

# In Good Hands

A Monthly Newsletter For The Friends and Patients of:  
 Atlas Chiropractic, P.C. 2305 E. Arapahoe Rd. Suite 207 Centennial, CO 80122  
 303-738-0390 [www.AtlasChiropracticPc.net](http://www.AtlasChiropracticPc.net)

## Whole Lotta Food!



**Centennial** —In a world of fast food, convenience foods and pressure cooker days, good nutrition fails more than it succeeds for a lot of families! That has certainly been my viewpoint, as well as many others I've talked to. So I have been ecstatic since Whole Foods opened up

across the street from my office last week! It is literally a 5 minute walk, which can be faster than driving across the construction-filled intersection.

Once there, you will find the largest selection of chef-prepared, fresh, tasty and healthy food that can be found in Centennial. Every day I've grabbed lunch and, surprisingly, spent less than I would spend on some "combo" meal elsewhere. Plus, the drinks are "a la carte", so I'm not likely to get a sugary drink.

My favorite is the chicken scallopini. Even Sarah likes it, an even bigger compliment that a 5 year-old will eat the same thing as me. While I'm there, I pick up a couple of other items to round out dinner and I've accomplished a healthy meal quickly that I can be proud to give my family.

Everyone has their priorities and unfortunately, cooking is at the bottom of my list! No one else is going to stop by my house to do the laundry, you know? But I can always stop somewhere to let somebody else feed me at a restaurant.

So I am THRILLED to have such quick access to so many choices. The Streets at Southglenn boasts the flagship Whole Foods for the whole state. You will find a gelato bar, hot bar, cold bar, sandwich bar, sushi bar and burrito bar. There is ample seating that with floor-to-ceiling windows. You can choose to sit inside, outside or upstairs in one of the trendiest buildings Centennial has ever seen! And the coffee bar offers any coffee drink you could think of.

People like my babysitter Ruth Ann would love the dedicated bakery case for gluten-free products. There is a seafood smoker in the seafood department. And over 1800 local items in the grocery department alone.

But like I mentioned, the prepared-foods case takes the cake for me—dinner-to-go!

**Cont. on pg. 3...**

### Whole Foods Bread Breaking with Mayor Pye





### **Welcome!**

Candice F.—Parker, CO *Referred by Julie J.*  
Michelle C.—Denver, CO *Referred by Michael C.*  
Kim C.—Parker, CO *Referred by Jay B. & Jodi A.*  
David A.—Castle Rock, CO  
Mike C.—Centennial, CO *Referred by Patrice C.*  
Scott V.—Highlands Ranch, CO *Referred by Matt E.*  
Misty F.—Castle Rock, CO  
Suzette K.—Highlands Ranch, CO  
Dee S.—Littleton, CO  
Carolyn K.—Aurora, CO  
Bryan H.—Parker, CO  
Dave C.—Centennial, CO  
Jennifer & John C.—Centennial, CO  
Andy & Lily P.—Highlands Ranch, CO  
Sue T.—Littleton, CO  
Lanier A.—Littleton, CO  
Tishah B.—Littleton, CO  
Jim L.—Aurora, CO  
Debi R.—Denver, CO  
Kit R.—Littleton, CO *Referred by Ted Williams, Atty.*  
Blair F.—Centennial, CO  
Theresa W.—Highlands Ranch, CO  
Norm O.—Littleton, CO  
Betty G.—Aurora, CO  
Kristi S.—Aurora, CO

### **Welcome Returning Patients!**

Corey B.—Highlands Ranch, CO  
Cristy W.—Lakewood, CO  
Alma S.—Littleton, CO  
Gordon S.—Centennial, CO  
Don T.—Centennial, CO  
Lea C.—Lone Tree, CO  
Carrie P.—Highlands Ranch, CO

### **Welcome New Staff!**

Kerrie Karins—Aurora, Co  
Treatment Services Manager  
Joanne Carrington—Indian Hills, CO  
Massage Therapist

## **Sarah's Secrets**

I keep hearing my mom brag to EVERYONE that I can ride a 2-wheeler now. Mom said I couldn't get a new bike until I could ride without training wheels. So I decided I would learn. That day I had it figured out and now I ride my bike to my neighbors, Harry and Rosemary. They remind me of my babysitter Ruth Ann because they are grandparents like she is! I park my bike on Rosemary's porch so I can go have a conversation with her. I even rode to Starbucks with Mom one day!

I still haven't gotten that new bike yet. But Mom hasn't been able to find the right size. I'm sure she will get me a very cool purple or pink bike once she does. With streamers. And a bell. And my own Camel Back! (I already got a new helmet, even though my old one was just fine. Mom's can be suckered into almost anything you know??)

