



# March 2009 Newsletter

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## March Specials: Ski Walk and Pedometer

**Ski Walk:** Developed by the famous Bobby Hinds, this piece of equipment gives you triple the benefits of walking, jogging, and cross-country skiing to shape, tone, and condition your entire body. **On sale \$40.00!!**

**Pedometer:** Counts steps, calories, has a 7 day memory, counts distances in miles, aerobic steps, walking time, and am/pm time function. **On sale \$30.00!!**

## Earn Points for Gift Cards

Wolf Family Wellness Center has been giving patients points for referrals, attending health care talks, and for purchasing nutritional or exercise products. For every 20 points you earn, you receive your choice of a \$25 gift card. The gift cards will be from places like Craig Berns Salon, Loaf & Jug, and PDQ.

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 free classes at our clinic on Detoxification on Tuesday, March 24<sup>th</sup> at 6:00 PM and Saturday, March 28<sup>th</sup> at 11:00 AM. The class is about 45 minutes and appetizers and refreshments will be served. You will also earn two points towards a gift card. Call the office at 646-3224 to reserve a seat for yourself and a friend!**

## Why Should a Child Receive Chiropractic Care?

More and more parents are seeking chiropractic care for their children. Many spinal problems seen in adults began as early as birth. Even so called 'natural' birthing methods can stress an infant's spine and developing nerve system. The resulting irritation to the nerve system caused by spinal and cranial misalignment can be the cause of many newborn health complaints. Colic, breathing problems, nursing difficulties, sleep disturbances, allergic reactions and chronic infections can often be traced to nerve system stress. Since significant spinal trauma can occur at birth, many parents have their newborns checked right away. As the infant grows, learning to hold up the head, sit, crawl and walk are all activities that affect spinal alignment and are important times to have a child checked by a Doctor of Chiropractic.

As the child begins to participate in regular childhood activities like skating or riding a bike, small yet significant spinal misalignments (subluxations) may occur. If neglected, the injuries during this period of rapid growth may lead to more serious problems later in life. Subtle traumas throughout childhood will affect the future development of the spine leading to impaired nervous system function. Any interference to the vital nerve system will adversely affect the body's ability to function at its best.

One of the most common reasons parents seek care for their child is trauma from an injury of some sort. These misalignments may or may not result in immediate pain or symptoms. Regular chiropractic checkups can identify potential spinal injury from these traumas, make the correction early in life and help avoid many of the health complaints seen later in adults. Proper spinal hygiene is an important key to better health.

Another sought out reason for care is the resolution of a particular symptom or condition. Parents seek care for conditions such as colic, ear infections, asthma, allergies and headaches (to name a few) because they have heard from other parents that chiropractic care can help.

It is important to understand that the doctor of chiropractic does not treat conditions or diseases. The expertise of the chiropractor is in checking the child's spine for misalignments that impair nervous system function therefore affecting overall body function. The bones of the spine, the vertebrae, house and protect the spinal cord. The spinal cord is an extension of the brain and carries information from the brain to the body parts and back to the brain again. Subluxations interfere with the nerves' ability to transmit this vital information. The nerve system controls and coordinates the function of all the systems in the body: circulatory, respiratory, digestive, hormonal, eliminative and immune system. Any aspect of health may be impaired by nerve interference. The chiropractic adjustment restores nerve system function allowing the body the ability to express a greater state of health and well-being.