

GIFT YOURSELF WITH HEALTH



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It's the season of giving: a time where you likely devote all your care and attention to those you love. From family meals and festive gatherings to celebrations with friends and coworkers, you take on a lot during the holidays—and before you know it - you are mentally and physically exhausted. This holiday season, while dedicating your energy to those your love, don't forget the importance of self-care.

It can be difficult to put yourself first, and many use the excuse of "lack of time" to avoid self-care routines. However, in a hectic world, prioritizing your wellness can have significant mental, emotional, and physical benefits.

MERRY MINDFULNESS

There are endless ways to practice self-care, and each person's routine will look different. One of the most prominent strategies used to improve overall wellbeing is mindfulness, which is a "type of meditation in which you focus on being intensely aware of what you're sensing and feeling in the moment, without interpretation or judgment," according to the Mayo Clinic. As your partner in health, we encourage use of this technique

to combat the stressors of the holidays, refill the tank, and take care of you so *you* - can take care of *those you love!*

DISCOVER SERENITY THIS HOLIDAY SEASON

Mindfulness has been scientifically proven to:

- Decrease stress, anxiety, and depression
- Increase happiness, problem solving, and creativity
- Reduce the risk of heart disease, stroke, and cancer
- Improve energy, memory, and concentration

Additionally, mindfulness [has been shown](#) to help people living with chronic pain. These patients can be prone to negative or worrisome thoughts about their pain. While these thoughts are normal, they can affect mood and increase pain. Chronic pain patients who have practiced mindfulness were seen to have less activation in the areas of their brain that manage pain messages. Also, by focusing intently on relaxing the mind and body, these patients were often able to better manage their pain over time and reduce depression and anxiety symptoms.

 (CONTINUED ON PAGE 2)



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KEY FEATURE

(CONTINUED FROM PAGE 1)

FOCUS ON THE *PRESENT* (NOT THE PRESENTS!)

Mindfulness occurs when you focus all your attention on the present moment. This allows you to become fully engaged in your activities, improves your ability to accept adverse events, and contributes to an overall positive outlook on your life.

So, where do you begin? Here are three common practices of mindfulness to get you started:

Focus on the Here and Now: Choose an object in your vicinity to concentrate on, such as a candle. Pretend you've never seen a candle before and begin to describe it in detail. Notice how it smells, its color, and its texture. Zeroing in on a specific object encourages the mind to focus on what's directly in front of you, instead of worrying about factors outside of the present moment. If your mind wanders, gently bring it back to the exercise.

Body Awareness: This is a practice that can be done mostly anywhere at any time—even at your desk! Close your eyes and focus on the rhythm of your breath. Slowly guide your attention to your body, noticing how your clothing sits against your skin, the temperature of the room you're in, and how your body feels in general. You can then guide your attention to specific parts of your body, considering how your toes feel within your shoes, how your back feels resting against your chair, or how your neck feels based on your posture. This will once again bring your attention to exactly what's going on in your body, so you can then make adjustments if you feel discomfort or pain.

Engage Your Senses: Fully utilize your five senses. First, find two or three things you can see and fully divert your attention to them. Try to notice things you wouldn't normally pay attention to, like the leaf of a nearby plant or the aroma of your coffee as the steam rises from your mug. Focus on these things for just a few moments, but try to fully commit to analyzing them. Repeat this process with each of your senses—touch, sound, smell, and taste.

SELF-CARE GUIDED BY YOUR CHIROPRACTOR

On your journey to health and wellness, these are just a few of the ways you can begin to practice self-care. While mindfulness is an excellent step in your process, there are many other ways you can prioritize your own wellbeing. These can include:

- Exercising regularly
- Maintaining consistent sleep patterns
- Consuming a healthy diet
- Participating in yoga and stretching activities

The team at MCR Chiropractic is committed to helping you reach your full potential. Using a holistic approach, your chiropractor will help you build a self-care plan tailored to your unique needs. Working together, we'll identify the root cause of your pain and develop a plan that incorporates therapeutic care and guided exercises to help you return to optimal function and balanced wellness.


