

# Village Chiropractic News

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Disclaimer: Information contained in this newsletter is for educational and general purposes only and is designed to assist you in making informed decisions about your health. Any information contained herein is not intended to substitute advice from your physician or other healthcare professional.

*Hello and Happy March!*

*A couple things we want to highlight for March (and April)...*

*As most of you know, our schedule tends to get a little nutty in the Spring ;)*

*And this year will be no exception.*

*So please view the attached calendars for April and May,  
and make note of dates that our office is closed.*

*We will be open on other days that we are not typically open,  
and there are additional Saturdays scheduled as well.*

*So please schedule accordingly and we will do our best to accommodate everyone.*

Pssst!

Discount Day!  
Sat Mar 2nd  
Mar 23rd  
10:00—noon

Office Hours  
Mon  
9:00-5:00  
Tues  
9:00—6:00  
Thurs  
9:00-3

ALL HOURS  
ARE BY  
APPT

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***Have you seen or heard about people hanging out in the lake lately?***

***In FEBRUARY???***

Well **cold water therapy** is quite the hot topic (see what I did there? ;),  
so here's a little more information we found about it.

We haven't tried it much ourselves (yet), so if you have tried it, please share your results with us!

**Cold water therapy**, also known as **cold hydrotherapy**, involves using water that's around **59°F (15°C)** to treat health conditions or stimulate health benefits. This practice has been around for centuries and has recently seen adaptations such as ice baths, brisk daily showers, outdoor swims, and cold water immersion therapy sessions.



Here are some of the benefits associated with cold water therapy:

**-Less Muscle Soreness:** Studies indicate that athletes who soak in cold water for short periods after exercise experience reduced muscle soreness. Cold water causes blood vessels to constrict, reducing blood flow to the area and helping with swelling and inflammation.

**-Faster Cooling Down:** Cold water immersion can lower your body temperature much faster than simply resting in a cool environment. Immersing your whole body in cold water cools you off more effectively than other methods.

While anecdotal evidence supports additional benefits like improved circulation, better sleep, increased energy levels, and reduced inflammation, more research is needed to fully validate these claims. If you're considering cold water therapy, keep the immersion brief and consider combining it with other recovery strategies like stretching or active recovery. Remember, safety first! (more info on next page)

# Cold Water Therapy

101

## HOW TO

- Start in a warm shower and gradually decrease temperature until cold.
- Start in a cold shower (best right after workout).
- Add ice to a cold bath (sit submerged for ~10 min).
- Take a swim in cold water.

Cold water therapy (aka hydrotherapy) has traditionally been used to support overall health and vitality. It has therapeutic benefits for nearly every system of the body and can easily be incorporated into your existing routine.

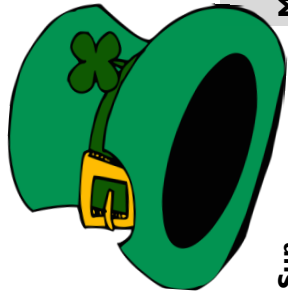
*Benefits can be achieved in a few minutes.*

## BENEFITS

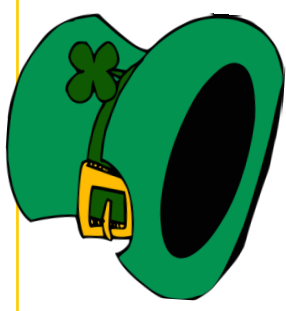
- manage inflammation & pain
- boost cellular metabolism
- support immune health
- relieve muscle soreness
- cool down after workout
- improve mood & energy
- support healthy circulation
- promote lymph flow
- improve sleep
- support healthy skin
- recalibrate temperature regulation



*Most research has tested water temps between 50-59°F (10-15°C).*



# March



Sun	Mon 9-5	Tue 9-6	Wed	Thu 9-3	Fri	Sat
					1	2 Discount Day 10—noon Adjustments for \$35**
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23 Discount Day 10—noon Adjustments for \$35**
24	25	26	27	28	29	30
31						

**\*\*CASH OR CHECK ONLY!**  
First come, first served.  
Due to time constraints,  
we are unable to accept  
new patients on  
Saturdays.





Sun Mon Tue Sat

	1	2	3	4	5	6	
	***OFFICE CLOSED***OFFICE CLOSED***OFFICE CLOSED***OFFICE CLOSED***						
7	8	9	10	11	12	13 Discount Day 10—noon Adjustments for \$35**	
14	15	16	17	18	19	20	
	***OFFICE CLOSED***OFFICE CLOSED***OFFICE CLOSED***						
21	22	23	24	25	26	<b>**CASH OR CHECK ONLY!</b> First come, first served. Due to time constraints, we are unable to accept new patients on Saturdays.	
	***OFFICE CLOSED***OFFICE CLOSED***OFFICE CLOSED***						
28	29	30					
		OPEN	OFFICE CLOSED	OPEN	OFFICE CLOSED	OPEN	