice members are the best around and are the reason we love coming to “work.”

We have a lot of good things planned for the second half of this year. For one we will be participating in the Susan G. Komen Race for the Cure this fall in uptown Charlotte (see Page Two for more details). We will also be reach-

ing out to our community by performing spinal health screenings at the various health fairs and trade shows



around. Keep an eye out for us! If you would like us to perform a spinal screening or health talk to your organization or church please let us know. The more people we can reach, the more we can

help and that is our mission!

Please be safe this summer with all of your travels and adventures. Remember we are always here for you if you find yourself “bumped or bruised” along the way.

In Health,

Dr. Amanda Boda

The “Goings-Ons”

Testimonial Contest!

During the month of August we will be holding a testimonial contest in our office.

How has chiropractic care benefited you and your family? What were you experiencing before starting care? What has your experience been like at ACE Clinic?

These are just a few questions you can write about! We are encouraging our patients to be as creative as possible with their Success Stories! Decorate them. Include a personal photo. What ever you may like. If you’ve already written one for us, write an updated one!

For everyone that writes a

testimonial we will be entering you in a drawing to receive \$200 worth of services! There is also a prize for the most creative story! There are other ways to be entered as well. Keep on the lookout in your mailbox for details!

Team “ACE for the Cure!”



Did you know that one in eight women will be stricken with breast cancer in her lifetime?

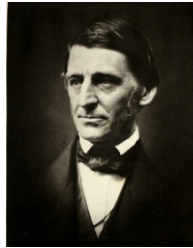
Team “ACE for the Cure!” At ACE Clinic we recently accepted the challenge to raise funds to support the 2008 Susan G. Komen Race for the Cure in Charlotte in the fight against breast cancer. Did you know that one in eight women will be stricken with breast cancer in her lifetime? Funds raised for the “Race for the Cure” will be used to fund vital breast cancer education,

screening and treatment programs in our own community and support the national search for a cure. We have named our team “ACE for the Cure” and will be walking the 5K in honor of two of our practice members who are currently fighting breast cancer.

In August we will be having a “Pink Day” in the office to

help raise money for our team. Any patient who wishes to donate a minimum of \$30 to our team will receive their adjustment that day for free! We will also be signing up “ACE for the Cure” team members for those interested and serving refreshments...all in pink of course! You can also visit our web site for team information and to make donations!

Success Quotes



Ralph Waldo Emerson

To laugh often and much. To win the respect of intelligent people and the affection of children. To earn the appreciation of honest critics and endure the betrayal of false friends. To appreciate beauty. To find the best in others. To leave the world a bit better,

whether by a healthy child, a garden patch or a redeemed social condition. To know even one life breathed easier because you have lived; this is to have succeeded.

—Ralph Waldo Emerson

Success!

What's your success story?



My son (pictured with me) is a patient of Dr. Boda's and is getting great results. I decided to see if she could help me. I had pri-

marily upper back pain for the past 2 years and I was getting worse as time passed. I was taking ibuprofen and having people rub my back with very little relief.

After care my back is much better—wonderful relief! I also get relief from my si-

nuses and knees (I play a lot of tennis) when I let Dr. Boda know that they are bothering me.

I would tell people not to put off chiropractic care would recommend the ACE Clinic of Chiropractic!

—Lori B.

Battling the Bulge

Contributed by Eddie Haughey, owner and personal trainer of Anytime Fitness in Fort Mill

Follow This Simple Plan to Lose Weight and Better Your Quality of Life

Yo-yo dieting. Creeping weight gain. It goes by many names, some of which are unprintable here, but we all have it -- that tendency to put back on weight we have worked hard to get off.

In many ways, it makes no difference how you accomplish the weight loss -- whether it's by working with your doctor or nutritionist to develop a plan of diet changes; with increased exercise; or whether you simply

cut out Krispy Kremes, Ding Dongs, and Cheetos in favor of low-fat foods. What does matter is having realistic goals about where your weight is now and where you want it to be a long way down the road. Realistic expectations can be a big help in keeping the pounds from coming back.

When a person who has dieted extensively to lose weight keeps the reality of the situation in mind, that person knows that weight management is long-term.

It's nothing special to drop a few pounds, but for an obese or chronically overweight people to lose 10% of their weight and keep it off for a long time, that is the kind of weight control that will add greatly to a person's quality of life later in life

as they avoid or minimize related conditions of obesity, such as type 2 diabetes, osteoarthritis, even some types of cancers.

The message behind weight management is simple.

Weight loss is best achieved through long-term, consistent lifestyle changes, as simple as eating more fruits and vegetables, getting at least 30 minutes of physical activity a day and avoiding high-calorie foods that have no nutritional value, such as all the sugar sodas and super-sized portions of French fries and snack items that the American diet is so full of.

But somehow, this message is not getting through. The message is simple. You have to eat fewer calories and get more exercise to avoid the kinds of diseases that can affect your quality of life in later years.



Out on the Town!



1959, are family owned and are still operated by family members. The first Women's show was held in 1982.

This fall keep a look out for us at the Southern Women's Show!!! The Southern Shows were started in

The women's show has something for everyone. How about a new look? You could visit one of the many clothing, make-up or accessory boutiques that will be attending! Maybe food and wine is your thing? They will have whole areas dedicated to just that!

And what Southern Women's Show wouldn't be complete without a focus on Women's Health? You will be able to have your blood pressure screened, talk to gym owners and personal trainers and, of

course, come and visit your favorite chiropractor!

Celeste and I will be performing posture screenings and giving away a fabulous prize. So bring someone you know who may be interested in chiropractic care to the **Charlotte Merchandise Mart between September 18th-21st!** We look forward to seeing you there!



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Adjusting for a better life.

ACE Clinic of Chiropractic was founded in January of 2007. Our mission is to help and serve the people of Fort Mill and the surrounding areas by providing effective and safe chiropractic care. We look forward to helping you, your family and your friends reach their optimum health.

