



January 2009 Newsletter

Table of Contents:

1. February Special
2. Earn Points for Gift Cards
3. Detoxification
4. Posture Matters

February Special: Sinus Pillow

The sinus pillow offers relief for anyone suffering sinus discomfort or congestion from colds or flu. It is wonderful for headaches and insomnia too. When heated in the microwave the special herbs produce a soothing vapor that helps drain and open blocked sinuses. It has a soft fleece side which allows for moist heat penetration. Can be stored in the freezer and used as a cold pack. \$25.00 (regular price \$30.00)

Earn Points for Gift Cards

Starting on December 8th Wolf Family Wellness Center has been giving patients points for referrals, attending health care talks, and for purchasing nutritional or exercise products.

The gift cards will be from places like Craig Berns Salon, Loaf & Jug, and PDQ. For every 20 points you earn, you receive your choice of a \$25 gift card.

The points system will be as follows:

- 5 points for a scheduled referral.
- 5 points for completing a detoxification.
- 2 points for attending a health care talk.
- 2 points for every nutritional or exercise product purchased.



Detoxification at Wolf Family Wellness Center

We have many people that have gone through this program. The benefits of learning about and going through a true detoxification could be endless. A few common side effects of going through a physician assisted detoxification include but are not limited to:

- **Permanent Weight Loss**
- **Increased Energy**
- **Less Arthritis Pain**
- **Elimination of Headaches**
- **More Restful Sleep**
- **Less Allergies**
- **Less Irritable**
- **Less Fatigue During Day**

At Wolf Family Chiropractic, we have taken many hours of continuing education on diet, nutrition, supplementation, and exercise and have devised an excellent program that detoxifies the body of chemicals. When the body is rid of toxins it can function at an optimal level. This means that the body can heal itself and fight off acute and chronic diseases. We will be offering a free class at our clinic on Detoxification on Tuesday, February 17th at 6:00 PM. The class is about 45 minutes and appetizers and refreshments will be served. You will also earn two points towards a gift card.

Posture Matters

Whether there is indeed a posture crisis among children in our population today is a point of debate. However, with youngsters spending many hours behind computers or in front of television sets, not to mention lugging around backpacks of many shapes and varying sizes, the possibility of poor posture seems greater than in decades past.

Many chiropractors pay a great deal of attention to proper posture, pedal (foot) balance and structural development in their practices with children. Proper alignment in youth can prevent a great deal of problems that can occur in later life when the fundamentals have been ignored at an early age.

Basically, there are 4 primary stages of development a child goes through and can be observed in terms of pedal development: 1) By 6 months, a child exhibits bowed legs and feet point outward, 2) By age 2, the child is walking and the lower extremities seem to straighten out, 3) By around age 3, when skeletal growth accelerates, knock-knees and in-toeing may appear, 4) Around age 6 or 7, growth rate stabilizes and a healthy alignment of feet and legs should be seen. According to Mark Charrette, DC, a recognized authority on extremity adjusting, biomechanics (the function of the body and its parts) and spinal adjusting techniques, it is in the fourth stage when an exam should take place. This is the phase of musculoskeletal development when a check should be done for pedal stability and integrity, Dr. Charrette advises.

Untrained parents will find it difficult to recognize pedal imbalances that could be causing problems with their children as there is often no indication of difficulties occurring. This can easily happen as foot imbalance is usually not a painful condition. Thus, it is very important to have the check performed by a trained chiropractor. The fact that this problem can lead to subluxation issues (partial dislocations) in the future makes testing doubly important.

Here is what a chiropractor will look for, according to Dr. Charrette: "A simple visual exam will indicate the need for further testing for pedal imbalance in children. Watch the gait for signs of foot flare and toeing out. If the child is wearing everyday shoes, check the heels for signs of excessive lateral wear, another sign of imbalance. When the patient is standing barefoot, look for three other important clues to pedal instability: low medial (toward the center of the body) arches, Achilles tendon bowing and patellar (kneecap) displacement."

Wolf Family Chiropractic will be offering a 45 minute health class concerning posture for all ages on Saturday, February 21st at 11:00 am. Please call the office at 646-3224 to reserve a seat for yourself and a friend. Refreshments will be served.