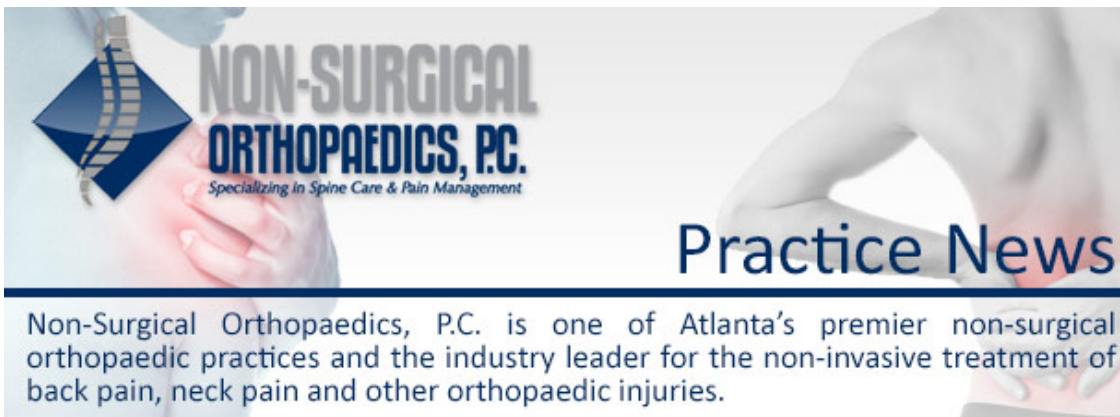


Issue: #42

JUNE 2016

REQUEST APPOINTMENT



**NON-SURGICAL
ORTHOPAEDICS, P.C.**
Specializing in Spine Care & Pain Management

Practice News

Non-Surgical Orthopaedics, P.C. is one of Atlanta's premier non-surgical orthopaedic practices and the industry leader for the non-invasive treatment of back pain, neck pain and other orthopaedic injuries.

Dr. Weil featured on Atlanta Business RadioX



Last month Dr. Weil was featured on Atlanta Business RadioX, talking about a modern approach to practicing medicine. [Click here to listen to the podcast.](#)

Follow Us On Social Media

Our office is active on all social media. Click on the icon below and be sure to follow us for updates!



Get A Better Nights Sleep With These 5 Easy Habits



Create A Ritual. Every night before bed you should have a period of time away from electronics including computers, televisions and phones. This will become a ritual and that time each night will signal to your body that it is time to rest. During that period of time you can read a paperback book, take a nice bath or drink some herbal tea. These rituals help your body relax and unwind...

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8 Pain Triggers To Avoid



We have identified some of the worst offenders that trigger pain. Remember that if you are dealing with pain on a daily basis, or your pain has become chronic, you should find a qualified physician to help you make sure there isn't something more serious going on in your body...

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5 Non-Diet Ways To Get Rid Of Chronic Inflammation



Inflammation is a natural occurrence in the body. It is a defense mechanism reacting to things like toxins and injuries. In most cases the inflammation is needed to help heal the body. Only when the inflammation continues to go on and not calm down does it begin to cause a real problem. If not handled, it can begin to trigger major problems like cancer and heart disease among other disorders...

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It's Time To Debunk These Back Pain Myths



Back pain is one of the symptoms most complained about at doctors visits. We have an 80% chance of having some form of back pain in our lives. Even though this is one of the most common health problems, there are many myths about back pain that have yet to be debunked. Knowing these myths ensures that you don't interfere with your treatments and get better faster...

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Meet Our Physicians:



[Arnold J. Weil, MD](#)
[Anthony R. Grasso, MD](#)



Our new physician, Dr. David D. Tran, M.D. starts in June. Profile will be up soon.



Our Nurse Practitioner [Mary Ann Thrasher, NP](#)



Non-Surgical Orthopaedics, P.C., 335 Roselane Street, Marietta, GA 30060

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