

# WINTERSET FAMILY CHIROPRACTIC NEWSLETTER

OCTOBER 2005

WINTERSET FAMILY  
CHIROPRACTIC

Volume 1, Issue 3

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## SPECIAL POINTS OF INTEREST:

- ◆ November Supplement of the month
- ◆ Read the continuation flyer about Dr. Gonstead in the November Shopper
- ◆ Informational Sessions

## OCTOBER is SPINAL AWARENESS MONTH

October is spinal awareness month! Our office mission is to educate as many people in the community as possible about the need for good spinal health.

In our office we have a condition of the month, for October it is Scoliosis.

Scoliosis causes both physical pain and emotional suffering. The sideways bending of the spine shows up as abnormal posture and then finally, deformity.

If allowed to advance, it can interfere with the lungs, heart and many other vital organs.

It affects girls and boys usually between the ages of 8 and 18. Seems to be more frequently in girls.

The cause varies. Some are born with this spinal deviation (congenital).

Others get it from assuming a distorted head or hip position (habitual). Sadly, in many cases the cause is still unknown. In the beginning, when it is easiest to correct, there are rarely symptoms. A parent may notice a higher shoulder or low hips makes clothing fit poorly. Back and leg pains may develop but are often overlooked as merely "growing pains." Neglect is the biggest danger.

Chiropractic care has helped countless men & women reclaim their health, posture and their self-esteem.

Chiropractic Care is  
Spinal Hygiene



## Know the Warning Signs!

You should know the most common symptoms caused by a vertebral Misalignment or Pinched nerve.

This is a subluxation. If you are experiencing any of these problems, contact Winterset Family Chiropractic.

- Stiff or painful neck
- Back Pain

- Numbness in arms or legs
- Headaches
- Stiff, aching back or neck, especially in the morning
- Tingling in hands or fingers, legs, or feet
- Painful shoulders or upper back

Prevention is the key!

When you're trying to fight spinal injuries, an ounce of prevention is worth a pound of cure. These tips from the American Chiropractic Association may help you prevent a spinal problem before it starts.

\*When raking leaves, stand in

a scissor position.

\*Avoid twisting and, turning.

## PHYTOMEGA

**LOOKING FOR INFORMATION  
ON HIGH CHOLESTEROL ?**

**DO YOU WANT TO REDUCE  
HIGH CHOLESTEROL WITH  
NATURAL SUPPLEMENTS  
NOT STATIN DRUGS?**

**The Perfect Marriage:**

A lifestyle of heavy, fatty foods, limited exercise, high stress, and family history can quietly take a toll on your cholesterol levels. It's a fact that high cholesterol levels (+200) can lead to narrowing of the arteries and ultimately to heart disease. Phytomega offers an effective and natural way to help lower your cholesterol through the perfect marriage of two ingredients, phytosterols and omega-3's.

**What are phytosterols ?**

Phytosterols come from plants and are chemically similar to cholesterol. In the digestive system, phytosterols replace cholesterol, preventing it from entering the bloodstream.

**What are Omega's 3's?**

Is polyunsaturated fatty acids EPA and DHA. Knowledge of health benefits of fish oils providing EPA and DHA is growing as more studies are conducted. The original discovery of their ability to lower coronary heart disease was expanded to their relationships within the eye, brain, joints, skin and nervous system.

- Higher intake of DHA and EPA is associated with a lower risk of fatal heart attacks.
- Higher intake of alpha linolenic acid appears to be associated with a lower risk of fatal heart attacks.
- HDL cholesterol (or "good" cholesterol) levels tended to increase with both EPA & DHA.

**WE ARE HOLDING  
INFORMATION  
SESSIONS ON NATURAL  
SUPPLEMENTS PROVEN  
& DESIGNED TO  
REDUCE HIGH  
CHOLESTEROL**

**SESSIONS:**

- November 3, 2005—12:00 p.m
- November 8, 2005—7:00 p.m.

**PLEASE CALL AND MAKE A RESERVATION, SEATING IS LIMITED.**

**515-462-4644**

### "KID'S DAY AMERICA"

(Cont. on Pg 4)



**Dr. Hoven with children at Kids Day**

We participated in our 4th year of "Kids Day America" on Saturday September 24th at the Winterset Elementary School Gym it was a fun filled day.

