



## Bulletin Board

### CLOSED

#### for vacation

Wed., July 27 - Tues., August 2

#### OPEN Tues., July 26

7:30-11:30 a.m. & 3:00-6:00 p.m.

#### OPEN Wed., August 3

7:30-11:30 a.m.

~ August 3-29 ~

### Win a Grill for Labor Day!

Details on page 4

#### Wellness

#### Orientation Workshop

~ Tuesday, July 26 &

Tuesday, August 9

6:15 p.m. in the Education Center ~ Learn spinal exercises and health & wellness tips to help you get better faster.

#### Oh, My Aching Head!

~ Thurs., August 18

6:30 p.m. ~ Why you get headaches, how to prevent them and more. Invite someone you know you suffers.



~ Our Mission ~

To help people  
get well & teach them how  
to stay well through  
natural chiropractic care!

## Benefits of Walking Barefoot

by Bill Ades, Pathways magazine Issue 29 Spring 2011

Many health experts are in agreement that bare is the healthiest state for your feet to be in although people are actually convinced that going barefoot is uncivilized and unsanitary. In his book, Take Off Your Shoes and Walk, Simon Wikler, D.S.C., makes the case that practically all men's and women's shoes have no relation to the natural shape of the human foot. "Most adults' foot trouble would either not exist or would be much less bothersome if properly shaped shoes had been worn during childhood or, better yet, if those people had gone barefoot," he writes.

Wikler details that until the Renaissance, when the elevated heel

and pointed toe were introduced, there were no known foot troubles.

Adults who go barefoot experience the following benefits:

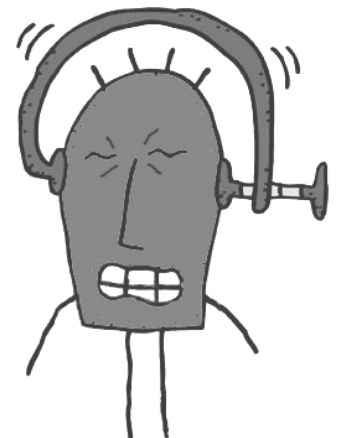
- Naturally shaped feet, including straighter toes free of corns, hammer toes, bunions and calluses in the wrong places
- Well-shaped legs resulting from a natural and balanced gait
- A more natural motion, free of the weight brought on by shoes
- Prevention of blisters, ingrown toenails and plantar warts.

In recent times, more and more people have taken to running barefoot, something that is normally practiced by runners from Kenya.

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## Get Headaches?

Did you know that there are 45 million headache sufferers in the US? Did you know that the cost of migraines to employers is estimated to be \$13 billion annually? We've all had a headache at one time or another, whether it's a tension headache or a migraine. But what really causes them and what can you do to lessen them and even prevent them? Headache and migraine medications line the shelves of pharmacies, but there is a better way to alleviate the pain in your head! Come find out how on Thursday, August 18<sup>th</sup> at our "Oh My Aching Head Workshop"! And please, if you know someone who suffers from headaches or migraines, invite them to our workshop. Space is limited, sign up at the front desk!



### Headache Workshop

Thursday, August 18

6:30 p.m.

in the Education Center

~ guests welcome ~

# Benefits of Going Barefoot

Continued from page 1



Running barefoot might sound far-fetched, but it's a growing practice. According to Australian physical therapist Michael Warburton, running barefoot decreases the likelihood of ankle sprains and chronic injuries, such as plantar fasciitis. Shoes actually increase the risk of a sprain because they make runners unaware of the foot's position.

In 2005, Nike released the Nike Free, a shoe that "lets your foot run free on any surface," designed to emulate the foot in its bare state. According to Nike, "Studies show that barefoot training leads to stronger feet, that stronger feet lead to a stronger body, and that natural movement enhances agility."

## Other Barefoot Benefits

Going barefoot has been known to help many disorders brought about by shoes, and not just disorders of the feet. Some of these include:

Varicose veins. These are caused by shoes and socks cutting off proper circulation. When you are barefoot, your leg muscles are better able to pump blood back to the heart.

