

MCMICHAEL CHIROPRACTIC

Natural Health & Wellness Clinic



Do Your Feet Feel Abused by the End of the Day?

The foot is a marvel of structural design. When functioning normally, it endures a tremendous amount of shock throughout the day and still smiles at day's end, with no evidence of fatigue. Unfortunately, this is not true for a large number of people. Foot problems are very common. Interestingly, when the foot is involved, the entire body usually becomes involved as a result.

It may seem that foot problems should be rare if you wear shoes or other protective footwear on a regular basis. However, research often indicates the opposite. Our feet are actually made to contact the ground directly when we walk, jog, and run. The foot's efficient, shock-absorbing design is significantly compromised when we wear shoes during these normal activities.

Flip-flops are an obvious example of poor footwear. You can feel your toes gripping to keep the flip-flop on every time you bring the foot off of the ground, which is the opposite of what should be happening when the foot is preparing for its next contact with the ground. When you change the muscle contraction patterns in any region of the body, there will be structural consequences, often resulting in pain and dysfunction.

High-heels are another great example because it's easy to see how they place the ankle joint at a stressful angle while at the same time crowding the toes together in the front of the shoe. This again forces altered patterns of muscle contraction in the feet, legs, and all of the way up to the pelvis and back.



What about running shoes you ask?

- continued on page 3

NATURAL HEALTH NEWS YOU CAN USE

Look Inside



Reduce Asthma & Allergies Without Meds

Is medication the only answer for asthma and allergies? See page 2.

Super Results in 21 Days

Our Purification & Weight-Loss program helps you lose weight, reduce cholesterol or just feel better. Learn more on page 3.

Did You Hear the News?

2 Important news stories you may have missed but shouldn't. Page 2

Mark Your Calendar!

Check out the upcoming clinic events for fun and educational opportunities. See back page.

HEALTH & CHIROPRACTIC

Did you hear the news?



More Kids Get Kidney Stones(Associated Press)
"Doctors are puzzling over what seems to be an increase in the number of children with kidney stones, a condition some blame on kids' love of cheeseburgers, fries and other salty foods."

"At Children's Hospital of Philadelphia, the number of children treated for kidney stones since 2005 has climbed from about 10 a year to five patients a week now."

"In a 2007 study in the Journal of Urology, doctors at North Shore-Long Island Jewish Medical Center reported a nearly fivefold increase in children brought in with kidney stones between 1994 and 2005. In 2005, 61 youngsters were treated there for stones."

This is not puzzling. Kids are eating worse than they ever have. Conditions traditionally seen in adults are now becoming common in kids. It is time to start eating better & increasing activity levels.

Chiropractic Care is the Best Treatment Choice for Back Pain (WebMD)

Consumer Reports surveyed 14,000 subscribers with back pain and compared satisfaction with treatment.

Chiropractors had the highest rating of highly satisfied patients. Patients were more likely to be highly satisfied with chiropractors than physical therapists, acupuncturists, specialists, or primary care doctors.

The survey also showed that 55% of people receive an opioid pain reliever for back pain even though there is little research to support their use, and they can cause significant side-effects.

More patients are choosing to fix their problem instead of covering it up with medication.

Reduce Allergies & Asthma Without Medication

Asthma and allergies are a rapidly growing public health problem. According to the Centers for Disease Control and Prevention: About 23 million people, including 6.8 million children, have asthma. Asthma prevalence is higher among families with lower incomes. Twelve million people reported having an asthma attack in the past year. Asthma is one of the most common serious chronic diseases of childhood. Asthma is the third-ranking cause of hospitalization among children under 15.

Why do so many children and adults have so much trouble when contacting otherwise harmless things? Why is



asthma more common among low income families? May is National Asthma & Allergy Month. During May our clinic will be focusing on natural ways to reduce allergies and asthma.

Take a peek at some of the research:

A study of 20,016 children showed: Kids with higher body weight were more likely to have asthma. Kids who spent 5 or more hours per day watching television were more likely to have asthma compared with those who watched less than 1 hour a day. Adding salt to food was strongly associated with asthma. *Journal: Epidemiology 2008 May 23; Vol. 19, Issue 5; Page(s) 747-55.*

After 3 months of combining chiropractic manipulation with optimal

medical management for pediatric asthma, the children rated their quality of life substantially higher and their asthma severity substantially lower. These improvements were maintained at the 1-year follow-up assessment. *Journal: J Manipulative Physiol Ther 2001 Aug 22; Vol. 24, Issue 6; P369-77*

Pregnant mothers that ate fish 2-3 times each week or more reduced the risk of allergies in their children by over one third. This includes food allergies AND inhaled allergies. After studying a variety of people, there was a similar trend found between increased consumption of fish and decreased prevalence of allergies. *Pediatric Allergy and Immunology 17(2):94-102*

