



# Osseo Chiropractic & Health Center

## Newsletter Spring/Summer 2013

**It is the mission of Osseo Chiropractic and Health Center "To check, educate and inspire as many families as possible towards optimal health through natural Chiropractic care".**

Wow, on June 5th, 2013, it will be 1 year since I opened Osseo Chiropractic and Health Center. I have been blessed by all of the wonderful support by the community and surrounding area. We will be celebrating with various festivities throughout the week and drawings so make sure to get your name in the bowl for your chance to win some great prize giveaways!! The goal of Osseo Chiropractic and Health Center is to continue to grow and to educate not only ourselves but our patients, so we all can achieve optimal health. Watch for new and exciting things to come in the next year!!

### **Important Dates to Remember:**

May 18th – Armed Forces Day

May 27th – Memorial Day – Office will be closed

June 5th – 1 Year Anniversary for Osseo Chiropractic  
and Health Center

June 14, 15, 16 – Lake Martha Days

June 16th – Father's Day

June 21st – First Day of Summer

July 4th – Independence Day

### **NEW OFFICE GUIDELINES FOR MISSED APPOINTMENTS**

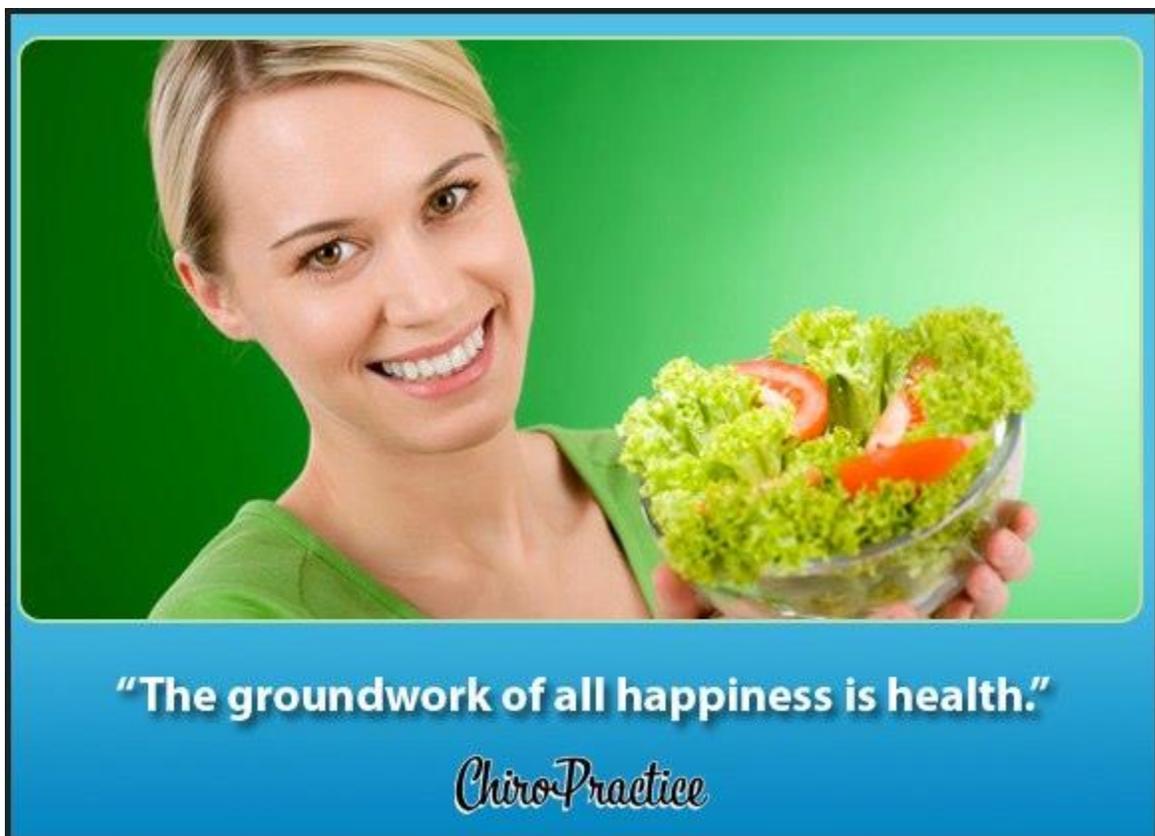
If for any reason you cannot keep your appointment, we require that you telephone immediately. If you miss an appointment without a two (2) hour notice, our office reserves the right to charge for that missed appointment. There will be a service charge of \$20 upon the third missed appointment and all future occurrences. If you need to change your appointment, contact us in advance to do so. This will allow another patient to schedule an appointment during that time. We thank you for your understanding and cooperation!