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SEASONAL TIPS

NEW YEAR, SAME PAIN? WE'RE HERE TO HELP

A HEALTHY START TO 2022: WITH MINDFULNESS AND HEALTH BLOGS AT YOUR FINGERTIPS

As you round out 2021 and prepare to welcome in 2022, now is the time to prioritize health! Our [Health Blog](#) is just what you need to freshen up on the many ways chiropractors can help! Find helpful tips for your overall health and wellness, as well as information on different pains and conditions that you or your loved ones may be experiencing in the future. Movement is medicine and we are here to guide you on your health journey! Below we are showcasing a few popular posts, and you can visit our website to find something for every member of your family!

TAKE CONTROL OF YOUR HEADACHES

Regardless of the type of headache, waking up with pain can interfere with your day no matter what may be on your calendar. Read about how chiropractic care can help!



READ MORE



5 TIPS FOR WALKING ROUTINE SUCCESS

Walking is the most popular form of exercise in the United States. It is easy and free and can be done just about anywhere. Take advantage of this crisp, fall weather and try to commit to a walking routine!

READ MORE

COMMON SPORTS INJURIES

At MCR Chiropractic, our chiropractors can help you find the right treatment options for your sports injury. Chiropractic care can not only relieve pain and restore mobility, but help prevent future injuries from occurring.



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BACK PAIN? CHIROPRACTIC CARE CAN HELP

Back pain can be excruciating and unrelenting and hinder your ability to move freely and enjoy the activities you love. In fact, low-back pain is the leading cause of disability worldwide.

READ MORE

5 WAYS CHIROPRACTIC CARE CAN BE LIFE CHANGING

There's something for everyone at MCR Chiropractic. Read more about 5 ways that chiropractic can be life changing!



READ MORE

READ MORE HEALTH TIPS

LIVE AN ACTIVE LIFE - CONTACT US TO GET STARTED

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EXERCISES OF THE MONTH

RESTORE PEACE AND MOVEMENT WITH YOGA

No matter how dynamic our lives seem to be, some things remain constant—such as our tendency to sit too much. Whether we're sitting in cars for family road trips, planted at a desk with poor posture, or lounging on a couch after a long day, we are a sedentary culture.

When muscles remain stationary, they shorten and tighten. Without proper stretching, short, tight muscles can lead to significant health issues. Common symptoms of stationary lifestyles include low back pain, tight hip flexors, shortened hamstrings, weak abdominals, and much more.

During this busy time of year, shake out those tight muscles with some yoga. We've compiled a list of [restorative yoga](#) poses that encourage physical, mental, and emotional relaxation. The perfect primer for a busy, motion-filled holiday season!

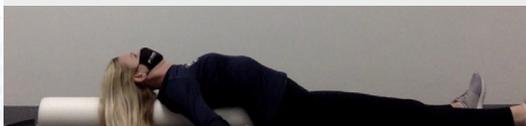


We recommend you do these exercises in a safe and comfortable setting. Check with your chiropractor if you have any questions or concerns when performing these exercises.



SUKHASANA (SEATED PRAYER HANDS)

- Begin seated in a comfortable position on the ground or on your yoga mat
- Cross your legs so your knees stack over your feet
- Sit directly on top of your sitting bones, so the bowl of the pelvis is upright, neither spilling forward nor backwards
- Press down firmly with your sitting bones to elongate the spine, lifting and opening your chest
- Bring your hands together in front of your heart, palms pressing together
- Once you're comfortable in this position, engage your shoulder blades by pulling them together and back, further opening your chest
- Maintain this heart-opening position for 10 deep inhales and exhales



SAVASANA (CORPSE POSE)

- Use a towel or light blanket and roll it vertically so you have a long roll
- Sit comfortably on the ground and place the towel at the base of the tailbone so it's perpendicular to your pelvis, but parallel to your spine if you were to lay down
- Lay down over the towel so it supports your spine from the base all the way to the top of your head, passing between your shoulder blades
- Let your arms fall out wide to each side (your body should form the shape of a "T"), feeling a stretch across the front of your chest
- Maintain this heart-opening position for 10 deep inhales and exhales

(EXERCISES OF THE MONTH CONTINUED ON PAGE 5)

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(EXERCISES OF THE MONTH CONTINUED FROM PAGE 4)