Children who ate more margarine instead of butter were more likely to experience eczema or allergies (from inhaled allergens) in their lifetime. *Pediatric Allergy and Immunology 17: 85-93.*

Research of 15,000 children showed that consuming non-pasteurized raw milk offers protection against asthma and various allergies (including pollen, foods, animals, etc). *Clinical & Experimental Allergy 2007. 37(5):661-670.*

To help educate our patients, family, and friends we'll be presenting a class on natural ways to reduce or eliminate allergies on May 19th. Interested patients may also want to attend our class on Purification & Weight-loss on May 12th. **MC**





NUTRITION & FITNESS

“Abused Feet” continued from front -

Well that’s a bit more complicated because they can vary. However, the bottom line of research on this subject continues to show that running barefoot is more efficient than running with shoes on. The muscles of the body have to work harder and end up using more energy when running with shoes compared to running without shoes. This makes it clear that bare-foot running is ideal and at McMichael Chiropractic, we often include recommendations for barefoot walking during foot-rehabilitation. It allows the joints and muscles of the feet to move

freely, as intended. Like neck and back pain, restoring proper joint motion is critical for reducing pain in the long-term.

If your feet have suffered from years of wearing footwear like heels or flip-flops, the structure of your feet may receive more benefit from custom orthotics (shoe-inserts) that support the weakened areas.

Since everyone (and every foot) is different, we recommend you don’t begin any regimen of barefoot walking or running without first talking to your doctors at McMichael Chiropractic.

MC

Absolutely ridiculous!
Have you seen the recent tv ads promoting high fructose corn syrup? They infer it is as healthy as corn because the actor in the ad can’t think of why it isn’t. We can help the stupified actor out! HFCS has been linked to: high cholesterol levels, blood clots, reduced immunity, diabetes, aging, heart disease, diarrhea, mineral loss, liver damage, weight gain...

SUPER RESULTS IN 21 DAYS!

“I have more energy through the day. I sleep better at night. I have fewer aches and pains. My digestion is better...”

What does feeling better and having more energy have to do with chemicals in the body?

Our Purification & Weight-loss Program provides the answer.

“Estimates show most Americans have somewhere between 400 and 800 chemicals stored in their bodies, typically in fat cells.” -mercola.com

The 21-day program is designed to support the system while it helps the body remove accumulated chemicals. Patients on the program have reported less digestive

stress, fewer aches and pains, better energy levels, improved sleep, better bowel regularity, reduced sinus problems, and a variety of positive changes.

Many patients have seen a significant improvement in their blood lipid and cholesterol levels. Patients who had previously been advised by their medical doctor to take cholesterol medication, were told it was no longer necessary after completing our 21-day program.

Rita’s Purification & Weight-loss Experience

“Hi there, it is Rita and I completed the Standard Process Purification program on Thursday, March 5th. The hardest part was giving up the morning coffee. I did not have any cravings for sweets and have not missed them. I do feel lighter on my feet, I did lose 8 pounds, and my afternoon fatigue was gone. I have noticed my hair is shinier and I used to have acne Rosacea (redness/flush areas) on my cheeks and it is completely gone!! I am a healthier person for doing this program and you will be too!!”



The program involves improved eating & exercise habits. Our doctors guide you through the 21-day program to help you reach your specific health goals.

By focusing on improving our health through better eating & exercise, we can make dramatic improvements in our health, helping us feel & look better.



Rita’s total cholesterol dropped from 276 to 210 and her triglycerides dropped from 170 to 76. Her MD no longer recommends she take cholesterol medication.

Sign up for an upcoming class to learn more and receive a \$30 voucher toward the program when you attend a class. **MC**



Mark Your Calendar!

**Tuesday May 12th
Purification & Weight-loss
5:30-6:30pm**

**April is Foot Health Month
Learn natural ways to
reduce foot problems**

**Thursday May 21st
Purification Recipes
12:15-1:15pm**

**Tuesday May 19th
Reduce Allergies &
Asthma Without Meds
5:30-6:30pm**

**May 5th
Cinco de Mayo Snack
All day!**

**Upcoming classes open to all patients, family, and friends.
Call now to reserve a seat & be notified about changes. No charge.**

McMichael Chiropractic Clinic Hours: Mon/Wed/Fri 8am-6pm ~ Tues 9am-6pm ~ Th/Sat 9am-noon

MCMICHAEL CHIROPRACTIC
Natural Health & Wellness Clinic

**NATURAL HEALTH NEWS
YOU CAN USE**

3945 Fulton Dr. NW- Canton, OH 44718
330.492.1010 ~ mcmichaelchiro.com

Address Service Requested



Quick tip:
Avocados contain
healthy fats that are
good for the heart!

Feel free to share our newsletter with family and friends. We have extra copies. If you would like to be added to our mailing list or would prefer to save a tree and receive an email instead, please let us know. We can also provide large print stories by email.