## Platinum Wellness Plan

We are now offering our **Platinum Wellness Plan** which allows patients to purchase 12 or 24 visits for a one-time fee that is discounted, allowing you to save money per visit. We are including the following when you become a member of our Platinum Wellness Plan:

- Digital Posture Screening for all members on the card
- 10% Discount on all Supplemental Products
- Health and Wellness tips emailed directly to you
- Osseo Chiropractic and Health Center Newsletter emailed directly to you

If you have any questions, please do not hesitate to ask us and share with others if you feel this may be something they would like to take advantage of as well.



*"Have you ever heard of a Spine Transplant?  
Neither have we.  
Take care of the one you have!!"*

**S**pring is upon us and most of us are getting outside and enjoying the nice weather. Walking is something that most of you can do and you won't have to spend any money on gym memberships!!!

# W A L K I N G

## 20 Benefits Of Walking

1. Helps with weight management
2. It's accessible to everyone
3. Doesn't require special equipment
4. One of the easiest ways to get more active
5. Reduces symptoms of depression and anxiety
6. It's a low impact exercise
7. Lowers low-density lipoprotein (LDL) cholesterol (the "bad" cholesterol)
8. Raises high-density lipoprotein (HDL) cholesterol (the "good" cholesterol)
9. Lowers blood pressure
10. Reduces the risk of some cancers
11. Helps reduce risk and aids with the management of type 2 diabetes
12. Improves mood
13. Helps maintain strong bones
14. Reduces the risk of heart attack
15. Less likely to lead to injuries
16. Reduces stress
17. Reduces risk of heart disease
18. You don't have to pay for it
19. Builds aerobic fitness
20. Helps maintain lean muscle tissue



With summer comes picnics, family gatherings and other celebrations and many of us will consume soda/pop and not even think about the side effects associated with drinking them. The next time you may want to opt for water or another healthier beverage!

## 7 Side Effects of Soda



Phosphoric Acid - Weakens bones and rots teeth

Excessive artificial sweeteners makes you crave more

Carmel Color - Made from the chemical caramel, is purely cosmetic, it doesn't add flavor yet is tainted with carcinogens

Formaldehyde - Carcinogen, it is not added in soda but when you digest aspartame, it will break down into 2 amino acids and methanol = Formic acid + Formaldehyde (diet sodas)

High Fructose Corn Syrup is a Concentrated Form of sugar, fructose derived from corn. It increases body fat, cholesterol and triglycerides and it also makes you hungry.

Potassium Benzoate = preservative that can be broken down to benzene in your body. Keep your soda in the sun and benzene = Carcinogen

Food Dyes = impaired brain function, hyperactive behavior, difficulty focussing, lack of impulse control

Dave Sommers

### Tips to live a healthier you!

1. Copy your kitty: Learn to do stretching exercises when you wake up. It boosts circulation and digestion, and eases back pain.

2. Don't skip breakfast. Studies show that eating a proper breakfast is one of the most positive things you can do if you are trying to lose weight. Breakfast skippers tend to gain weight. A balanced breakfast includes fresh fruit or fruit juice, a high-fiber breakfast cereal, low-fat milk or yoghurt, whole-wheat toast, and a boiled egg.



For more tips go to <http://www.health24.com/Lifestyle/>

**"It is easier to stay healthy than it is go get healthy"**

# DOCTORED

By Dr. Mercola

Did you know that while the United States makes up only five percent of the world's population, we consume over 50 percent of all the world's pharmaceutical drugs?

This sobering statistic and much more is revealed in Jeff Hays' documentary film, *Doctored*.

The primary focus of the film is on the chiropractic profession and its long-standing struggle to be recognized as authentic health professionals. In the 1980's, chiropractors were still by and large viewed as quacks whose treatments were unscientific and potentially dangerous. Worse yet, chiropractors were also derided as 'cultists' at a time when Charles Manson and his cult followers wrought terror in California, and Jim Jones persuaded his followers to drink the Kool-Aid spiked with deadly poison.

Yes, chiropractors were tossed in with this charming lot!

However, this bizarre consensus reality in which chiropractors were deemed "unscientific cultists" on par with some of the most heinous criminals in US history was, as the evidence shows, doctored by the medical industry at the behest of Big Pharma. As stated in the beginning of the film:

*"There's been a deliberate campaign to label anybody who doesn't sell or distribute drugs, surgery or radiation as a quack."*

*Doctored* includes eye-opening interviews not only with chiropractic and osteopathic doctors (including myself), it also talks to surgeons, MD's, pharmaceutical sales reps, and high-profile patients like Olympic Gold Medalist Picabo Street and John Stockton from the NBA Hall of Fame who regularly challenged my favorite player Michael Jordan, as well as regular patients who went looking for a better way to achieve health.

All in all, the testimony spells out the point of the film, which is that conventional medicine, backed and ruled by the pharmaceutical industry, is corrupt to the core and frequently does more harm than good, while simultaneously protecting their business and hiding its ineffectiveness by suppressing legitimate, safe, and effective alternative or complementary practices such as chiropractic.