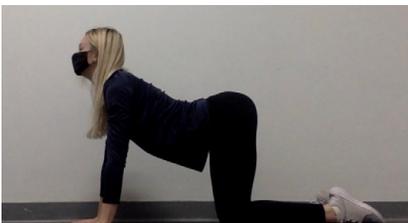
VIPARITA KARANI (LEGS-UP-THE-WALL POSE)

- Start seated sideways on the ground next to a wall with your legs long, about 5 to 6 inches away from the wall
- Exhale and, with one smooth movement, swing your legs up onto the wall, with your shoulders and head lightly down onto the floor
- If keeping your legs straight in this position is too aggressive of a stretch, bend the knees slightly and straighten bit by bit according to your comfort level
- Your pelvis should remain in a neutral position, with no excess arch in your lower back, and your core should remain engaged
- Maintain this position for 10 deep inhales and exhales



USTRASANA (CAMEL POSE)

- Begin kneeling on the ground with your thighs perpendicular to the floor, and your knees and feet hip-distance apart
- Your pelvis should remain neutral, neither spilling forward nor backward, and stacked directly over your knees
- Root down from the top of your feet to your knees, inhale to lift the chest, then create Savasana arms (palms facing forward) with the next exhale
- Keeping your pelvis over your knees, take your hands to your heels
- Press your shoulder blades forward and up, and continue to lift your chest
- Finally, drop your head and let it hang free
- Maintain this heart-opening position for 10 deep inhales and exhales



MARJARYASANA-BITILASANA (CAT-COW FLOW)

- Begin in a tabletop position with both hands and knees on the ground
- Your knees should be aligned directly below your hips, and your hands should be aligned directly under your shoulders
- Your spine should begin in a neutral position
- With an inhale, drop your belly toward the ground beneath you, achieving an upward curve in your spine (this is the cow portion of the flow)
- With the next exhale, move back up through a neutral spine position and into an arched position, allowing your spine to curve downward (picture a black cat on Halloween)
- Continue to cycle through these movements with your natural breath: cow pose on the inhale, cat pose on the exhale
- Maintain this flow for 10 inhales and exhales

To schedule an appointment, [contact your nearest MCR Chiropractic office](#) or [submit an appointment request form](#).

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PATIENT SPOTLIGHT

Amy K., Patient of MCR Quincy

Amy began treatment at MCR Quincy in 2018 for pain that was lingering for some time. "I was having real tightness in my neck area and some pain going down my right arm; it was becoming increasingly uncomfortable to work," she states. "My mother had been a patient of Dr. Steve Windwer years ago, so I was very happy with MCR. When I was looking for a place, I immediately came here." Amy is an active working mom. As she initiated treatment with us, improvement began immediately, and she was on the path of becoming a wellness patient. She learned how to keep herself healthy and moving in her day-to-day life. She implements all stretching and exercises that Dr. Franca has given her on a regular basis. Amy is now a wellness patient and comes in once a month for care. Amy states that she feels good during the time in between appointments, however when she returns, "I'm not in severe pain, but I know when it is time to get an adjustment, and honestly I am very relaxed when I am here because I know I am trying to concentrate on myself, and I am trying to maintain my health. I leave noticing a difference from when I came in."

[READ MORE](#)


Shauna A., Patient of MCR Raynham

"For years, I'd been struggling with what the doctors had diagnosed as a rare form of 'severe' Fibromyalgia. Every day, I lived with widespread severe pain, migraines, exhaustion, stiffness, limited mobility, and the risk of tearing a muscle or tendon if I moved the wrong way. There wasn't much the doctors could do besides prescribe strong pain medication or muscle relaxers, and encourage me to research different alternative treatment options. In my research, I saw that chiropractic treatments could help, and I naturally thought of Dr. Tim at MCR in Raynham. It turned out to be one of the best calls I've ever made. Along with adjustments of various areas, we've done heat, electric stimulation, stretches, cupping, and kinesiology taping. On that first day, I walked in struggling to get out of bed and do day-to-day activities, but now I have a quality of life I didn't think was even possible. I'm completely off daily pain medications and muscle relaxers, I rarely get headaches, I can move with ease, I have increased mobility, and I have more energy than I've had in years. The improved quality of life I've received through chiropractic care has taken me from the sidelines to being able to do things like run races with my son, keep up with my granddaughter, and even start running obstacle course races."

