

In Good Hands

A Monthly Newsletter For The Friends and Patients of:
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Who is the happiest of men? He who values the merits of others and in their pleasure takes joy even as though 'twere their own. —Johann Wolfgang von Goethe

Detoxify: Cleanse for Healing *and* Weight Loss



Centennial —

I have been considering a detoxification protocol to complement the rest of the program that I use. After deliberation, I'm recommending a 10-day herbal cleanse detox system. By flushing out toxins that the body is holding onto and changing the body's chemistry from acidic to alkaline, it

will reduce inflammation thereby reducing tendencies to pain.

The first correction is the **blood sugar lowering** through careful attention to the glyce-mic-index. This lowered blood sugar level will increase energy, stabilize mood swings and trigger the body to release fat.

The second correction is in **body toxicity level**. The average person is carrying around 7-25 pounds of garbage internally at any given moment, so getting rid of that often helps with gas, bloating, bad breath and body odor. It also non-surgically flattens the tummy while correcting constipation and/or diarrhea issues.

The third correction is vital for management of many health issues: **the control of parasites, candida albicans and intestinal funguses**. If you have ever taken antibiotics, then chances are you have an intestinal flora or candida albicans issue. You also might have one as a result of the food chain exposure. Signs of this problem includes dozens of things like water retention, sugar cravings, mood swings, poor sleep and allergies.

The 10 day program will also correct the major chemistry issue of **acid/alkalinity**. If you are too acid you will be a "vapor weight gainer," putting on weight rapidly for no apparent reason.

You will also be tired, allergy and illness prone, not to mention that people who are too acid are the ones who get cancer. Being alkaline helps you have more natural vitality and will help you maintain good weight management effortlessly.

And certainly not last, the 10 day body makeover program will **turn up the burn on the fat** while enhancing metabolism the all-natural way, yet controlling appetite.

I was introduced to this system by a physical therapist I've known for awhile. She's been using this with her patients very successfully to help with their pain as well as their weight issues. It's common for her patients to lose 5 pounds and 5 inches during the 10 day cleanse (one of whom I know.) She's reported to me many patients' cholesterol levels have gone down using this system also. She even had a patient use the 10 day system back-to-back 4 times (for a total of 40 days) and lost 69 pounds. The products aren't just getting rid of fat. But helping you shed the toxic stuff that doesn't metabolize.

Visit **www.firstfitness.com/drerica** to get your 10 day cleanse. There is information on the ingredients and their 100% money back guarantee. If you'd like a little support, call me once you get your product and I will coach you through your plan successfully!

The product is also available in my office. It retails for \$59.95 plus tax/shipping. There are 3 flavors available and I have the chocolate one in my office. Also there is a tropical-flavored and berry. *You don't need to be a patient to get this product* or receive my free coaching with this plan. And you don't have to live in Denver, either! Let relatives or friends in other places know.

Good luck! ***Yours in health, Dr. Erica***



Loveland Pass in July: "Sagging" for the Triple Bypass

Sarah's Secrets

Mom shouldn't wait so long to do her newsletters! There's been a lot of stuff to tell you since the last one! The picture on the wall really is me at the climbing wall at Copper! I had a lot of fun doing that and the bungee trampoline. Mom also took me on a scary ride on the go-karts, too. I went rollerskating for the first time with my friend Liza at "Pixie Skate." And I also got to go to Aspen with Mom. On our way home we swam at Glenwood Hot Springs and I made lots of friends there! And right now I am on a visit to my dad's house in North Carolina. I got to see Gran & Grandpa. And then I am going to Buffalo to visit my Grandma Audrey and aunts & uncles and cousins who live there. My dad isn't going to Afghanistan until May—he was supposed to go in October, so that is a relief!



Mom says when I come back from North Carolina I will be starting a new Preschool called Primrose. I won't be seeing Ruth Ann every day which is going to be sad. She's been my babysitter since I was born! She promises we'll still see each other. After all, she is my Busha (grandma) too! At my daycare I will be in Pre-K everyday with lots of other boys and girls. That will be good because I get very sad when I don't have any friends to play with! I'm not sure I will like the uniforms because they aren't very girly-girl.

Love, Sarah

Welcome!

Eleanor K.—Aurora, CO
 Erin D.—Denver, CO Referred by Dr. Lyles
 JoAnn D.—Aurora, CO
Referred by Sandy S. & Lisa S.
 Ryan S.—Denver, CO Referred by Julia W.
 Jeannie C.—Centennial, CO
 Ann R.—Highlands Ranch, CO Ref. by Michele M.
 Janice S.—Denver, CO Referred by Jodi A.
 Dean W.—Centennial, CO Referred by Rhonda R.

Welcome Returning Patients!

Ann C.—Centennial, CO
 Mike P.—Parker, CO
 John S.—Englewood, CO

Who Have You Referred?

