

Healing Hands

A Free Monthly Newsletter For The Friends and Patients of Colony Chiropractic

Dear Patient,

News Flash:

Colony Chiropractic is now offering traction based **DECOMPRESSION** therapy. This treatment works well for herniated discs, referred leg and arm pain/numbness/tingling, as well as other stubborn neck and back conditions. It is a wonderful alternative to back surgery. The charge is \$35 per session. Most insurances cover this type of therapy. Typical treatment plans consist of 18-24 visits. Call and schedule a consult with Dr. Kelly D. Smith to see if this is an option for you. 972-625-4800

LOVE IS IN THE AIR!

Every February, across the country, candy, flowers, and gifts are exchanged between loved ones, all in the name of St. Valentine. But who is this mysterious saint and why do we celebrate this holiday?

The history of Valentine's Day -- and its patron saint -- is shrouded in mystery. But we do know that February has long been a month of romance. St.

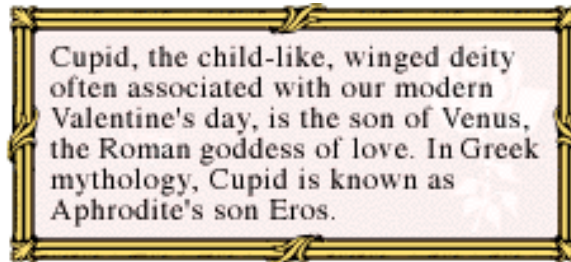
Valentine's Day, as we know it today, contains vestiges of both Christian and ancient Roman tradition. So, who was Saint Valentine and how did he become associated with this ancient rite? Today, the Catholic Church recognizes at least three different saints named Valentine or Valentinus.



According to one legend, Valentine actually sent the first 'valentine' greeting himself. While in prison, it is believed that Valentine fell in love with a young girl -- who may have been his jailor's daughter -- who visited him during his confinement. Before his death, it is alleged that he wrote her a letter, which he signed 'From your Valentine,' an expression that is still in use today. Although the truth behind the Valentine legends is murky, the stories certainly emphasize his appeal as a sympathetic, heroic, and, most importantly, romantic figure. It's no surprise that by the Middle Ages, Valentine was one of the most popular saints in England and France.

While some believe that Valentine's Day is celebrated in the middle of February to commemorate the anniversary of Valentine's death or burial -- which probably occurred around 270 A.D -- others claim that the Christian church may have decided to celebrate Valentine's feast day in the middle of February in an effort to 'christianize' celebrations of the pagan Lupercalia festival.

AND WHAT ABOUT THIS CUPID GUY?



Things You Should Know About Valentine's Day...

- 73% of Valentine Day flowers are bought by men, whereas women buy only 23% of Valentine flowers.
- Every year around 1 billion Valentine cards are sent across the world. After Christmas it's the single largest seasonal card-sending occasion.
- Alexander Graham Bell applied for his patent on the telephone, an "Improvement in Telegraphy", on Valentine's Day, 1876.
- California produces 60 percent of American roses, but the vast number sold on Valentine's Day in the United States are imported, mostly from South America. Approximately 110 million roses, the majority red, will be sold and delivered within a three-day time period.
- Hallmark has over 1330 different cards specifically for Valentine's Day.
- In the United States, 64 percent of men do not make plans in advance for a romantic Valentine's Day with their sweethearts.
- Only the U.S., Canada, Mexico, France, Australia and the U.K. celebrate Valentine's Day.

DON'T FORGET PRESIDENT'S DAY!



Washington's Birthday is the official name designated to what many of us know as President's Day. During the month of February the birthday of two of our greatest President's takes place: both George Washington, who was born on Feb. 22nd and Abraham Lincoln, born on Feb. 12th.

However, Washington's birthday has been publicly celebrated since he was in office, before Abraham Lincoln was even born. Much of the debate over the name of the holiday springs from the fact that state's can follow their own holidays how they see fit and many of them chose to also honor Lincoln, calling the celebration President's Day.

It was in 1968 that the term President's Day came up for legal consideration in the Congress but was shot down, though the holiday was moved to fall between the two President's birthdays. Again in the 1980's there was a resurgence of the term with advertisers which solidified the holiday name in American culture. Today, few Americans prefer to call the holiday Washington's Birthday in lieu of President's Day.

Baby Boomers Believe Chiropractic Helps Them Be Healthy

In the Sept. 19, 2000 /PR Newswire there was a report by the American Chiropractic Association on a survey of "Baby Boomers" conducted in the fall of 1999. The survey of baby boomers was conducted by Sorelli B, a national research firm.

The survey found that more than one third of those surveyed said chiropractic care prevented the need for prescription drugs and physical therapy. Additionally, many respondents believe chiropractic care had helped them avoid back surgery and hospital stays.

The survey results strongly showed many participants desire for chiropractic care when it found that, they are willing to pay for the services out-of-pocket, although they would prefer to have the care covered by their insurance plans.

The report also stated that nearly 60 percent of those surveyed said they would be willing to sign a petition asking their insurance companies to include chiropractic as a core component of their health plan. One of the more telling quotes from the news story was the following: "*Most of the baby boomers surveyed in the recent study said they were influenced more often by their doctor of chiropractic than by their medical doctor or osteopath. And doctors of chiropractic received higher ratings in the area of patient satisfaction than did their medical counterparts.*" They concluded that, "*Overall, 60 percent of the regular patients surveyed believe their doctor of chiropractic has improved their quality of life.*"

14th Annual Teddy Bear Drive

Tuesday, February 10th – Existing Patients

**Donate a new stuffed animal and receive your adjustment and therapy at no charge.
(Does not include massage therapy)**

Wednesday, February 11th – New Patients

**Donate a new stuffed animal and receive your exam and x-rays at no charge.
Refer your friends and family!**

Call 972-625-4800 for your appointment.

**Colony Chiropractic
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