

THE BACK PAGE



Drs. Andrew Shannahan & Misty R. Gargan



April 2009

SUMMIT FAMILY chiropractic

Birds of a Feather Flock To Wild Bird Nest

by Nicole Acton

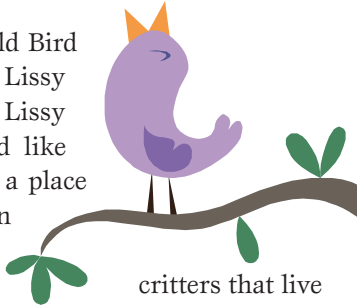


The wonderful patients of Summit Family Chiropractic come from many different walks of life. In this newsletter we are highlighting one such patient who is also a local business owner. In order to learn more about her business, I met up with Lissy, the owner of the Wild Bird Nest, to ask her a few questions.



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Nest, to

When I arrived at the Wild Bird Nest, I was greeted by Lissy and her dog Chantili. Lissy explained that she would like the Wild Bird Nest to be a place for the community to learn how to interact positively with the critters that live all around us. We discussed the passion she has for what she does, as well as how she got started in her business. Before Lissy owned the store, she was just a patron who enjoyed purchasing items for the birds and other wildlife in her backyard. When the previous owners of the store decided to move away, Lissy thought it would be a tragedy for her community to lose such a valuable and unique resource. So with support from her family and friends she took over the store!



Lissy explained that it is super easy to support the birds and wild life in your backyard or even at your apartment or condominium. The best way, is to offer water, food, and a shelter. By completing these simple steps we can assist the migrations of many different species. Lending a helping hand to our local wildlife is also a fun project for kids and adults who want to have a positive impact on the world in which they live.

So, next time you're in Lynnwood, stop by and visit Lissy at the Wild Bird Nest. She'll be more than happy to answer any questions you may have, as well as help you get your yard outfitted. Along with creating an oasis for local wildlife, Lissy can also teach you how to register your yard or even your apartment's balcony as a natural habitat!

More info at www.wildbirdnest.com



You Spin Me Right Round Baby Right Round. Like a Record, Baby.

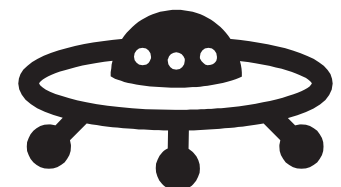
Imagine this. You go to bed one night feeling fine. Then sometime during the night or next morning, you wake up and feel like the room is spinning (but it's not. It just feels like it). And you feel a bit nauseous too (because the room feels like it's spinning). The feeling subsides after awhile, but then comes back a few times every hour or so usually when you're moving around. Each time it happens you have to hold onto something to keep from falling over, and you get a sick feeling in your stomach. You feel mostly fine otherwise, except maybe some increased neck pain or tension (and you can't get rid of this crazy spinning feeling).

Every year, we see a couple of people who have experienced just that thing. The symptoms are caused by calcium crystals in the inner ear that have become misplaced and are stimulating the cells that signal the sensation of movement and position of the head. Those pesky calcium crystals. I imagine that it's kind of like putting a group of soda-pop-drinking monkeys at the controls of a high-tech spaceship. Those spacemen better hold on! The maneuver gets those monkeys out of the control room and back in front of the TV where they belong. Mission saved!

The most effective treatment is a **simple and easy maneuver** that relocates those calcium crystals. Most people fully recover after just a few treatments. We can help!

Other treatments that wouldn't work or would be considered "unsafe":

1. Shrinking a spaceship really small and flying it into the inner ear to blast the calcium crystals with a laser. Hire Dennis Quaid to pilot said ship.
2. Pouring soda-pop into your ear. Starting with 1 Tbsp of Sprite, then slowly working up to 2-3 Tbsp of Coca-Cola.
3. Doing a bunch of sit-ups.
4. Drugs or surgery.





Schedule of Events

May
14th
6:30 to 8:30
pm

Art & Spa Show at Summit Family Chiropractic



- Local Artists, Katie Speer & Laurie Dennison, will have paintings and photography displayed for enjoyment and for purchase.
- 15 minute Chair Massage with our therapist Sara Pitroff, LMP. Call to reserve a spot! 425-775-9914
- Aloette Spa treatments & Jewelry
- Wine & light snacks will also be provided.

May
all month

Mom's Day Massage Special!

Want to make a mother feel special?

\$10 off Gift certificates

Sara is now contracted with Premera,
Lifewise, Aetna, Cigna & UMP!

Patient Hours

MON 10-11:30 & 3-6:30
TUE 3-6:30
WED 10-11:30 & 3-6:30
THU 3-6:30
FRI 10-11:30 & 3-6:30

Our care for you goes beyond our patient hours. If an urgent situation should arise, please try us at 425-218-6644.

THANKS FOR THE REFERRALS

The best compliment is when our patients tell their friends and families about chiropractic. Thanks for helping us help others:

Katie A, Nancy L,
Dr. McKenzie, Johanna W,
David D, Monica H, Sherry A

Art & Spa Show

Wild Bird Nest
Patient Spotlight:

Vertigo Help

IN THIS ISSUE

Check out our Blog!
at www.summit-family.com

Tel 425 - 775 - 9914

Summit Family Chiropractic
2109 196 Street Southwest Suite 1
Lynnwood, WA 98036