

Health Update

Gregory A. Stetzel, DC

Kim R. Stetzel, DC

Winter/Spring 09

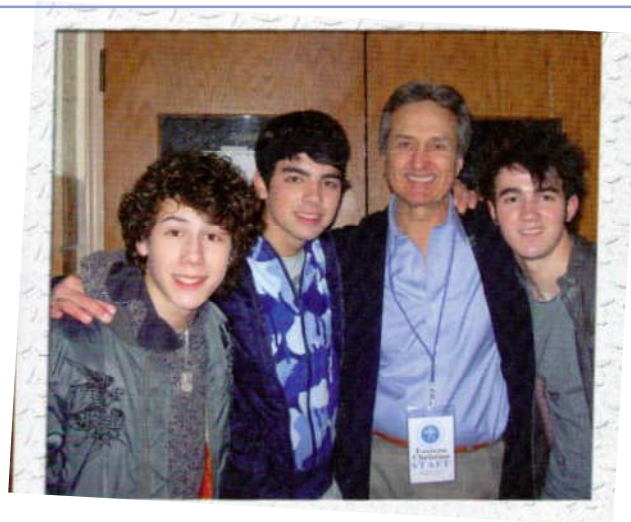
The Jonas Brothers And Chiropractic

The Jonas Brothers are one of today's top pop bands. Their appearances on the Disney Channel and in the Disney movie Camp Rock have propelled them to stardom. They were nominated as best new artists of 2008 and three of their songs have broken records on the i-tunes download list.

Beyond these grand accomplishments, another notable fact about these brothers from Wyckoff, NJ is that they receive regular Chiropractic wellness visits and have done so for years.

The Jonas Brothers Chiropractor, Dr. Albert Wolyniec became friendly with the boys father, then a pastor of the Wyckoff Assembly of God church. According to an article in the February issue of The American Chiropractor written by Dr. Wolyniec, Mr. Jonas became "...intrigued with chiropractic care and embraced the idea of using chiropractic care to stay healthy. He subsequently would bring his entire family to our office for wellness care, on a once per week basis, and they did this for many years."

"To this day chiropractic care is still a very high priority in their lives, despite their extremely demanding schedules. They make sure they get their spines adjusted regularly, even if they have to fly me somewhere in the country just for the day. I have



even done a coast to coast house call solely to maintain their spines free of nerve interference. The Jonas brothers give many concerts nationally, and when they are performing in this area, I go backstage with my portable table and set up and adjusting room. Everyone waits his/her turn and I generally adjust 15 to 20 people each time. I adjust not only the Jonas Brothers, but their family, their production staff, and the security people. I admire Kevin Sr. for the importance that he places on regular chiropractic care, and how he always works it into their schedules."

In the American Chiropractor article, Kevin Jonas Sr. related how he felt about Chiropractic: Chiropractic care promotes a healthy body, mind and lifestyle. I have found, with regular chiropractic care, our family stays healthier and sleeps better. We are more relaxed and stress is easily overcome.

For celebrities and athletes alike, peak performance is essential. The list of top athletes and performers who utilize Chiropractic includes Arnold Schwarzeneger, Tiger Woods, Lance Armstrong, and the Eagles, among hundreds of others. So many rely on regular Chiropractic care, not just for injuries and prevention, but to help them be their absolute best. Studies have shown athletic performance to increase nearly 17% with Chiropractic care. What kind of difference can that make for a star athlete? What kind of difference would it make for you or a family member to be able to increase performance? To sleep better, have more energy, have a stronger immune system, to be at the top of your game—whatever that may be? Regular chiropractic care is an investment in yourself which pays great dividends, both now and in the future.

Check our website www.bfchiro.info for quotes and information on how celebrities utilize Chiropractic.

CAN'T WAIT 'TIL SUMMER CELEBRATION

Friday, March 13*

New and returning patients will be able to start care on that day at no charge.

Wear an article of summer clothing and you will be entered to win a prize

* snow date:
Friday, March 20



In the summer we can feel more upbeat, energetic and positive—much like we feel after a good Chiropractic adjustment. Help keep that summertime feeling all year and join us for our annual celebration. Help a friend or family member to experience the vitality, energy and great health benefits of Chiropractic care, by inviting them as well.

An Ounce of Prevention Decrease Your Stress—Turn off TV

We are living through challenging times. In some way, everyone has been affected by the current economy and the uncertainty that it breeds, causing already high stress levels to go through the roof.

Although there are many issues which are beyond our control, we *can* control and filter what we expose ourselves to. Do you watch the morning news, read the newspaper, check in on-line with the latest headlines, catch the 5 o'clock news, then end your day with the 10 or 11 o'clock news with a few bouts of talk radio thrown in for good measure? If so, you're exposing yourself to more stress and bad news than necessary.

Some advocate going cold turkey

on the news. If the thought of this gives you the DTs, you can limit yourself to one brief news source per day, just to catch up with current events.

The old adage, garbage in, garbage out applies very well in this situation. The best thing you can do for yourself is to remain focused and positive on what you want, rather than what you don't want. Instead of filling up on negatives, take the time instead to do more positive things for yourself. Spend time with your family, begin an exercise program, read something uplifting, pray or meditate during the time you would be "catching up" with the news, make a list of things around your house you've been "putting up with" and a plan to take care of cleaning these things up.

Stressful or difficult times are a

good time to reassess priorities and create a new way of doing things.

Remember to make or keep your health a high priority, since nothing is more emotionally or financially stressful than illness.

Keep regular with your Chiropractic care. Chiropractic adjustments decrease the stress on your nerve system and allow your body to function more efficiently and more effectively. When you're subluxated, your body is under extra stress and has to work harder just to exist—breathe, digest, move, etc. When you add in additional stresses, it's easy for your body to be overwhelmed without a clear nerve system. So, if you've fallen out of the habit of regular adjustments, now is the perfect time to get back on track and de-stress.

Branchville Family Chiropractic
10 Newton Ave.
Branchville, N.J. 07826
(973)948-5556

Our Family Caring For Your Family