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I want this Wellness Guide to renew your commitment to better health. Please share with your family and friends. You're receiving this email because you have expressed an interest in Dr. Noreen Long and Acupuncture & Chiropractic in Black Mountain. Don't forget to add drnoreenlong@me.com to your address book so we'll be sure to land in your inbox!

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[Acupuncture and Chiropractic in Black Mountain](#)

December Wellness Guide call 669-LONG

Issue: # 5

December 2012

Dear Noreen,

I believe Healthy Individuals become Healthy Communities
Being a Chiropractor has taught me we grow as a community when we share personal health stories. Please share this Wellness Guide with your family & friends. Please send ideas for articles to [Dr. Long here](#).

Holiday Well Wishes

[Healthy Shopping](#)

[Cold Remedies](#)



Shop Smarter and Stay Healthy

- Wear shoes with plenty of cushioning in the soles to absorb the impact of walking on those hard shopping mall floors.
- Wear layers because you may be going from a cold environment outside to a warm environment inside.
- Instead of lugging around a heavy purse, carry a light backpack or fanny pack with only those items that are absolutely essential.
- Take frequent rest breaks, but skip the designer coffee at the java stand and drink juice or water instead.
- Do not wrap packages while sitting on a floor-you're more apt to strain your back in this position. Instead, vary your position from standing at a countertop to sitting at a table.



Natural Remedies Heal Colds Better

[King Bio Homeopathic Remedies](#) have helped my patients and their families stay healthy when so many students and parents are sick with colds and the flu. These Remedies are easy to take and safe for the whole family. The formulas are specific to our area; allergens and molds. Follow [this link](#) to learn more.



Share the Love

Tell your family and friends about our relaxing far infrared massage. It melts away the stress and is deeply relaxing. You can receive a FREE far infrared massage when you send someone in for their FREE heated massage!





Hours: Monday - Friday: 8am - noon + 2pm - 6pm
Tuesday & Thursday noon - 5 pm



Noreen Long DC
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**FREE
Massage
Offer**

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and receive a FREE far infrared massage.
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Offer Expires: Dec. 31, 2012

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