

SEPTEMBER NEWSLETTER

CHIROPRACTIC THOUGHTS Symptoms are nature's warning signal. They are our burglar alarm. Symptoms are trying to tell us something is wrong with the body. The use of pain killing drugs has led to a masking of symptoms that can lead to further advancement of the malfunction and pathology in the body. It is important to listen to one's body, pay attention to what your body is trying to tell you and work towards addressing the cause of the symptom rather than just masking. Chiropractic care is ultimately about addressing the cause of your problem, not just masking the symptom. It is important to listen to the symptoms, but by the time they arrive, the problem is established. Symptoms are the last to show up in the development of pathology. Listen to your body. Don't strictly medicate and ignore your symptoms. Your body is trying to tell you something.

NUTRITION TIP The oriental mind set is to eat food that has Chi. Chi is the life force in all things. This is an ancient philosophy but it runs parallel with modern society's knowledge that unprocessed foods are infinitely better for you. Eat an apple; don't just eat some apple paste. Eat foods in their simple basic forms. There is more nutrition and more value and more fiber and more of everything that is good in basic food. Eat like a cave man. Grab a handful of nuts rather than eating peanut butter. The less processed food, the more nutritious it is. So, simplify your diet and eat more naturally occurring food.

EXERCISE TIP Considering increasing your shoe size. Most of us are still wearing the same size shoe that we had in high school. Unfortunately, due to wear and tear and gravity on our feet over time, our feet have a tendency to flatten and expand over the years. Most of us haven't had our shoe size measured in quite a while and most of us are wearing restrictive shoes. So, increase your shoe size one-half to one full size and over the course of 90 days you will not be able to go back to your older smaller shoes. Give your feet some room to breathe.

TOMMY REPORT Tommy has started his sophomore year at St. Francis. He is running cross country for the Knights. Tommy gets his amazing speed and endurance from his Mother. We are just glad that St. Francis hasn't thrown him out of school just yet. So far so good!

SUPPLEMENT OF THE MONTH MinTran is supplement from Standard Process, MinTran means "mineral tranquilizer" which is a naturally calming combination of minerals. It is all natural. It works really well as a natural sleep aid. So, if you are having difficulty sleeping, consider trying MinTran before bedtime.

Thank you for allowing us to be part of health care team. Have a wonderful fall.

Sincerely,

Dr. Connie S. Smith, Dr. Timothy E. Trax, Dr. Casie M. Carr, and Staff