At [Osseo Chiropractic and Health Center](#), we believe the documentary film "DOCTORED" should be seen by everyone so we now have it showing in our office so you can see it for yourself!!

# Chiropractic care for Infants and Children

Because chiropractic care and other natural therapies are so safe, you can enjoy their benefits throughout your entire life. And so can your children.

Many different scientific studies have found that spinal adjustments to be "remarkably safe" and "effective". To learn more about the safety and validity of chiropractic care for children, please check out our [chiropractic research page](#). One of the reasons chiropractic care has an undeniably solid track record is because we help our patients avoid dangerous drugs and risky surgical procedures.

Many parents ask me when they think their children can start chiropractic care. I tell them that even newborns can receive adjustments. Childbirth tends to be rough on an infant's body, and the sooner things are "straightened out" the better.

## Even Natural Childbirth Can Have a Negative Impact on an Infant's Spine

I've been adjusting my four children since the day of their births. I've seen their births, and some have been rough. I know that checking them regularly and providing chiropractic adjustments as needed is one of the best things I can do to keep them healthy and feeling good.

Some studies connect colic, unusual crying, ear infections, poor appetite, and erratic sleep habits can be signs of spinal imbalances. Our children are exceptionally healthy. I thank God for their good health and for the honor of helping them achieve superior health.

Please remember...

## Not All Adjustments Are Done the Same

Although I always provide careful and precise adjustments, when I adjust infants I am particularly gentle and use only light pressure. I won't ever separate children from their family. In fact, I'll usually have mom or dad hold the baby while the adjustment is done.

Another key point to understand is...

## Chiropractic Care Is Not Just For Pain Relief.

In fact, the major benefits of chiropractic adjustments are not felt. When the spine and body are "balanced", the positive effect on your nervous system influences your whole body in a healthy way. Adjustments help to "relax" your nervous system, which allows your whole body to function at a more optimal level.

If your child has subluxations (spinal misalignments), their nervous system and body will operate in an "irritated" or "agitated state". This can manifest as a multitude of different health problems. When your child receives a chiropractic adjustment, their nervous system and body can "relax" and "balance".

Like Giving Your Children Healthy Food and a Healthy Environment to Grow,  
Many Parents Make Chiropractic Care Part of Their Child's Wellness



**CHIROPRACTIC  
ADJUSTMENTS  
for children**

**95% of infants have  
misalignments  
after birth**

**- chiropractic is shown  
to relax muscular tension, improve  
sleep, can reduce colic symptoms,  
and can improve breastfeeding  
outcomes in newborns.**

What parent wouldn't want to provide their children the opportunity for superior health?

Dr. Ken Goldman

## ***Improve Your Golf Game with Chiropractic Treatment!!***

By Dr. Rachelle Kirk



Wouldn't it be great if you could shave two strokes off your handicap through chiropractic care? I wish I could promise that. The truth is that golf is a complex, dynamic game that requires the routine participation of nearly every joint in the human body. A perfect golf swing requires thousands of tiny muscle fibers, precise timing and control, flexibility and proper alignment of the entire musculoskeletal system. Chiropractic care can be instrumental in achieving all of this, as well as guarding you against injury.

Because many of today's golfers spend a significant portion of their time seated (i.e., driving the car, surfing the internet), their flexibility can become increasingly limited. By providing special attention to the joints through chiropractic care, proper joint mechanics can be restored, resulting in an increased range of motion. Following chiropractic adjustments, tight muscles are lengthened and returned to their normal positions. A chiropractor's trained eye can spot whether one shoulder is higher than the other, whether one hip is higher than the other, whether your neck is tilted to a particular side, or any other asymmetry. Chiropractic care improves balance and coordination by aligning the bones of the body into their proper position, thereby restoring symmetry.

Golf injuries most commonly occur because of a decrease in flexibility, balance, and coordination. A lack of joint proprioception (the ability of the brain to recognize the body's location in space) also contributes to sprain and strain injuries. Chiropractic care will return bones to their normal juxtaposition (thereby reducing nerve interference) to restore normal nerve transmission and increase joint proprioception.

In the course of a golfer's lifetime, experiencing occasional injury is inevitable. However, by maintaining proper flexibility, joint mechanics, balance, and coordination, the likelihood and severity of injuries can be decreased. Golfers who routinely undergo chiropractic treatment as a form of preventative care often experience better golf games, with diminished risk of muscle strains and sprains, than do golfers who merely seek chiropractic care for pain. As a result, joints that move fluidly over the years are less apt to develop arthritis. Consequently, they will provide the golfer with many more years and rounds of golf. And who knows – maybe the care will shave a point or two off your handicap!

Copyright 2009.

**ENJOY YOUR SUMMER BUT DON'T FORGET TO CALL TO SCHEDULE YOUR APPOINTMENTS FOR ADJUSTMENTS!!**