

Do You Suffer From **LOS COWS?**



Lack Of Sleep – Change Of Weather Syndrome



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10 Helpful Tips to Reduce LOS COWS!

1. Take Melatonin
2. Take Vitamin D3
3. Limit White Sugar
4. Limit White Bread
5. Deep Breathing Exercises
6. Eat More Protein, Less Carbs
7. Limit Alcohol Consumption Before Bedtime
8. No Bright Lights 30 Minutes Before Bed
9. Regular Adjustments to De-stress Joints
10. Use Full Spectrum Bulbs at Home/Work



Results You Can Feel.

425-670-2600

OPEN 5 DAYS A WEEK
Call us to find out what
chiropractic benefits are
covered by your insurance.



BackToAction.com

6603 220th St. SW #100 Mountlake Terrace

Also Serving: Lynnwood • Edmonds • Shoreline • Mill Creek • Bothell

Courtesy of Back To Action Chiropractic
Mountlake Terrace • 425-670-2600 • "Results You Can Feel!"

Looking for a Chiropractor to help reduce neck pain and headaches? **CALL US TODAY!**