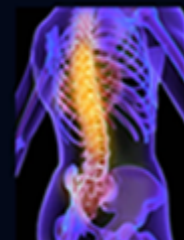




## Chiropractic Newsletter For Healthier Living



**Hornberger Wellness & Chiropractic Newsletter**  
**4001 Swift Rd, 1st floor**  
**Sarasota FL 34231**  
**9419244400**

The Hornber Wellness & Chiropractic newsletter is dedicated to your good health.  
Please accept our personal invitation to explore its contents  
and forward it to others you care about!

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### [Routine Health Checks Found to Have Little Benefit](#)

In related news, a recent study by the Cochrane Library, the gold standard for independent medical reviews, found that:

"General health checks did not reduce morbidity or mortality, neither overall nor for cardiovascular or cancer causes, although the number of new diagnoses was increased. Important harmful outcomes, such as the number of follow-up diagnostic procedures or short term psychological effects, were often not studied or reported and many trials had methodological problems. With the large number of participants and deaths included, the long follow-up periods used, and considering that cardiovascular and cancer mortality were not reduced, general health checks are unlikely to be beneficial."

This may sound shocking to many, as general health checks are typically considered to be part and parcel of early disease detection and prevention. However, after reviewing the health outcomes of nearly 183,000 people, the researchers found that, in terms of making you live longer, getting regular health check-ups doesn't appear to make a difference...

Regular screening may however increase your drug use, and you may receive a diagnosis and treatment for a condition that might never have led to any symptoms or had any impact on your longevity. According to lead researcher Lasse Krogsbøll of The Nordic Cochrane Centre in Copenhagen, Denmark:

"What we're not saying is that doctors should stop carrying out tests or offering treatment when they suspect there may be a problem. But we do think that public healthcare initiatives that are systematically offering general health checks should be resisted."

This isn't the first time researchers have concluded we may be over-testing and over-treating. In fact, over the past few years this has become increasingly studied, and most analyses concur that more testing and more aggressive treatment does not translate into reduced mortality. Naturally, there's no way to make recommendations here that could apply to everyone or even most people. Evaluating your risk factors is one important factor of course, as stated in Dr. Schumann's article. Evaluating your symptoms is another. If you're asymptomatic, maintain a healthy, active lifestyle, and don't have any risk factors, perhaps signing up for a bunch of medical tests, "just in case," is not in your best interest.



Dr. Joe Hornberger, BS, MS, DC is the manager and owner of Hornberger Wellness & Chiropractic. He is a graduate of Life University with 29 years of clinical experience in Sarasota, FL. He has presented as an expert witness in numerous med-legal depositions and trials. Through personal experience and extensive research, Dr. Hornberger developed a keen understanding of the treatment and rehabilitation of soft tissue injuries and dysfunction. Dr. Hornberger's engaging style and energy has made him a sought-after speaker and clinician across the United States in the field of Chiropractic, Rehabilitation, Sports Medicine, and Therapeutic Exercise.

The doctors at Hornberger Wellness & Chiropractic offer a "wellness approach" to your health and will be administering effective and gentle treatments assuring that your health is optimized to the best of its ability.

Corrective chiropractic care, acupuncture, homeopathics, herbal remedies, physical therapy modalities, facial rejuvenation, massage therapy, nutritional/weight management, lifestyle counseling and prescription, and postural exercise prescription, is offered at Hornberger Wellness & Chiropractic our goal being to provide you with individualized programs to optimal your health and wellness out goal for to live and enjoy life to its fullest and just "Feel Good Again"!

Dr. Craig Bow joined Hornberger Wellness & Chiropractic in 2012. Dr. Craig Bow is a board certified chiropractic physician licensed to practice in the state of Georgia and Florida. He received his Doctor of Chiropractic (D.C.) degree from Life University in 1997 and graduated with highest honors. Dr. Bow also earned a bachelor of science degree in nutrition where he was valedictorian of his graduating class. After graduation, he returned to his home in Sarasota and has provided chiropractic health care for the past 20 years. Dr. Bow has served as an auxiliary firefighter for Sarasota County and a team chiropractor for high school football teams. He was an adjunct professor at the State College of Florida where he taught anatomy and physiology for the last 15 years.

Dr. Ricardo Morales, A.P., offer services in oriental medicine, and Accupuncture. Dr. Morales Studied Oriental Medicine at the East-West College of Natural Medicine. He has been practicing in Sarasota for over 7 years. He was an adjunct faculty member at The East-West College of Natural Medicine for four years where he taught Chinese herbal medicine and supervised interns in the student clinic. He specializes in pain management, women's issues, internal medicine, and weight loss. He also studied homeopathic medicine and natural facial rejuvenation.

Samantha Jennen is our bookkeeper keeping facts and figures straight and will help you with any questions or concerns you may have regarding accounts.

