

In Good Hands

A Monthly Newsletter For The Friends and Patients of:
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The Doctor of the future will interest his patients in the care of the human frame, in diet and in the cause and prevention of disease. —**Thomas A. Edison**

Good Feet, Sore Feet, Bad Feet, Flat Feet



Centennial —This month I wanted to revisit another set of basic posture instructions that all new patients get grooved in on. That is with regard to the shoes. There are two features of shoes that throw off your structure. First is the heel height. The shoe should have an ideal thickness of heel to toe ratio. A

typical cowboy boot has about the perfect ratio. So believe it or not, as we enter summer weather, flip flops are TERRIBLE for your posture! They are so flat in the heel that they offer no support to your spine. Heel height will give a slight lift in the buttocks area and this helps prevent you from slumping. In the office, I do the "push test" from behind to see if the shoes make you waver or slump even more. Flip flops definitely lose out on this test!

On the other side of the coin, high heels are equally bad if not worse. Many women probably adapt to regular use of high heels. However, regular use of high heels while getting adjusted with the protocol I use will flat-out cause a failed case. Continual use of high heels while under this protocol has led to some nasty neck pain. You would think heels would lead to low back pain. But wearing the heels would re-set their mechanics and cause neck pain to such a degree that they discontinued care. It's so important that if a person won't agree to stop regular wearing of high heels in the initial 8 weeks of their care, then I advise them to not



start up with my protocol because it will be a waste of their money and time.

The second feature about shoes is the arch support. People who start getting adjusted with my protocol remove the insoles from



their shoes as well as orthotic supports. The insoles or orthotics, commonly purchased at places like "Good Feet" stores, force you back

into the mechanics that you were in when the mold of your feet was made. So for people who aren't getting adjusted, it may be a good handling for stabilizing pain. However, if you're getting adjusted with this protocol, the insoles or orthotics will throw your mechanics off, usually causing a bit of a slump that I'm actually trying to fix at your adjustments. Similarly, shoes like Birkenstocks and Dansko clogs have a permanent arch support that acts just like an orthotic to throw off your structure.



Dansko clogs

If you're considering trying this protocol, please save yourself the expense of orthotic supports (usually \$400-800) until you've begun my care. Routinely, people abandon the orthotics after their first adjustment and RARELY resume using them. And like the lady in this month's success story, the foot pain that the orthotics were prescribed for, often times resolves or at least becomes minimal by realigning your spinal and foot structure.

(Continued on back cover...)



Sarah's Secrets

I've definitely been liking the warmer weather! You'd never know by looking at me in my new spring dress, but when my babysitter's granddaughter plays with me, we like to see how many roly poly's we can find under the rocks! And nothing is better than digging in the dirt in my mom's flower bed. The bunnies always eat everything so there's plenty of dirt to play in :-)

Last week I rollerskated to the playground and mom says she's going to take the training wheels off my bike this summer. (I'll probably need to schedule a visit or two after she does that!) Mom even took me to the office the last time I got an 'justment. She gave me a big bag of popcorn for doing so good. Oh, this other picture is from my gymnastics class with Miss Stephanie at Encore. It's great to swing on the bars and

the rings and do the balance beam. Just ask and I'll show you my Cartwheels and handstands! They are lots of fun. Also my 3-year-olds pre-school will be over soon. I will really miss my friends over the summer. Before pre-K starts in the fall, I'll get to visit my dad in North Carolina for 2 weeks at the beach! The ocean is great and I can't wait...

Luv, Sarah



Welcome!

Margaret P.—Centennial, CO

Wendy F.—Brighton, Co

Ceci K.—Aurora, CO *Referred by Carole K.*

Wanda H.—Denver, CO

Referred by Jodi A. & Annalisa M.

Russell T.—Highlands Ranch, CO

Referred by Donna T.

Dana C.—Highlands Ranch, CO

Welcome Returning Patients!

Russell M.—Parker, CO

Who Have You Referred?

Your referral can always schedule a

Free Consultation

with no further obligation.

Allow an hour for that appointment.

OR

Attend the

Intro Session

Tuesdays at 6:20 pm

It ISN'T a consultation with the doctor.

Just an explanation of Dr. Erica's method of correcting the structure, requirements for care and costs.

No cost and no appointment needed.

RSVP appreciated.

Visit www.new-chiropractic-solutions.com to find a provider for friends or family in other states.