Slipped disk and vertebral deformation. When you wear shoes, your foot is unaware of changes in the surface, thus confusing your skeletal structure. When you walk barefoot, your natural motion travels up your body, creating a balance in your structure. Back surgery is incredibly expensive, and corrective shoes are costly as

well...but walking barefoot is free, and prevents chronic pain.

The common cold. Forget what your parents and well-meaning peers told you about catching a cold. Exposing your feet to chill helps stimulate your body to produce warmth and resistance, as your feet will acclimate to the surrounding temperature. Ever notice how on a cold day, when you're wearing boots and socks, your feet remain cold even when you get indoors, and stay that way even in your socks? Try spending a minute (or even a few seconds) barefoot in the snow, and see how toasty your feet feel once indoors. It's a glorious feeling!

Athlete's foot. Think about it: Your foot produces tons of sweat while enclosed, ejecting all the impurities inside your body. These germs thrive on moist, damp skin and have nowhere to go while confined in those coffins. Contact with fresh air and natural soil helps hinder the development of these pests!

## Mental Benefits

Going barefoot not only helps relieve physical ailments, but it also mitigates the other troubles that stem from them. If you notice, most exercises involving mental concentration are done barefoot, including yoga, tai chi and the martial arts. Being barefoot creates a better mental balance. People who are barefoot tend to be less stressed and authoritative, leading to a more relaxed, stress-free atmosphere. This results from positive energy, known as chi, which is absorbed through the soles of the feet.

## Barefooting + Kids

by Jeanne Ohm

Pathways magazine, Spring 2011

Barefooting is especially recommended for children! Walking barefoot helps build arches and strengthens the muscles and ligaments in the feet and ankles. Even walking on uneven ground, such as sand and grass, is good for an infant's feet, since it makes the muscles work harder and actually strengthens and structurally develops the feet.

Tracy Byrne, a U.K.-based podiatrist specializing in podopediatrics, notes, "Toddlers keep their heads up more when they are walking barefoot. The feedback they get from the ground means there is less need to look down, which is what puts them off balance and causes them to fall down."

Children keeping their heads up improves their posture, spinal balance and overall nerve system function. Other than the spine, the foot is the anatomical region which contains the most proprioceptive sensory receptors, distinctive nerve circuits that pertain to spatial relationships and affect numerous aspects of brain and neurological development. Because of the magnitude of this sensory input, natural, unrestricted movement of the feet is vital for overall neurological well-being.

When choosing footwear for your children, barefoot is best. When shoes are absolutely needed, soft-soled, comfortable shoes permit maximum movement, and the imperative flexibility with that motion. This will support the healthiest development of the feet...and of the baby's developing brain and nerve system.

# Thank you!

## FOR YOUR REFERRALS

The ultimate compliment is when our patients tell their friends and families about chiropractic. Thank you for helping us help others:

**Sue**      **Angelo**      **Ginger**  
**Ginny**      **Gene**      **Carol**



## New Patients

Roger of Nashua  
Lisa of Chelmsford  
Brianna of Chelmsford  
Judy of Westford  
Adam of Lowell  
Lindsey of Chelmsford  
Brian of Groton  
Melanie of Tyngsboro  
Loren of Westford

## Happy Anniversary

The following patients have signed up for Wellness Chiropractic Care. They realize the benefits of getting regular adjustments to keep their nervous system in tip-top shape.

**Natalie**      **Paul**      **Kate**  
**Josh**      **Rita**      **Nate**  
**Sarah**      **Maribel**      **Arianna**

## Practice Member of the Month

August's Practice Member of the Month is **Sue**. Sue understands the benefits of maintaining her spine for overall wellness and tells everyone else too! She is a true chiropractic warrior! Thank you Sue for your trust in us!

## Power Food

### Coconuts

For decades coconuts have gotten an unfair health rap based on their high fat content. The truth is, they're good for the body.



Fifty-five to 65 percent of the saturated fats in coconut oil are medium-chain fatty acids, which have been used as dietary supplements to improve nutrient absorption and sports performance. Coconut oil is rich in lauric acid which may help the body fight viruses. Coconut meat is rich in phytosterols, cholesterol-like compounds found primarily in nuts and legumes, which have been shown to naturally reduce cholesterol levels in the blood. A 1 cup serving of fresh coconut meat provides about 29 percent of the daily recommended amount of dietary fiber. Both raw coconut water and freshly squeezed coconut milk are rich in a host of minerals, including potassium, manganese and magnesium.