Angie Feher will attend to all your insurance, and billing needs and can answer any questions you have regarding your insurance and financing by simply inquiring. Joann Curry is our receptionist and will schedulal your visits and assure that you are taken care of quickly and effectively.

See our web site at [www.HornbergerWellness.com](http://www.HornbergerWellness.com) or you can email us [HornbergerWellness.com](mailto:HornbergerWellness.com) and be sure to check out our FaceBook page!



*JJ Virgin's*

**LEANzine**

### [Times When a Workout Might do You Good](#)

There are many surprising scenarios when, while you might be tempted to lounge on the couch, exercise is actually just what the doctor ordered. This includes:

1. Osteoarthritis or Joint Pain

If you have joint pain, exercise is a must; it helps prevent and relieve joint pain through a number of mechanisms, including strengthening key supportive muscles, restoring flexibility, improving bone density and joint function, and facilitating weight loss.

The notion that exercise is detrimental to your joints is a misconception, as there is no evidence to support this belief. Quite the contrary, actually, as inactivity promotes muscle weakness, joint contractures, and loss of range of motion, which can lead to more pain and loss of function, and even less activity. To break this potentially devastating cycle, regular exercise is essential.

If you have osteoarthritis or joint pain and you find that you're in pain for longer than one hour after your exercise session, you should slow down or choose another form of exercise. Assistive devices are also helpful to decrease the pressure on affected joints during your workout. You may also want to work with a physical therapist or qualified personal trainer who can develop a safe range of activities for you. If the exercise causes pain that persists longer than several hours it most likely was too much.

## 2. Chronic Pain

Exercise can help with long-term pain relief for a variety of conditions, including osteoarthritis, back and musculoskeletal pain. Furthermore, because exercise often leads to improved posture, range of motion and functionality of your body, it can help treat the underlying source of your pain as well as help prevent chronic back pain. Exercises that can be particularly helpful for chronic pain include stretching, resistance training, and swimming.

# Your Child's Health



## [ADHD And Chiropractic Adjustments](#)

Before I pull back the curtain and reveal it to you, I do want to warn you... this strategy might seem a little out there for you, and might force you to open up your mind to a new way of looking at your child's behavior long enough for me to make the whole case.

It's based on this one premise... What if Your Child Was Misbehaving Because Their Spine Is Out Of Alignment? (I know it sounds crazy, but hear me out) This sounds kooky right? But there have been a lot of published case studies where children with behavior problems like ADHD were able to improve their behavior after several months of chiropractic care.

To make a long story short, Upper-Cervical is a type of chiropractic that believes that by keeping the top two vertebra in alignment the human body works MUCH better. I know this might be hard to swallow. I know it sounds a little voodoo, especially since our society likes to talk about how the only way we can heal our children is with drugs and traditional medicines or some fancy parenting technique.

We have had way too many cases improve, some radically, to not share this with you. Maybe your child won't respond as well, but maybe, just maybe they will. And if there's even a possibility that they will respond as favorably you're going to kick yourself for not trying it out for yourself. Please feel free to discuss this with the Doctor on your next visit, or pick up the phone and give us a call. We will be happy to discuss it with you.

# Our Gift To You And Your Loved Ones



## [OUR GIFT TO YOU AND YOUR LOVED ONES](#)

September is Patient Appreciation Month in our office. If you have a friend or a loved one that you feel could benefit from our Chiropractic care please refer them to our office and mention our Gift Certificate. This enables them to receive their first visit for at no charge as a gift from you!

One never knows if Chiropractic can help unless they get checked and find out. Please feel free to use this yourself if you have not been in the office recently! This includes consultation, examination, and any medically necessary x-rays. A \$210.00 value! (Program Expires September 30st.)

“THE PATIENT AND OTHER PERSON RESPONSIBLE FOR PAYMENT HAS A RIGHT TO REFUSE TO PAY, CANCEL, PAYMENT OR BE REIMBURSED FOR PAYMENT FOR ANY OTHER SERVICE, EXAMINATION, OR TREATMENT WHICH IS PERFORMED AS A RESULT OF AND WITHIN 72 HOURS OF RESPONDING TO THE ADVERTISEMENT FOR THE FREE, DISCOUNTED FEE, OR REDUCED FEE SERVICE, EXAMINATION, OR TREATMENT. THIS OFFER DOES NOT APPLY TO MEDICARE ELIGIBLE PATIENTS OR ANY FEDERAL INSURANCE PLANS.”

# Thank You!

[Please call our office for your appointment today!](#)

We want to take this opportunity to thank all of you for referring your family and friends to us!! We are honored by your confidence in us and we thank you for your generosity and your loving concern for others.

[We extend a warm welcome to all of our new practice members!!!](#)