



AskTheInternetTherapist.com Newsletter March 2005

Happy St. Patrick's Day!



Featured Article

Chiropractic Care - its types

Just as there are different types of doctors, there are different types of chiropractic care. You can visit a chiropractor when you have back or neck pain, but you can also visit a chiropractor just to stay well. Chiropractors are concerned with the health of the whole body, not just the spine.

Subluxation is a condition when the vertebrae of the spine get misaligned, thereby causing nerve irritation. This misalignment can be anywhere along the whole spine and not just in the lower back. Chiropractic care is all about setting right the subluxations. This misalignment of the vertebrae puts pressure on nerves leading to and from the brain. A chiropractor helps to put the misaligned vertebrae back in their place by using highly skilled adjustments, gently.

Some chiropractors are ~straight~ chiropractors. This means they deal only with the location and removal of subluxations. Their philosophy is that once subluxations are remedied the body will naturally revitalize itself.

Other chiropractors are called ~mixers~ because their practice and philosophy is that in addition to manual adjustments and treatments, chiropractic care can be combined, by the

chiropractor, with other forms of healthcare, such as physical therapy, exercise programs and nutrition.

After an initial examination and discussion about any other medical conditions you may have, the chiropractor will decide on a method of treatment. There are three main kinds of chiropractic care:

Relief Chiropractic Care

This treatment is one of the most effective ones good for immediate cure. In this treatment the patient has immediate relief from his pain and discomfort. The chiropractor decides your level of damage and on the basis of it spans out the frequency of your sittings.

Corrective Chiropractic Care

This care typically is required for spinal problems that have occurred over a long period of time without proper treatment. This type of care requires long term treatment.

Maintenance Chiropractic Care

This kind of chiropractic care is needed for patients with permanent spinal weakness and need constant check ups.

Other patients who have had relief from earlier ailments, but see the chiropractor for regular check ups to ensure their future health and comfort. Usually this kind of treatment requires a visit every 2 to 6 weeks.

Chiropractic care involves the whole health of the body.

Treatments involve using the internal healing systems in the body to relieve the spinal problems that can interfere with the nerves and cells. Therefore, receiving chiropractic treatments is a way of ensuring that every part of body is functioning as it should.

Though chiropractic treatment is seen more as an alternative form of cure many a time the chiropractor do refer their patients for medical attention. Basically the chiropractic treatment is based on the ideology that nervous system suffers from the ailments in the joints, muscles, ligaments, tendons and bones. As a result the nervous system gets affected and causes other problems.

Chiropractic care is safe and natural way of healing the body with a belief in the fact that the body has its own restorative capabilities to heal and can draw on these capabilities whenever in need. It helps patients to avoid chronic pain and can prevent physical problems before they start or get worse.

Dr. Greg C. Molis is a Salt Lake Chiropractor. Your 1st adjustment is free. You don't have to take the pain any longer. For questions or comments, please visit <http://www.saltlakechiropractor.com>

Featured Therapist

Melissa Ellison, M.Ed.

General Online Counselor



Hello, My name is Melissa Ellison. I earned my Masters of Education, with a specialization in counseling, in 1998 and have been a Licensed Mental Health Counselor in Washington State since 2001. I have spent my career working with children and families in their own homes, foster homes and residential settings. The families I've worked with have dealt with a variety of issues including grief and loss, attachment issues, abuse and neglect histories, depression, ADHD, trauma, anxiety disorders, and a variety of other mental health issues. My work has been largely behavior modification, although I like to take an eclectic approach to counseling, using strength based and solution focused ideas whenever possible, setting goals and working from strengths to achieve these goals. My job has been not only to work with the child, but more, to work with and support the families, helping them to improve their mental health and skill base so they are better able to work with and support their children. I am available Wednesday and Friday evenings and weekends.

My office phone number is 509-967-0911, I do not currently have an 800 number. My available hours are Wednesday and Friday evenings from 6 pm to 10 pm and Saturday and Sunday from 10 am to 10 pm. I can do e-mail, chat, video, and phone (again I do not currently have an 800 number).

You can setup an online appointment with Melissa by going to her web page:
<http://www.asktheinternettherapist.com/online-counselor-etherapy.asp>.

March Contest Winner



Congratulations to Christine P.
She is our March 2005 winner and she picked the Self-esteem Forest Tape.
Enjoy Christine!

Featured Product
21 Keys to a Fast Job Search
by Jeff Stemmerman



Take Control of your Job, Career and Future by using this Fast Job Search Strategies.

Hosted by Jeff Stemmerman an accomplished executive and career coach, trainer and speaker who has helped thousands of individuals to become more successful in their careers. "We have helped thousands of individuals thru the job search process over many years and have seen first hand what works and what doesn't work in an effective job search. Take Control of your Job, Career and Future by Learning to use these 21 keys."

"This is the basis for this approximately 2 hour Program."

Price: \$195.00 (set of 2 DVDs)

You can see and purchase this DVD set at:

http://www.asktheinternettherapist.com/fast_job_search.asp.

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We believe better health begins with better Mental Health.

Jef Gazley M.S., L.M.F.T., D.C.C.

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