



SANTIAGO CHIROPRACTIC ASSOCIATES

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SCA Welcomes New Massage Therapist

Lake Hiawatha, NJ, June 1, 2012 —



Please join us in welcoming Melissa Muilenburg to Santiago Chiropractic. Melissa will be working along with Sue Maute as a therapist

in our massage department and also assisting in our biomechanics lab. Melissa practiced law for 22 years before deciding to change her focus to Massage Therapy with an interest in therapeutic and sports massage. She graduated from the Institute of Therapeutic Massage in Haskell, NJ in the October 2009. Her focus of study included Swedish, Medical Massage, Myofascial Release, Sports Massage, Reflexology and Energy Work. Since graduation, Melissa's practice

has primarily focused on athletes. In conjunction with her work as a massage therapist, Melissa is a certified run coach and has coached athletes ranging from children in track and field to adults through completion of full marathons. In her free time, Melissa serves on the board of the Laker Sports Club, and the Athletic Fitness Committee and Board of Governors at the Lakeland Hills YMCA. She currently resides in Mountain Lakes with her husband and three children. Melissa is looking forward to getting to know everyone that is part of the Santiago Chiropractic Family and is now available for appointments. To schedule an appointment with Melissa or Sue please call our office: 973-335-5666.

Painful Joint? Try this Tip!



Although castor oil has a history of use for intestinal disorders, it has more recently become known as an external remedy for increasing circulation, reducing inflammation & relieving joint pain. Try this at home: Soak a piece of flannel in warm castor oil & place on the affected joint. Cover the flannel with plastic wrap to protect from oil stains & to allow for absorption into the skin. Apply a heating pad over the plastic for 1 hour & repeat as necessary.

Considerations: Pregnant women & nursing mothers should not use castor oil. In addition, do not use the oil on broken skin or if you are allergic to any part of the castor plant. Ask us during your next visit if castor oil may be a good option for you!

"When diet is wrong, medicine is of no use. When diet is correct, medicine is of no need."

~ Ancient Ayurvedic Proverb



Need an Idea for Dad for Father's Day?

Treat him to a complete golf assessment with a local pro including:

- Physical Analysis
- Findings & 18 Session Work-Out Program
- Video Swing Analysis
- 3D Biomechanical Analysis

Special 50% Reduction in Price for
Father's Day: \$99



Summer 2012 Challenge: Dr. Scarano recently completed the NJ 1/2 Marathon and Dr. Santiago the 40 mile, 5 Boro Bike Tour... Want a new motivation to stay in shape this summer? Sign up for a local run, triathlon or bike race. Need help finding one? Ask us for help!