I've only fallen a couple of times. But I've figured out to ask my mom for an adjustment if I feel tight. I throw my arms around my mom right after she adjusts me because it feels so good! I tell her I am so glad that she is a chiropractor who can take care of me when I am tight. And now I have a new babysitter to pick me up from daycare, so she can help more patients at the end of the day. So get your adjustment from my mom, even if traffic is bad!

*Love, Sarah*

### **Who Have You Referred?**

Your referral can always schedule a  
**Free Consultation**  
with no further obligation.  
*Allow an hour for that appointment.*

**Or refer them to**  
**[www.Get-Drug-Free-Pain-Relief.com](http://www.Get-Drug-Free-Pain-Relief.com)**

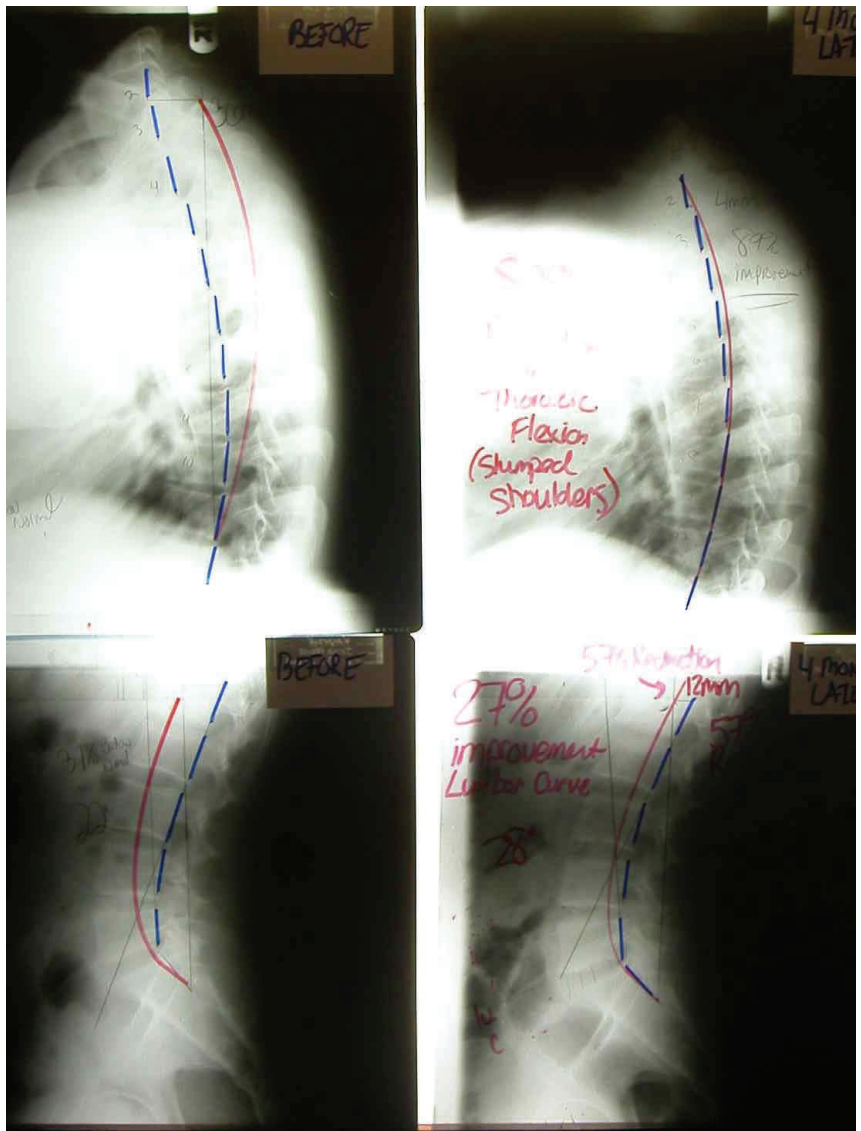
Send an email to [ekasprzyk@comcast.net](mailto:ekasprzyk@comcast.net) to find a provider for friends or family in other states.

## CONSTRUCTION UPDATE

We have suffered through all kinds of construction on our corner since the Southglenn Mall was demolished. But the end is in sight! By the time you receive this newsletter, the intersection make-over at University and Arapahoe will be finished. No one will be happier than me or my staff. And now you will be able to navigate the intersection more quickly than ever!