We started the day off with children and families receiving information about our office and brochures with lots of information on chiropractic care for children.

They then visited all 4 of the stations which were: Health & Drug Awareness, Environmental, Pediatric Screening, Safety & Child ID stickers.

Then they were able to put their ticket into the box of which grand prize they wanted to have a chance at winning, there were 7 big prizes.

The children enjoyed Pinky the clown and McGruff the Crime Dog. The Breese family was there performing TAE KWON DOE. We finished out the day with healthy snacks and gave the children balloons. A big Thank You to all who helped make Kids Day a Success!



**Julie Page visiting with Tae Kwon Doe**

## Support Our Troops

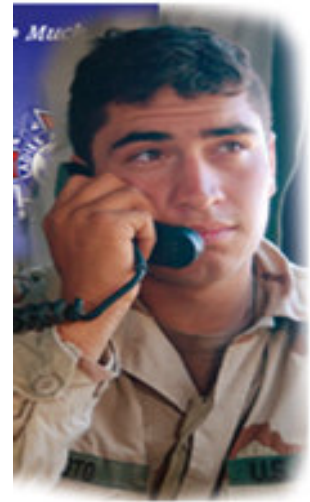
Our office wishes to celebrate the Unsung Heroes by helping supply Calling Cards for our Soldiers over Seas.

Winterset Family Chiropractic had a special in the month of September for our troops. New Patients received a consultation, exam, X-rays ( if necessary) with a report of findings in exchange for a \$35.00 donation to Support our troops, they received a bracelet saying "Support Our Troops". Anyone who made a donation received a bracelets.

With thousands of U.S. Troops deployed around the world, once again America needs our help to support Troops serving our Country.

If you would like to make a donation for our Unsung Heroes we have placed donation containers and bracelets around town at these locations:

- Becky's Hair Loft
- Breeding's
- Fareway
- Git-N- Go
- Breadeaux
- Rudy's
- Starlight Café
- Copy Plus
- Chamber of Commerce
- West End Beauty
- Winterset Family Chiropractic



**OUR GOAL IS TO SEND (50) 60 MINUTE CALLING CARDS!**

## Holiday Hours:

Winterset Family Chiropractic will be closed November 21st, 22nd we will be OPEN on Wednesday the 23rd 7 a.m.- 6 p.m. closed on the 24th "HAPPY THANKSGIVING" and the 25th.

During December our office will be closed on Monday the 26th .

## Coats for Kids in November



As fall and winter season approaches, our office wishes to celebrate in a way , which will make a difference in other people's lives. We have decided to give our time and services to new patients in exchange for giving a new, or good, clean coat for kids in need.

What family and friends do you have that has never been to our office before?

Time for them to get started with their chiropractic care and at the same time help us to keep children warm this year.

We have set aside November 1st thru Thanksgiving for your friends and family members who have not been patients before. Have them call today and schedule a appointment 515-462-4644.

### ALL NEW PATIENTS

- WILL**
- RECEIVE**
- CONSULTATION**
- EXAM**
- X-RAYS ( IF NEEDED)**
- REPORT OF**
- FINDINGS**

## WINTERSET FAMILY CHIROPRACTIC

### Kid's Day (cont.)

Congratulations to all the children that won the Prizes at Kid's Day.

Alexis Londa Davis – \$50.00 Gift Certificate

Julia Berry – Grill

Holden Thomas – Toy work Bench

Jon Held – DVD Player

Nick Benshoof – 20" bike

Rocky Sposato – 20" bike

Journee Anderson – Kitchen Play Set

Thank you for the donations and gifts given by the following businesses:

\*Shawn's Furniture

\*Breeding's True Value

\*Pamida

\*Adel Winterset T.V. & Appliance

\*Indianola Wal-mart

\*Creston Wal-mart

\*Exchange State Bank

\*Bowman's Body Shop

Anchored Walls Inc.

\*Investment Center of Winterset

\*West End Beauty

\*Rudy's Café

\*Becky's Hair Loft

\*Hardee's

\*Pikka Hut

\*Godfather's

\*Chamber Of Commerce

\*Mike Dickerson

\*Copy Plus

\*Medicap Pharmacy

\*Fareway

\*Koehler Kiddie

Korral

\*Honey Bear

\*Country Cycle

\*Doc's Soft Water

\*Nappa Auto Parts

\*Bredeaux

\*Subway

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