The key to eating coconut is to incorporate it into healthy meals and snacks not baked goods loaded with sugar. Here are easy ways to integrate coconut meat, milk and water into everyday snacks and meals. Mix shaved or shredded coconut with nuts, seeds and berries in a bowl as a healthy alternative to breakfast cereal. Thanks to the healthy fats and fiber, you'll feel satisfied longer. Make **coconut mango salsa** by combining chopped mango, chopped red chili, coconut chunks, fresh mint and lime juice in a bowl. Use it to top grilled fish or chicken. When cooking rice, substitute half of the water with coconut milk. When rice is cooked, sprinkle in some sliced green onions, sesame seeds or toasted nuts, if desired. Use coconut water in place of water in your favorite smoothie recipe. You'll get a hint of tropical flavor and a boost of extra electrolytes.

For kitchen tricks, shopping and storage tips, and details on how to open a coconut go to <http://experiencelife.com/issues/july-august-2011/healthy-eating/an-inside-look-at-coconuts.php>

## Eat Well-Cook Well Workshop a Success

Thanks to all the people who attended our very successful, and fun, Eat Well-Cook Well workshop at Westford's Roudenbush Community Center. Dr. Dave and Dr. Carla had a blast teaching all about nutrition and eating healthy while cooking some delicious dishes! On the menu... broiled wild-caught salmon with chimuchirri sauce, asparagus salad, quinoa salad, braised grass-fed beef with carrots and mushrooms, grilled vegetables, sautéed kale with garlic, and a tossed salad. Recipes and handouts from the workshop are available on our website. If you weren't able to attend the workshop, you are welcome to schedule a free nutritional consultation with Dr. Carla.



### Congratulations to our Eat Well-Cook Well Winners

**Melissa** won a copy of Lisa Allen's Eating Clean cookbook  
**Roger** won a copy of Fine Cooking's Cook Fresh magazine.



**Corrective Care Chiropractic** 234 Littleton Road, Unit B Suite 1A  
 Westford, MA 01886  
 978-692-2900  
 www.westfordcorrectivechiropractic.com

**Inside . . .**

- Benefits of Walking Barefoot
- Get Headaches?
- Barefooting + Kids
- Nuts about Coconut

**~ Closed for vacation ~**  
**July 27-August 2**



(Open full day Tuesday, June 26 ~ Open regular hours Wednesday, August 3)

**~ SAVE THE DATES ~**

*August 18*  
**Oh My Aching Head!**

*November 1*  
**Knock Out Stress**

*Guests Welcome!*

*8 Sizzlin' Ways to*  
**Win a Grill for Labor Day!**



**The more you participate,  
 the more chances you have to win!**

**Each activity you participate in earns you  
 tickets for a chance to win the grill.**

- Provide contact information to bring a health & wellness talk to your workplace or social group ..... **50 Tickets**
- Refer a new patient to our office ..... **25 Tickets**  
*\* Must schedule & complete first visit to qualify for tickets*
- Attend our Wellness Orientation Workshop (WOW) ..... **20 Tickets**
- Bring a guest to WOW ..... **15 Tickets**
- Write a testimonial about your chiropractic experience at Corrective Care Chiropractic ..... **10 Tickets**  
*\* Adult and Child "Testimonial Forms" available at front desk*
- Bring five school supplies for our annual school supply drive ..... **10 tickets**
- Bring a friend to watch you get adjusted ..... **5 Tickets**
- Like Corrective Care Chiropractic on Facebook ..... **5 Tickets**

**Annual School Supply Drive**

Throughout the month of August, we are collecting school supplies to donate to the Community Christian Academy in Lowell. Here's a list of suggested school supplies:

- loose leaf wide-rule paper
- #2 pencils
- crayons
- erasers
- colored pencils
- highlighters
- white or colored copy paper
- dry erase markers
- ruled index cards
- book covers/book sox
- tissues
- colored construction paper
- glue sticks
- Elmer's 4-oz glue

