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Dr. Carol and staff hope you had a wonderful holiday season and welcome you to the New Year!

Flu Season

Winter is upon us and with it comes the flu season. We have seen many flu patients and want to make you aware of some of the symptoms of the virus. A **sore throat, headache, sinus problems, and dizziness** seem to be key symptoms. Patients are also exhausted without apparent cause.

The usual combination of vitamins and minerals that have worked with past strains do not seem to be helpful with the current strain.

In response to this problem, we are offering a group of supplements that work together to help the immune system.

We are making these supplements available as a kit. If you are interested in the kit for you, your family members, or friends, please contact the office for more information.

In addition to supplements, many people with the flu are finding that eating more green vegetables, either raw or cooked, is very helpful.

Dehydration is another concern so please try to keep up your fluids intake. Simple water is always the best, however soup and herbal teas are a close second and they provide soothing warmth on these cold days.

You may also find that you have to carefully monitor your workouts. You might not be able to work out with the usual intensity. Stopping for more breaks and water is appropriate.

General reading matter (self help):

The Four Agreements Don Ruiz

Loving What Is Byron Katie

Paths Are Made By Walking

Therese Jacobs-Stewart

Valentine's Day

It is just around the corner and it is one of Dr. Carol's favorite holidays! It is a great time for gifts for others or for yourself. During the month of February we will be offering special gift certificates for 15% discounts on any massage or craniosacral session. You can purchase up to 3 certificates, you must use them in 2004, and normal sales tax will apply to the discounted fee.

What's New

Dr. Carol is very excited about 2004! We are always working to improve our service to our clients and looking for new ways to provide and apply better health care.

Always the student, Dr. Carol is attending a number of seminars this year. Among them is a continuation of a wonderful new series of lectures concerning pediatric chiropractic care. Included in the course work are discussions of childhood diseases, adjusting techniques, and attention deficit hyperactivity disorder.

In addition Dr. Carol is participating in a multi-year course of study with the Milne Institute. The course is called Visionary Craniosacral Work. This is an advance study which will further Dr. Carol's already substantial background in the application of Craniosacral techniques.

For those who might not know Dr. Carol is on the web! Her site has useful information about all her services, price lists, and patient packets. Check out the **Links** area for useful web links on all aspects of health care. **www.drcaroldc.com**

Speaking about the Links area on our site, we have posted some great links for parents interested in pediatric chiropractic.

News Flash:

Dr. Carol has received certification in the Webster technique for pregnancy.