Your referral can always schedule a

Free Consultation

with no further obligation.

Allow an hour for that appointment.

No cost and no appointment needed.

The Intro Session that used to be offered on Tuesday nights is temporarily being suspended due to daycare pickup constraints.
 Encourage your referral to schedule a Free consult.

Send an email to ekasprzyk@comcast.net to find a provider for friends or family in other states.

Care Credit:

A Medical Expense Card

Our office is now accepting payment via CareCredit. It's a convenient way to lump your medical expenses into one account and you can pick the terms that suit you best. This is especially good for patients with very high deductibles, patients who only have an HMO and can't get out-of-network care or for people with no insurance. There are interest-free plans as well as plans with 11.9% interest. Go to www.carecredit.com to see if you qualify. This card can be used at any provider who accepts this payment plan like dentists or plastic surgeons. It can also be used for more than one family member and would pay for any service or product offered in our office. Feel free to contact our office for more information.

Win Free Chair Massage for Your Office!

Once a month Cheryl will award an entry 3 hours of free chair massage for their non-home based business. Entries available in the office or mail the following slip to our office address listed on the front of the newsletter. Work at a business that sees customers? Get a free chair massage each month that you keep an entry box at your business. *Call Dr. Erica to set up.*



At least one entry selected per month. Must include work contact for setting up the massage in case your entry is a winner. When we contact them we will let them know they won the free onsite chair massage because of your interest :-). On-site massage will be for 3 hours.

Your Name: _____

Work Place: _____

Location/Intersection: _____

Best Way to Contact You:

Cell: _____

Work: _____

Email: _____

Contact at Your Employer to Setup Massage

Name: _____

Position: _____

Work #: _____

Work Email: _____

Construction Update

It looks like the construction on our corner is coming to an end soon. Walgreens' parking lot is paved and First Bank's lot is finished.

The main entrance for our building is between the Post Office and Walgreens.

You can enter and exit from that driveway. There is also a one-way entrance closer to First Bank. There have been some updates going on to our building but the parking lot has been substantially freed-up since Walgreens paved their lot.



This will be the permanent entrance. It is on Arapahoe Rd, just west of the new Walgreens.

Nutriwest Price Increase

Beginning October 1, there will be a noticeable price increase on all of their products. Until I have to re-stock, I will continue to offer the old price. I will post signs in the office when the new prices arrive and when I will have to start charging it. I have a decent supply on-hand though. You might consider stocking up on your favorite.



The 2 waiting areas have now been combined. The feedback has been very good on the new setup!

A slight change to the waiting area...



PATIENT OF THE MONTH

Since coming to see Dr. Erica in April 2005 I feel that my overall back/neck discomfort has improved greatly. I no longer have to beg friends to "rub my back" because I am in in pain. Regular adjustments keep my posture in check and help alleviate stress caused by wrok etc. I love getting an adjustment when I'm starting to get a cold because I feel that it helps clear everything up and helps lessen the effects. I love the massage treatments as well—an excellent well-rounded treatment that keeps me healthy, without having to take medication for aches and pains that no longer exist.

**Julie Janssen
Englewood, CO**

FISH OIL TIP FOR THE MONTH:RHEUMATOID

Researchers say that at least 2.7g of the EPA component found in fish oils is needed to provide an anti-inflammatory effect for rheumatoid arthritis. *Less than 2.7g isn't effective.* And the effect takes 2-3 months to take effect. The authors of this study admonish against the across-the-board use of non-steroidal anti-inflammatory drug therapy (NSAIDS) because of increased cardiovascular risks associated with their use. To get dose recommended by these authors, that would be a total of 4g as formulated by Nutriwest, which is about 8 capsules (yikes!) The authors also advise AGAINST cod liver oil, but rather oil from the flesh of the fish. Cod liver tends to concentrate too much vitamin A and D at these doses. Taking a liquid is recommended at these doses (Nutriwest carries the same formula in a bottle.) Have two shot glasses of juice. Pour the fish oil in the top of one of them and don't stir. Drink the fishy one first and sip the 2nd juice shot slowly to get the juice off the lips. Take with solid food meal. *Arthritis Research & Therapy* Vol. 8 Issue 1 2006 pp. 402

TRIVIA: What is Sarah's birthday?

Answer: February 3, 2004 (2/3/4)

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

Patient of the Month

Congratulations to

Julie Janssen

For our 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.**

We're in the Army Now (Maybe!)

On April 10, 2008 the US Senate introduced a resolution which would allow doctors of chiropractic to be commissioned as officers into the armed forces. It requests that the Secretary of Defense immediately establish a career path for DC's within all branches of the military. The resolution was referred to the Senate Committee on Armed Forces the same day (Dynamic Chiropractic May 2008). How wonderful that would be! I have known several military people who left the forces because of physical injuries that probably could have been helped with chiropractic care. I think this could preserve careers.

