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## **Dr. W. Brent Reynolds DC, DACNB Announces Upcoming Workshops on Brain and Body Wellness**

### **FOR IMMEDIATE RELEASE**

Smithtown, NY (January 23, 2009) – Chiropractic Neurologist Dr. W. Brent Reynolds unveiled today his 2009 lineup of in-house workshops. Held monthly, the workshop themes rotate and focus on various aspects of mind/body wellness.

According to Dr. Reynolds, “The brain controls every function of the body and mind. By understanding brain function and disorders that affect the brain, we can work to achieve a balance that promotes total body health. These workshops will educate participants on mind/body wellness, whether it is learning about holistic therapies for vestibular disorders such as vertigo, understanding dominant brain hemisphere and discovering how to strike a balance, or adopting new ways to improve brain function. For those suffering from chronic pain, I’ve also devoted a workshop to inflammation which will discuss common causes and how to prevent and help alleviate pain by adopting an anti-inflammatory lifestyle.”

The workshops will be held once a month from 7:15-8:00 pm at Dr. Reynolds’ private practice, New Life Chiropractic, located at 323 Middle Country Road in Smithtown. There is no charge to participate, however space is limited and reservations

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are required. The 2009 schedule is as follows:

**“Drug-Free Solutions for Dizziness, Vertigo, and Balance Problems”**

January 26

May 25

September 28

**“Having a Healthy Brain. Simple Ways to Improve Your Brain and Improve Your Health”**

February 23

June 29

October 26

**“Are You a Left or Right Brain Giant? Understanding the Left and Right Brain and Discovering How to Achieve Balance Between the Two”**

March 30

July 27

November 30

**“Reducing Pain and Inflammation Naturally”**

April 27

August 17

December 28

For more information or to make a reservation, contact Dr. Reynolds’ office at 631 265-1223.

**About Dr. Brent Reynolds and New Life Chiropractic**

Dr. W. Brent Reynolds is a board-certified Chiropractic Neurologist and has been in practice for the past 10 years. He is currently an adjunct professor of neurology and kinesiology at the New York College of Health Professions. A graduate of Parker College of Chiropractic, Dr. Reynolds has been featured in the Journal of the American Chiropractic Association and a major Washington D.C. newspaper for his work with special needs patients. Dr. Reynolds can be reached at his practice New Life Chiropractic in Smithtown, Long Island at 631 265-1223 or via the internet at [www.newlifechiropractic.com](http://www.newlifechiropractic.com).

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