

Healing Hands

A Free Monthly Newsletter For The Friends and Patients of: Eden Chiropractic office

THE WINTER EDITION

Dear Patient,

Can you believe it? Winter is upon us yet again. Well, winter doesn't technically begin until December 21st, but who's counting the days anyway? Does this sound like you?

OH NO! TO SNOW © by Jody Broyles

I NEVER THOUGHT I'D SAY 'OH NO!' TO SNOW

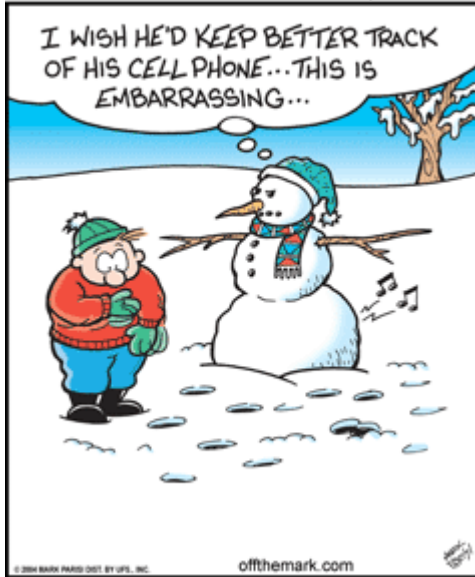
As a child I'd shout with glee
as the whiteness shrouded trees,
but the shoveling was my father's lot, not mine.
Down the hills I'd sled with joy,
Yes, the snow was just my toy,
and if school was closed then that'd suit me fine.

I could never understand
Father's frown at the white land,
for me it was the biggest treat by far,
No matter how much of the stuff,
I'd never get enough,
but my father's job was digging out the car.

Now when snow begins to fall
there's a voice inside that calls,
Come on and build a snowman out of me.
But the adult in me swears,
'I must shovel off the stairs.
and my aching back is tired, don't you see?

Oh, I never thought I'd say
Oh No!' to snow
But, yes, it's true, I'd rather stay in bed.
And it keeps going through my mind
growing up might be defined
as the time when shovel must replace the sled.





Now that you've smiled at least **once today**, it's your turn to give this newsletter to someone you want to bring a smile to (maybe even a chuckle.) Give this newsletter to everyone you know.

We all need to SMILE.

Ten things to say about gifts you don't like

10. Boy, if I had not recently shot up four sizes, that would've fit.
9. It would be a shame if the garbage man ever accidentally took this from me.
8. Perfect for wearing in the basement.
7. Well, well, well...
6. I really don't deserve this.
5. Gosh, I hope this never catches fire!
4. I Love it, but I fear the jealousy it will inspire.
3. If the dog buries it, I'll be furious!
2. Sadly, tomorrow I enter the federal witness protection program.
1. To think that this the year I vowed to give all my gifts to charity.



Winter Holidays by the Numbers

From the U.S. Census Bureau

12 million

Number of packages delivered by the U.S. Postal Service every day during the holiday season last year through Christmas Eve. The busiest delivery day: Dec. 20.

\$31.4 billion

Retail sales by the nation's department stores (including leased departments) in December 2006. This represented a 44% jump from the previous month (when retail sales, many holiday-related, registered \$21.8 billion).

\$512 million

The gross earnings of Christmas tree farmers in 2006, with North Carolina (\$134 million) as the top producer. Oregon was next at \$121 million in sales.

\$161 million

The value of product shipments of candles in 2002 by manufacturers in Texas. The Lone Star State led the country in candle shipments.

More than 303 million

The nation's projected population as we ring in the New Year. This compares with fewer than 175 million 50 years earlier (1958) and less than 90 million a century earlier (1908).

**Your Health is your Most Important ASSET.
Take IT seriously.
We Do!**

JOKE OF THE MONTH

In a small southern town there was a "Nativity Scene" that showed great skill and talent had gone into creating it. One small feature bothered me.

The three wise men were wearing firemen's helmets.

Totally unable to come up with a reason or explanation, I left. At a "Quik Stop" on the edge of town, I asked the lady behind the counter about the helmets. She exploded into a rage, yelling at me, "You stupid Yankees never do read the Bible!" I assured her that I did, but simply couldn't recall anything about firemen in the Bible.

She jerked her Bible from behind the counter and ruffled through some pages, and finally jabbed her finger at a passage. Sticking it in my face she said "See, it says right here, 'The three wise man came from afar.'"

Don't Feel So Bad, Even Santa Has to Watch His Weight Around the Holidays!



SPECIAL NOTE:

SEND a copy of this newsletter to your friends& family in the area!

- Please feel free to call the office and leave their name, address, city and state, plus their zip code and we'll be more than happy to make sure they get a copy of our newsletter, each and every month.
- Don't forget to REFER your friends, co-workers and loved ones for a checkup. Their health is their most important asset.

P.S. Have a great December!

Celebrate the month and your family's health!

Cut this certificate out and present it to my office for your March Health Check Up.
This is for NEW PATIENTS ONLY.

FREE

“December Health Check Up”

Schedule Your Friend or a Loved One For Their
FREE December HEALTH Check Up-NOW!

(all ages accepted, so call the office immediately!)



Give this certificate to your FRIENDS & LOVED ONES during the month of December and they'll receive a FREE Health Evaluation at our office. We care about you and your loved ones and we don't want to forget anyone, including the little ones. If you have a friend or family member that is currently "not" under our care, please take this certificate to them and have them call immediately. It's FREE.

They are NO HIDDEN CHARGES and the purpose of this check up is to determine if they are a chiropractic candidate. As always, there are no guarantees we can help, but if we can, we want that chance. There is nothing more important than your HEALTH. If you need additional copies of this certificate, please call the office and we'll send them to you-FIRST CLASS, or you can just pick them up at the front desk, on your next appointment. Just ask! You, your family members and your friends are always a top priority with us.

COURTESY OF:

Dr. Eden

1419-A 11th St

DeWitt, IA 52742

(563)659-9039

“CALL NOW TO RESERVE YOUR TIME”

<<<<<< CERTIFICATE EXPIRES on Wednesday, December 31st >>>>>>