Paving has begun on University between County Line and Arapahoe, but it appears to be going quickly. And the Arapahoe Rd. concrete is supposed to be done by September. It appears to be going quickly too! So plan on swinging by our corner for your normal errands. The library is moving from Dry Creek to the Streets at Southglenn later in July. That will be a relaxing place to hang out and find a new book! And the new bank that was built next to Walgreens on our corner is also finished. So the construction pain is ALMOST over!!

And if you haven't been to our building lately, you will see we are currently getting a facelift too. The newest landlords are trying to give our aging building a makeover. It is slowly but surely taking form. So come take a peek sometime if you haven't been in to see us!



**X-rays:** Dashed lines show the patient's alignment but the smooth curve is normal. X-rays on the right are after a course of treatment and much closer to ideal.

## Whole Lotta Food, continued

Don't let the full parking lot deter you, either. Their huge staff keep the lines moving very quickly.

Be sure to check out their calendar of events that is posted near the checkout lanes. You can sign up for their email update of upcoming events. They recently held an Indian Tribe dance and hosted a breakfast pit stop for Bike to Work Day. Our office will be assisting with some of their events by providing free onsite chair massage. Check their calendar.

And don't forget to check out their vitamin aisle. Their store brand is VERY competitively-priced. I personally get the Whole Foods B Stress complex formula. And the cashier will probably offer you a frequent purchase card for Whole Foods brand vitamins. After you buy 10 bottles, the 10th one is free. Pretty cool!

**Yours in Health, Dr. Erica**

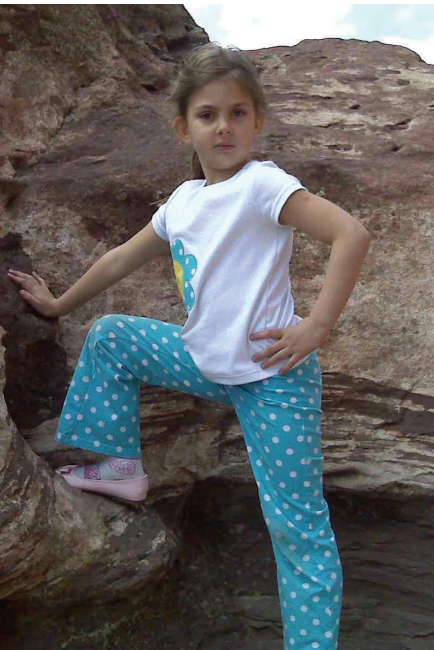


## **PATIENT OF THE MONTH**

When I first came in my life was pretty much revolving around my back pain. Every moment and every movement was painful. I had been to several chiropractors in the past with no real results. I was surprised at how bad I really was when I saw the x-rays. Then I began my treatment with Dr. Erica. She recommended I take the supplements, use the seat wedge and gave me the sole supports. I could tell that she really cared about making a real difference. I had never had a chiropractor put that much effort in.

Now for the first time I have no pain and my life does not revolve around what I can't do. It's so nice to be able to live without pain finally! Thank you so much Dr. Erica!

**Misty Fritzler  
Castle Rock, CO**



I am Sarah! Hear me roar! We had a fun outing to Morrison one day and Sarah scaled a wall at Red Rocks visitor center over and over. She stopped and demanded her picture be taken. She was so intense I had to obey!

**TRIVIA:** What is Dr. Erica's next bike ride?

Answer: Sunrise Century (75 miles) in Boulder & Lyons

Visit **www.Get-Drug-Free-Pain-Relief.com** for my FREE e-book on tips for getting pain relief.

## **Patient of the Month**

Congratulations to

**Misty Fritzler**

For our Patient of the Month! she will receive a \$50 gift card to Maggiano's/Chili's  
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.**

Adobe versions of newsletters available at  
**www.AtlasChiropracticPc.net**

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

**Www.AtlasMassage.net**



A fun bike ride around Cherry Creek Reservoir. It was one of those perfect mornings with the perfect temperature for exercising. I rode my first Elephant Rock Ride—62 miles from Castle Rock to Monument to Palmer Lake and back to Castle Rock. There were bad tornados in Parker and Aurora that day but it was perfect blue skies down south!

**GOOD POSTURE**—It goes way beyond "looking good"! The *American Journal of Geriatrics* found that people with a "granny hump" have a 200% higher chance of dying of lung disease and 240% higher chance of dying from atherosclerosis (hardening of the arteries). The authors commented that interventions that fix "granny hump" would improve mortality. The x-rays on p.3 shows that is EXACTLY what we do at our office. Don't wait until your bones are fusing. Get Fixed Today!