

We are accepting new patients! (616) 863-9482

Welcome Shapel Burkart!

Join us in welcoming our newest massage therapist, Shapel Burkart.. Shapel currently resides in the Grand Rapids area. She graduated from Everest Institute, formerly known as Olympia Career Training Institute. Her specialties include deep tissue, Swedish and sports massage. Shapel looks forward to meeting you soon.



**Saturday
Hours:
9am-12:30pm**

APRIL 5
APRIL 12
APRIL 19
APRIL 26

MAY 3
MAY 10
MAY 17
MAY 31

JUNE 7
JUNE 14
JUNE 21
JUNE 28

Don't Forget!

- April 7-11 kids can come in for a chance to win a prize by trying to hula hoop for 5 seconds!
- May 9th moms will receive a flower and can have their photos taken with their children to celebrate Mothers Day!
- June 13th any father that comes in will get a ticket for a free carwash after their appointment.

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ChiroHealth

ROCKFORD

Remember : Chiropractic Care is a family affair!

RAISING HEALTHY CHILDREN
BE HEALTHY. FOR LIFE.

In today's world of fast paced, hustle and bustle, quick-fix thinking, it's important to realize that not everything, in fact, not much of anything is a quick-fix. Growing up healthy is something that we all want for our children. Taking healthy steps along the way will help ensure that process is successful.

Do you remember the phrase "Garbage in, garbage out"? When you consider that we are what we eat, that phrase becomes very important when raising healthy children. Our children need nourishing food. When our children receive proper nutrition, they will be able to perform better in school. A healthy breakfast, snack and lunch will help them concentrate, focus and learn the way they are designed. Fast food restaurants are designed to provide food fast, not necessarily nutritious. Fast foods are typically high in fat and cholesterol, including trans fats. Our bodies do not have the ability to break down those types of fats.

Eliminating as many toxins from your household environment is another factor in raising a healthy family. Cigarette smoke, or smoke of any kind, is an extremely toxic substance that kills millions of people every year. Other airborne toxins include dust, dirt and dander. These irritants in a child's environment can cause respiratory irritation, infection, damage and disease. Children need clean, fresh air in order to get the oxygen that the body requires.

One way to help ensure that children grow up healthy is to make sure they have a properly functioning nervous system. This system is the master control system and the communication system within the body. In order for you to be healthy, this system must function without interference. Interference can present in the way of spinal misalignments, or subluxations. Your chiropractor can determine if there are subluxations present in your child's spine. Subluxations cause interference to your child's nervous system. Removing subluxations will allow your child to grow up healthy and functioning at their highest potential.

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6769 COURTLAND DR NE STE 100, ROCKFORD, MICHIGAN 49341



IT'S A FACT:

Nine out of ten poison exposures are suspected to be from household products!

Calendar of Upcoming Events



April 2008

- April 5 Special Consultation in our office 9:00am
- April 15 Healthy You, Healthy Home, Healthy Planet Seminar 6:30pm
- April 24 Special Consultation in our office 6:30pm

May 2008

- May 3 Special Consultation in our office 9:00am
- May 13 Mother/Daughter Spa Night 6:30pm
- May 15 Special Consultation in our office 6:30pm
- May 16-17 Relay for Life 3:00pm Friday to 3:00pm Saturday

June 2008

- June 7 Special Consultation in our office 9:00am
- June 7 Make a Wish Walk for Wishes 8:00-10:00am
- June 10 Kids Health Seminar 6:30pm
- June 19 Special Consultation in our office 6:30pm

Celebrate. Remember. Fight Back.



Be a part of our team at Rockford's Relay for Life. Join us as a fundraiser and do laps on the track with us, donate to our team at the office or online at <http://main.acevents.org/goto/chirohealth>. We look forward to having you join us at this wonderful fundraising event for the American Cancer Society at North Rockford Middle School Friday, May 16 at 3pm to Saturday, May 17 at 3pm.

GOING GREEN

Changes in Your Internal and External Environments

Going green is American's newest trend, and it's one of the healthiest ones we've ever seen—for the planet and your own body. When we "go green," we're helping the environment, but the effects of natural and organic foods, products, fuels, cleaning materials and more help our bodies and families stay healthy as well.

In the Refrigerator

In a recent study conducted by Tesco Center for Organic Agriculture at Newcastle University, organic fruit and vegetables were shown to have up to 40% more antioxidants than non-organically grown produce. Antioxidant-rich food can help prevent various cancers, heart disease, and other preventable diseases of aging. Also try to buy local produce and other products which stimulate local economies and reduce waste. Visit the farmer's market to find fresher, healthier choices for dinner or consider planting a vegetable garden in your back yard!

In the Home

Consider using non-toxic cleaning materials and hygiene products. Find recipes online to show you how vinegar can be used as a substitute for harmful cleaning products. Consider organic deodorants and shampoos. Turn down the thermostat and wear a sweater! Save water by investing in energy efficient appliances and light bulbs and low pressure showerheads and toilets. Recycle used newspapers, keep a compost pile and turn off lights when leaving a room.

In the Car

Opting for a hybrid car or at least a fuel efficient vehicle is just the first part of going green on the road. Choose a car that meets your needs. For instance, do you really need a huge SUV if you don't have children to transport? Did you know aggressive driving (speeding, rapid acceleration and braking) wastes gas? It can lower your gas mileage by 33% at highway speeds and by 5% around town.

Consider taking the bus, bike riding or walking to work. You'll get more exercise and personally contribute to the reduction in pollutants in the air. Wasteful hours spent commuting every day and sitting all day without breaks at work can cause spinal and back problems. According to the EPA, if half of the American workers were given a choice of different means to commute to work, the reduction in pollution and traffic would equal taking 15 million cars off the road.

In the end, the inability to make positive changes can result in costly and painful health problems. Adopting a green lifestyle that includes a safer diet, less waste and smarter use of resources can add years to our planet and years to your life!

Massage is Not Just a Luxury it is Much More!

Experts estimate that 80 to 90% of disease is stress related. The use of massage and bodywork can help combat these frightening numbers by helping us remember what it means to relax. The physical changes massage brings to your body and mind can have a positive effect in many areas of your life.

Almost every aspect of modern life can cause stress. Even without stressful circumstances, muscles tire from everyday activities or movements. These muscular stresses generate other physical and/or mental fatigue. Massage and body work can increase relaxation, decrease anxiety, lower blood pressure, increase circulation, improve injury recovery, encourage deeper sleep, and increase concentration. It reduces fatigue and gives you more energy to handle stressful situations. The incredible benefits of massage are doubly powerful when taken in regular "doses." Researchers from the Touch Research Institute (TRI) at the University of Miami found that recipients of massage can benefit even in small doses (15 minute chair or 1/2 hour table sessions). They also note that receiving bodywork weekly is even more beneficial. While this may not be feasible, it's nice to know that this "medicine" only gets better with frequency.

The regular use of massage therapy to manipulate and ease strain in muscles was known to the ancient Egyptians and is still in use today at ChiroHealth Rockford. Our certified therapists have been trained to use a variety of massage and bodywork techniques to relax and restore tired and overstressed bodies as well as assist with recovery after soft tissue injuries. *Come in and feel the difference for yourself!*