Please NOTE:

EVENING HOURS ARE CHANGING

Beginning **October 14**, the very last adjustment time will be **5:45 pm** due to Sarah switching daycares. I MUST make the last pickup by 6:30pm. Your understanding is appreciated in advance.

Normal Adjustment Hours:

Monday 8-11 am
Tuesday 2:45-5:45 pm
Wednesday 2:45-5:45 pm
Thursday 2:45 -5:45 pm
Friday 8-11 am
(Massage may start earlier or go later)

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

www.atlaschiropracticpc.net

Have referrals who are scaredy cats about chiropractic? Refer them for massage!

Www.atlasmassage.net

RESULTS-ORIENTED CARE FOR CONSTANT & CHRONIC PAIN WILL SOON BE IMPROVED BY THE INTRODUCTION OF... COLD LASER

I've been keeping my ears opened for years about the results of using cold laser, also called low level laser (LLL). The research for it is quite compelling in terms of its healing ability. The laser that will be used in our office is FDA-approved for decreasing pain and inflammation. It proved 60% more effective than placebo. That is pretty impressive.

There are many kinds of lasers and without getting into the physics of different light wavelengths that are available, the important information to know is this: I will be using a 635 nm (nanometer) infrared light laser. This frequency has been found highly effective in the research for promoting healing and decreasing inflammation...*with no side effects.*

If you refer yourself to the main article in this newsletter, then you will get a little more insight into how the laser makes changes. It makes changes right down at the level of the mitochondria. The mitochondria have receptors that are activated by a wavelength of 635 nm. The laser's light biologically stimulates reactions in the cell that otherwise would happen too slowly or not at all, from my understanding.

There are some factors that will undermine the effectiveness of the laser's work. Smoking, first of all. Smoking reduces the oxygen available in the cells, which are necessary for the final reaction in the mitochondria to occur. Taking anti-inflammatory medications (prescription or over-the-counter) blocks the receptor sites that are activated by laser. And statin drugs (cholesterol medications) steal lots of ATP from the cells and would frankly make laser treatment minimally effective.

However, there are things that will enhance the effects of the laser: breathing exercises that increase oxygen intake; mild to moderate exercise; ingesting substances used by the mitochondria to make ATP and clean up free radicals (see the main article of this newsletter); a host of minerals for accelerating cellular reactions; detoxification via supplements or detoxification via ionic foot bath. Even chiropractic adjustments improve the overall response due to the anti-inflammatory effect the adjustment provides.

I'm excited to see how the laser will enhance the already great structural results my patients get with the adjusting protocol I use. However, I believe use of the laser can help reduce the frequency of exacerbations some people's conditions have had. I think it will reduce patient's need for adjustments in the long-run. The great part about using the laser is there are NO side effects. There is no chance of

burns with this therapy. Depending on what the complaint is will depend on how things feel different afterwards. But the very limited experience I've had as a laser patient is this: I got treated at a laser seminar. It turned out the traps muscle on one side showed up needing to be treated. It is frequently tight! The nature of my work certainly messes things up in my back. That seminar was a month ago and that muscle hasn't tightened back up. I don't generally have complaints of pain anyway. But I will tell you (I thought) I had been struggling with getting my pillow height just right. I was waking up in the morning with my arm going numb (too frequently). My bed and pillow hadn't changed and shouldn't have been the culprit (the typical area I will troubleshoot when a patient wakes up with pain exacerbated). Since that seminar, I can't recall that arm going numb again. I got treated once with the laser. And I wouldn't attribute the difference in adjustments because I've only seen my chiropractor once since that seminar and the numbness hadn't come back by that next adjustment.

So I want existing patients to know that even if they aren't receiving the laser as part of their care, that it will be part of new patient's care plans. So it might make referring people different because you won't know what to tell them to expect.

But watch your mail. There will be a couple of promotions to introduce existing and inactive patients to the benefits of laser. Then you WILL be able to tell your friends about the difference in my already amazing adjustments and how the laser makes them even more unbelievable :-)

Doctors I've talked to who have used the laser say things short of miracles happen, like a diabetic lady getting her first period in over 7 years once he started treating her. Our focus for treatment will be for pain and inflammation and range of motion. But if other things get healed in the process, then kudos to the body for working better!!

Cosmetic surgeons are using cold laser to improve outcomes for elective procedures. The company who manufactures the laser that will be used in our office also has FDA clearance for lasers that treat acne and reduce pain and speed healing from plastic surgery. That laser won't be available in our office. But I thought you might be interested to note lasers are increasingly being used in medical procedures. I recently found out that a patient's husband who is a dentist is using laser to treat patient's gum disease in lieu of having painful gum surgery. Even dentistry has found an application for lasers.

Yours in Health, Dr. Erica