[READ MORE](#)


Chris M., Patient of MCR Taunton

Chris M. is a patient of Dr. Josh Harpel in our MCR Taunton clinic. This has been his first experience with chiropractic care and was referred by his Gastroenterologist. As a trumpet player his favorite activities are to perform and write music, all of which have been affected by his pain. Working with Dr. Harpel has provided him with the ability to fully resume his previous activities and learn some new techniques that help him play trumpet. "Chiropractic care has not only solved my pain issue, but has helped me reevaluate my breathing technique as a trumpet player," states Chris, "Josh's suggestions and recommendations were crucial to correcting some of the bad habits I had unknowingly developed."

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STAFF SPOTLIGHT

Tim Kistler, DC of MCR Sterling

[Dr. Tim Kistler](#) is the chiropractic manager of our Sterling location. Dr. Kistler received his Bachelor of Science degree in Chemistry from Valparaiso University in Indiana. He earned his Doctor of Chiropractic Degree Cum Laude from [Palmer College](#) of Chiropractic in Davenport, Iowa. He also holds certificates in chiropractic sports and occupational injuries.

Before joining MCR Chiropractic, he owned and operated a private practice in Indiana for over 25 years. He treats a variety of musculoskeletal conditions and has a passion for working with sports-related injuries, children, and headache cases.

Dr. Kistler spent five years working with the Pro Rodeo Cowboy Association as well as the Pro Bowlers Tour and the Pro Water Ski Tour. He also has spent the last 25 years working as an examiner for the National Board of Chiropractic Examiners.

In his spare time, Dr. Kistler helps out at the family horse farm in Sterling, MA and umpires baseball for several youth organizations.

This year, MCR Sterling and BSPT Sterling are collecting donations for Toys for Tots this Holiday Season. If you are in the Central MA area near the clinic in Sterling (50 Leominster Rd), we would be happy to take your donation.



[Click here](#) to request an appointment with Dr. Kistler.



CLINIC NEWS

Celebrate New Certifications

[Dr. Alex Sibert](#) of MCR Norwell, and [Dr. Angela Francis](#) of MCR Walpole have recently become [Webster Technique Certified!](#) The Webster Technique is a specific chiropractic analysis and adjustment that reduces nerve system stress, balances pelvic bones, muscles, and ligaments and optimizes the mother's pelvic function in pregnancy and birth. Webster Technique is not exclusive for pregnancy, but it's been shown to help pregnancy specifically. [Dr. Jennifer Swanson](#) of MCR Attleboro and MCR Somerset will soon be certified in Webster Technique as well! Interested in receiving chiropractic care for pre- and post-natal care? Give your closest MCR Chiropractic clinic a call today!



Cami Cleaveland, DC

[Dr. Cami Cleaveland](#) of MCR Newton received her BirthFit Leader Certification. [BirthFit](#) is a program designed to empower women to give them tools they need for birth and postpartum rehabilitation. Overall, the BirthFit program is designed get those preparing for birth ready mentally, physically, and spiritually. For prenatal patients, Dr. Cleaveland will add in specific movements and exercises to help prepare the body for birth and the postpartum period. Dr. Cleaveland is also Webster Technique Certified. Request an appointment with Dr. Cami by visiting our website!



Alexandra Sibert, DC



Angela Francis, DC



Jennifer Swanson, DC

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KEEPING YOU SAFE



BEFORE YOU ARRIVE

- 1 Prescreening phone call prior to appointment
- 2 All patients will receive appointment & safety reminder
- 3 Patients requested to attend session alone

CHECK -IN

- 1 Patients will wait outside of clinic until appointment time
- 2 All patients wear masks when entering the office & throughout session
- 3 Patients will have temperature checked and asked screening questions
- 4 Contactless payment options offered

IN -SESSION

- 1 Staff clean surfaces prior to each patient session
- 2 Patients & staff wash hands prior to each session
- 3 Limited number of patients in clinic at one time



PREPARATION & SAFEGUARDS

All employees trained in COVID health precautions

All employees are screened upon arrival and are prohibited from working if unsafe

All staff wear masks at all times

All staff wash/sanitize hands between client interactions

We'd Love to Hear from You!

Have something you'd like to learn more about in an upcoming newsletter?

Do you have chiropractic topic you'd like to learn more about? Email us at contact@mcrchiro.com to let us know what you'd like to see in our future newsletters.



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