

August 2008 Newsletter

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Chiropractic Helps Athletes “Go the Distance”

Few sports, if any, put the body and the athlete to the test like the Triathlon. Many competitors in this grueling adventure that includes swimming, bicycling and running would never make it to the starting line, much less the finish, without the help of their chiropractor.

One such athlete is Lisa Marshall. She is an All-American competitor in the 40-44 age group and earned the number one ranking in the Southeast Region of the US for 2006. She placed third in the USA Triathlon National Tournament and is a consistent top finisher in local races around Atlanta.

Lisa’s success has come through a combination of hard work and a reliance on her chiropractor to help her deep her body properly aligned to be able to compete to her maximum ability. Her success has been hard earned.

“I’m starting my sixth season of racing triathlons,” said Lisa. “I was a middle of the pack racer the first two seasons when I was kind of training and hurting myself in the process. I then became obsessed and started adding on the training hours and miles and that’s when I really hurt myself.”

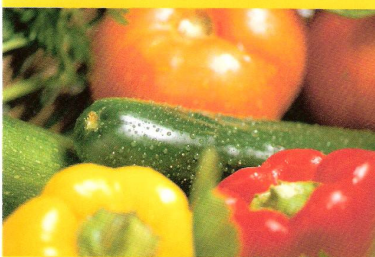
Lisa’s injury came in a half marathon race a few years ago. As the miles of the ace piled on, she began having trouble with her lateral leg (IT band). This is a common location of injury in runners. Ice, rest and physical therapy for the next three months helped, but it did not address the source of the problem. “I was stretching, doing some heat therapy and basically resting,” said Lisa. “However, as soon as I started running a couple of miles again, the pain returned.”

Fortunately, about this time, Lisa met a fellow competitor, Pamela Stone, a chiropractor from Georgia. Dr. Stone suggested an examination and x-rays. This revealed an unleveling of Lisa’s pelvis and misalignments in the lumbar spine, both of which causing nerve interference. Lisa began chiropractic treatment and has been under regular care ever since.

“The adjustments have helped her tremendously during the past three years,” said Dr. Stone. “She always gets adjusted the day before a race so she is ready to compete, and has been able to train and run faster, as well as run pain free.” A person can benefit from Chiropractic as a long distance athlete or simply to help get through the physical demands of daily living. Why put up with pain when a Chiropractic exam and treatment can help you “go the distance”?



IMAGINE...Losing 10-20 Lbs. in 14 days - Not weeks!



Find out how this revolutionary cleansing technology could change your life...a life with more energy, less pain, and no weight issues.

August Health Talks Scheduled

Tuesday, August 12th
6:30-8:00pm

Hartland Community Center
210 Cottonwood Ave.
Hartland, WI 53029

Tuesday, August 19th
6:30-8:00pm

Pewaukee Library
210 Main St.
Pewaukee, WI 53072

This is not a “fad” diet and you’re not just losing water weight. You will be given handouts and lots of useful information. Only 20 seats available, reserve a spot for you and a guest today! Please RSVP to 262-646-3224 or drsdaveandkelly@sbcglobal.net.

Clinic News:

- Dr. Kelly is having Trigger Point Massage classes every other Saturday, call 262-646-3224 for details.
- We are implementing a “points for referrals” system where you can earn gift cards to your favorite stores, restaurants, or movie theatres in the area for every referral you give. Ask Dr. David or Kelly for details.

Book of the Month:

Selling Sickness by R. Moynihan and A. Cassels

This is a compelling book describing the role of marketing in the pharmaceutical world. Selling Sickness explains how common complaints are being redefined as medical conditions requiring drug treatments, thus fulfilling the dream of Henry Gadsden, former Merck CEO. His dream?.. To make drugs for healthy people so that they could “sell to everyone.”

Kelly Wolf, DC