

**From:** Acupuncture & Chiropractic in Black Mountain (drnoreenlong@me.com)  
**To:** drnoreenlong@bellsouth.net;  
**Date:** Mon, September 3, 2012 10:10:20 AM  
**Cc:**  
**Subject:** September Wellness Guide from Dr. Long

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Hi, just a reminder that 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 & Chiropractic in Black Mountain September Wellness Guide call 669-LONG

Issue: # 2

September 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. Send Wellness Guide requests to [drnoreenlong@me.com](mailto:drnoreenlong@me.com)

### Gardening without Back Strain



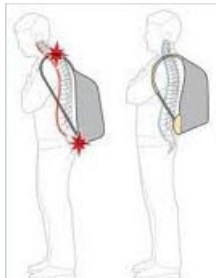
Avoid Back Pain

It's garden clean-up time and I want gardening to improve your health. Use these tips to prevent back pain and strain.

- Keep all **Tools Sharpened** to prevent injuries
- Keep trimming Tools Close, **Don't Overreach**
- Use a **Staggered Stance** when digging or pulling
- Bend the Knees**, don't bend the back
- Make More Trips with **Lighter Loads**
- Stretch** often & **Take Breaks** every half hour

I appreciate all my wonderful patients and the years of healing success we have shared. Chiropractic and Acupuncture work naturally to provide deeper healing for the whole family. I invite you to share this guide with your family and friends. It will help help them achieve better health.

### Prevent Backpack Pain



I see so many children with pulled shoulders and back strain because they are carrying loaded backpacks. If your children must carry heavy books on their back, buy a backpack with these safety features:

- wide, padded straps
- cushioned low back pad
- belt to distribute the weight on the hips

Because our joints are not fully formed until we reach

### In This Issue

[Garden Safety](#)

[Backpack Tips](#)

[Cathy Babula](#)



### Meet Cathy & Josie

As Dr. Long's Office Assistant, I meet the happy patients Dr. Long has helped. I witness amazing recoveries in patients of all ages! We are

24+ years of age, these children are may develop permanent problems with posture when they carry over-loaded, poorly designed backpacks. Several stores in our area sell "ergonomic" backpacks. Be pro-active; children who receive regular chiropractic care stay healthier, have fewer colds and infections, avoid injuries and enjoy better health with their family. Dr. Long has the experience & the expertise to help your children stay healthy and strong. See the coupon below and call today!

here to serve you and your families. We are so blessed to have such a caring Doctor! Exciting news about my art: my pottery is now for sale at Seven Sisters Gallery in Black Mountain.

Hours: Monday - Friday: 8 am - 6 pm by appointment



Noreen Long DC  
[www.drnooreenlong.com](http://www.drnooreenlong.com)  
828.669.5664 (669.LONG)

**Save 20%** Bring Coupon & Save 20% on Chiropractic or Acupuncture  
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Acupuncture & Chiropractic in Black Mountain | 403 W State Street | Black Mountain | NC | 28711