



AO for Life! Spring Edition "GOING GREEN"

RESULTS Since 1950 May 2008

Dr. Roy W. Sweat & Dr. Matthew H. Sweat

Successful, Drug-Free Health Alternatives

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Hello and Happy Spring to ALL! This year has been flying by...the pollen is back, the flowers and trees are blooming and we are looking forward to outdoor barbecues, vacations and garden planting. Dr. Roy plants tomatoes, he likes "Rutgers", Dr. Matt and I plant "Better Boys"...but everyone we talk too, plants their favorites. We always have a contest, Dad(Dr. Roy) always wins the biggest, My sister-in-law, Whitney wins the first one ripe and Dr. Matt and I win the Most!!! We will see who wins each category, as we begin our garden planting. Remember if your garden is for Food~you may water anytime!

Happy Planting!

And, just a reminder Happy Belated Mother's Day , Happy Father's Day and Happy Memorial Day to all of you and your families.

During your planting and enjoying your garden, please remember to Stay in Atlas adjustment~ All your plowing, pruning, and bending in the dirt, can knock out your Atlas and strain your muscles. Take time to come in and get checked and treat yourself to a salt bath, a good massage and a good book. Getting in the car this summer is going to be tough, with the outrageous gasoline prices. Think of ways to plan your errand trips and travel. And, watch your frustrations with Atlanta traffic. A few pointers to avoid traffic accidents:

1.Nearly 80% of crashes involve driver inattention- Talking on your cell phone is dangerous and texting among teens has become deadly.

2.Wear sunglasses or wear a hat or both in order to reduce glare.

3. *Driving over the speed limit, nearly triples your risk of an accident. Speeding is a factor of 1/3 of all fatal accidents.*

4. *Don't wear spiked heels or flip flops, they can slip or slide under the pedals.*

5. *In 2006, 50% of passengers killed in car crashes were not wearing their seatbelts. 31% of all drivers killed did not buckle up.*

6. *Don't drive while sleepy or drowsy. Some 100,000 accidents are caused by sleep-deprived drivers, killing an estimated 1550 people each year.*

7. *All it takes is 2 seconds of distraction to double your risk of an automobile crash. If you are eating french fries, digging through your purse, putting on makeup or changing your music. We all need to **BE MORE CAREFUL!!!** (Health Magazine-May 2008)*

And, remember, should you experience an accident or car crash! Call the police, stay calm and make sure you come in and let us know you have been in an accident. Our studies have found ...accidents can be so harmful and you may not even know it for days, weeks, months or years to come...Be sure to stay in Adjustment and advise us if you have been in an accident.

AUTO ACCIDENT PATIENTS-DR. MATTHEW SWEAT HAS BEEN PRACTICING ATLAS ORTHOGONAL CHIROPRACTIC FOR OVER 19 YEARS AND is CERTIFIED IN AUTO CRASH FORENSIC RISK ANALYSIS BY THE Spine Research Institute of San Diego.

Our big, Whiplash & Atlas Orthogonal Chiropractic article, published in the Journal of Whiplash & Disorders, Volume 5, No. 1, 2006, stated patients that are having head, neck, back and shoulder pain related to (MVA's) Motor Vehicle accidents achieve significant relief when treated over a short period of time with the Atlas Orthogonal adjustment. The article even states these same patients showed marked improvement in their symptoms and some had complete resolution of their pain.

This article is significant to the Chiropractic and Medical profession, but above and beyond this...if the Atlas Orthogonal adjustment can help those in accidents, imagine how it can help those family members, neighbors, children, grandparents live more comfortably! We know that the Atlas adjustment won't necessarily Cure Cancer...but it sure can help us live our lives a bit more pain-free!

DID YOU KNOW: There are six billion people in the world and all of them need a chiropractic examination.

Most of them need their Atlas Adjusted!!!!

We would be happy to consult with any of your friends and families!

Going Green: Changes in Your Internal and External Environments

Article contributed by Dr. Eric Plasker

Going green is American's newest trend, and it's one of the healthiest ones we've ever seen—for the planet and your own body. When we "go green," we're helping the environment, but the effects of natural and organic foods, products, fuels, cleaning materials and more help our bodies and families stay healthy as well. Support your health 100 Year Lifestyle by going green all the way!

