

As the saying goes, an ounce of prevention is worth a pound of cure. If you suspect that something might be 'off' with your back, it wouldn't hurt to get checked out by a good chiropractor. Chiropractic care is the most popular method of ensuring good spinal health, but most of us don't know too much about it. Jill Coffren, CCA, of Keiran Chiropractic offers us a basic explanation.

“Whenever two bones come together at a joint, there can be movement. Since joints in your spine are so close to your spinal cord and nerve roots, too little joint motion can have serious effects. If spinal bones get "stuck" and don't move correctly they can irritate or chafe delicate nerves. This can interfere with vital messages that travel through your nervous system from your brain to your body. Anything that disrupts normal nerve function is bad. The nervous system is the master control for the human body. It coordinates and controls *everything*.

“Chiropractic adjustments add motion to these areas, reducing nervous system irritation. Chiropractic adjustments are specific, focused and targeted-- more precise than manipulation or mobilization.

“Chiropractic care helps your body help itself. It's natural, and it honors your body's own wisdom to heal. A thorough examination helps locate areas of nervous system compromise. Then, specific chiropractic adjustments help reduce these interferences to restore your body's ability to regulate itself.” – *Jill Coffren, CCA*

If you are experiencing any problems that you can't put your finger on, it could be that your spinal bones have gotten “stuck” and are interfering with messages from your brain to your affected area. A good chiropractor can pinpoint the problem and fix it for you.

The Carriage House Café Serves Up Healthy Cuisine

It's been three years since the Carriage House Café first opened its doors in Livermore to serve the community with good food and good will. Since then, owner and Chef Mike Weaver has made some big

changes in direct response to the needs of his clientele. The Carriage House is already known throughout western Maine for its exceptional cuisine and total dining experience. With so many local people

jumping on the fitness bandwagon, Chef Mike identified the need for a Healthy Heart Menu

to give health conscious diners a tasty alternative to higher calorie fare. The brand new Healthy Heart Menu includes delightful entrees such as Citrus Chicken, Lemon Pepper Haddock, Petite House Steak, and Vegetarian Stir Fry. Chef Mike stresses that he loves to be challenged, and if there is something you want that's not already on the menu, he'll be delighted to create it for you. Just ask!

Other changes at the Carriage House that have been made due to client request include a Lighter Fare Menu with entrees starting at \$5.95, a special Children's Menu starting at \$3.95, an additional dining room with booths instead of tables, an expanded Event Room that can accommodate up to 115 people (the former maximum was 65,) and a newly expanded parking area behind the restaurant. Also new for 2006 are elegant and educational wine tasting events. Look for the next one this fall.

The Carriage House Café has always been a community team player. When the Adams family of Livermore lost their home to a fire this past winter, Chef Mike hosted a benefit dinner with all profits going to the fire victims.





KEIRAN CHIROPRACTIC, P.A.

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