The Streets at Southglenn

On any given day, there is construction taking place on our corner as well as Arapahoe Rd. Currently there is a "Detour" for the entrance to our parking lot. There is a driveway just EAST of the post office parking lot on Arapahoe Rd. that will get you to the S-G Plaza parking lot. The University Blvd. entrance is still open, but only convenient if you're approaching from the north! First Bank demolished their building and they are scheduled to open their new facility this summer. Next door to us, construction for Walgreens is well under way. And next to the mall, you can see the "big box" stores going up for Whole Foods, Barnes & Noble and Best Buy. If you drive by and see lots of bulldozers, cranes and dirt flying on the NW corner of University & Arapahoe, just know that the S-G Plaza is still opened and accessible! It also looks like dirt is finally moving at the mall (Streets at Southglenn)...we'll see how fast that goes up!



FORMER ENTRANCE: This is the old Arapahoe Rd. entrance to S-G Plaza that was by First Bank. It is closed for now...



TEMPORARY ENTRANCE: There is a driveway just **EAST** of the post office on Arapahoe Rd. It dog-legs behind the construction to our building, S-G Plaza (see the little white sign & red arrow?)

Diet High in Fat and High Fructose Corn Syrup May Cause Severe Liver Problems In People with Sedentary Lifestyle

As if it needed to be proven in a laboratory, researchers at St. Louis University presented findings at a Digestive Diseases Week in Wash., DC to this effect.

They fed mice a diet with 40% fat (the typical McDonald's meal), high amounts of high fructose corn syrup (HFCS), [the primary ingredient in many sodas and sugary bottled drinks] and prevented them from being active. They used an equivalent of 8 cans of soda per day. (Sounds like overkill; but that's 96 oz. I see people at the gas station filling up 64oz'ers routinely so probably not unrealistic for daily consumption.)

The study was 16 weeks long, but researchers were surprised to find that it only took 4 weeks to find the beginnings of Type II diabetes (glucose intolerance) as well as an increase in liver enzymes. HFCS prevents the body from feeling full. So the mice couldn't tell when to stop eating, despite eating large amounts of calories.



PATIENT OF THE MONTH

I began seeing Dr. Erica last July initially because of pain and numbness that radiated down my left arm. I was also having a lot of foot pain. The previous November, I had surgery on both feet to have neuromas removed. Now, it appeared I was suffering from plantar fasciitis (heel pain) in addition to the pain I had been having from the neuromas. When I came to visit Dr. Erica for the first time, she suggested I stop using the orthotics which had been prescribed by my podiatrist. I was hesitant to stop using them, but I said I would give it a try. Not long after I stopped using the orthotics, the adjustments changed my alignment and the heel pain went away.

Shortly after she began treating me, I noticed a decrease in the numbness in my left arm. I have been without the pain in that arm for months now, and only occasionally experience the numbness. Through the education Dr. Erica has given me on posture, I learned that the numbness comes around only when I slump. Now I have a great reminder to sit up straight! Dr. Erica has also taught me so much about nutrition. I began losing weight a month before I came to her, and I believe the information I received from her on supplements, nutrition, etc. has helped me continue to lose over the last several months. I am so glad I switched to Dr. Erica. I wasn't seeing any results at the other chiropractor I was going to, and I think it's the different protocol Dr. Erica uses that has made the difference. Thanks Dr. Erica!

Annalisa Mayfield

TRIVIA: What's Dr. Erica's favorite dessert?

Answer: Crème Brûlée—yummm!!

Visit www.NaturalNews.com for timely information on health, drugs, and consumer products.

Patient of the Month

This month's patient of the month is

Annalisa Mayfield

Congratulations!

As patient of the month, she will receive a \$50 gift card to Maggiano's/Chili's/On The Border/Macaroni Grill.

Great job on such good improvements—keep up the good work!

Send Dr. Erica your Success Story for your chance at Patient of the Month.

In fact, before resorting to surgery for neuromas or cortisone for heel pain, I recommend people try my initial plan of care if they are having foot pain. I can recall 2 patients with foot pain/numbness who didn't respond to this protocol and it's complementary recommendations. But many, many more HAVE responded favorably, though. And in the absence of diabetes or statin drugs, most people have a favorable outcome.

***Yours in health,
Dr. Erica***

For shoes that need a replacement insole, choose a pair without "bumps or lumps" under the arch or the balls of the feet. I carry insoles for \$15 and will



trim them to fit your shoes properly and test you before you leave for stability. **Current patients:** Don't forget to check your golf, hiking or softball shoes for molded insoles! It could make all of the difference in how you feel at the end of your activity!

The office will be closed

Friday May 23, 2008

Monday May 26, 2008

For the Memorial Day holiday

Normal hours will resume Tuesday May 27, 2008

Have a safe and fun holiday weekend!

Refer your friends/family to this newsletter and past issues on our website:

www.atlaschiropracticpc.net

Also see pictures of our new décor in the photo gallery!