In the Refrigerator

In a recent study conducted by Tesco Center for Organic Agriculture at Newcastle University, organic fruit and vegetables were shown to have up to 40 percent more antioxidants than non-organically grown produce. Antioxidant-rich food can help prevent various cancers, heart

disease, and other preventable diseases of aging. Also try to buy local produce and other products which stimulate local economies and reduce waste. Visit the farmer's market to find fresher, healthier choices for dinner or consider planting a vegetable garden in your back yard!

In the Car

Opting for a hybrid car or at least a fuel efficient vehicle is just the first part of going green on the road. Choose a car that meets your needs. For instance, do you really need a huge SUV if you don't have children to transport? Did you know that aggressive driving (speeding, rapid acceleration and braking) wastes gas? It can lower your gas mileage by 33 percent at highway speeds and by 5 percent around town!

Consider taking the bus, bike riding or walking to work. You'll get more exercise and personally contribute to the reduction in pollutants in the air. Wasteful hours spent commuting every day and sitting all day without breaks at work can cause spinal and back problems. According to the EPA, if half of the American workers were given a choice of different means to commute to work, the reduction in pollution and traffic would equal taking 15 million cars off the road!

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In the Home

Consider using non-toxic cleaning materials and hygiene products. Find recipes online to show you how vinegar can be used as a substitute for harmful cleaning products. Consider organic deodorants and shampoos. Turn down the thermostat and wear a sweater! Save water by investing in energy efficient appliances and light bulbs and low pressure showerheads and toilets. Recycle used newspapers, keep a compost pile and turn off lights when leaving a room.

One secret to the living is a vision for your later years. In the end, the inability to make positive changes can result in costly and painful health problems. Adopting a green lifestyle that includes a safer diet, less waste and smarter use of resources can add years to our planet and years to your life!

An Atlas Orthogonal Chiropractor removes nerve interference by adjusting the Atlas bone so that your body can begin to heal itself. Thus, chiropractic plays a crucial role in the full expression of life that every human being deserves to achieve. When people engage in chiropractic care from the time they are born throughout the course of their lives, they are able to express their full potential during every stage of growth and development.

Do your loved ones deserve any less? Please educate your family and friends on these benefits.

The Oprah show has been broadcasting a lot of Dr. Oz (one of her favorite M.D.'s) and he posted a list of foods we need to eat more of...they provide the greatest antioxidants!

Blueberries, sweet potatoes, broccoli, tomatoes, green tea, white tea, red wine-preferably Cabernet Sauvignon, grape juice, cinnamon, ginger, turmeric-curry, paprika, cayenne pepper, rosemary, oatmeal, BEANS, PYSLLIUM HUSKS, FLAX AND CHIA,

(the last three are becoming far more important) Check for them at your local nutrition store!

DID YOU KNOW...The Sweat Institute for Atlas Orthogonal Chiropractic is a ***"State of the Art"*** Chiropractic facility here in Atlanta, Georgia at 3288 Chamblee Tucker Rd.

The home of the Founder, Pioneer and Developer of the Atlas Orthogonal Chiropractic Program, Dr. Roy W. Sweat and Dr. Matthew H. Sweat. Both Doctors are Board Certified Atlas Orthogonists .

Patients fly in and travel from all over the world to get their Atlas adjusted. Seven AO Instruments have been updated for precision and excellence over the years. The R.W. Sweat Foundation Research studies have helped millions of patients and their families, students and doctors. Atlas Orthogonal Chiropractic is taught at (5) Chiropractic Colleges, is practiced in (6) Countries and over 600 Chiropractic Doctors practice Atlas Orthogonal Chiropractic worldwide.

Medical Doctors, Neurologists, Podiatrists, Endocrinologists, Dentists and other Chiropractors refer their patients to the Sweat Institute for Atlas Orthogonal Chiropractic. The adjustment is easy, painless and full of incredible results without manipulation.

Your Cervical Spine is vital key to your health and well-being. Healing takes time. Human nature tempts to put off seeking relief for our physical problems, then makes us impatient for relief.

Remember, only a thorough plan can provide lasting relief. There are no shortcuts to good health..Time and professional care are the only answers.

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***The Answers to your Health Concerns may
be the gentle approach of Atlas Orthogonal
Chiropractic!!!***

Together we all can make a difference and
make things Happen! Chiropractic is the great-
est healing profession in health care.