

VOL. 1 ISSUE 2 · OCTOBER 2020

# FALLING FOR CHIROPRACTIC

Clairpointe Family Chiropractic's Quarterly Newsletter

## Preparing For the Cold and Flu Season

Our immune system protects us from bacteria, viruses and germs. Dr. Shoemaker and Dr. Alex use expert training to correct subluxations with spinal adjustments to take the pressure off your nervous system. With a strong nerve flow, there is less interference with our immune system, better equipping us to fight any potential colds and flus. Using chiropractic care to keep strengthening the immune system allows you to stay healthy and make sure your body is prepared for the season.

Along with getting adjusted we suggest taking Sago C, a high potency Vitamin C powder, and Zinc Lozenges. Zinc enhances your immune response so it can beat the bacteria or virus before it gets fully into your system. We suggest taking both of these supplements during cold and flu season. These supplements are packaged as our "Cold and Flu Kit" which is available at the front desk for \$35 (a \$6 savings) until the first of the year.

## Clairpointe Keys To Health

Clairpointe Family Chiropractic is hosting monthly webinars. Our next live webinar is Saturday, October 10th at 10:30 am and we will be speaking about Headaches: Causes and Solutions. If you are interested in joining, please let one of the doctors or staff know and we will be happy to send you an Zoom invitation. If you missed our "Avoiding Lower Back Pain" webinar, you can go to **[www.clairpointe.com](http://www.clairpointe.com)** - **Videos** - **Webinars** to watch.

## Dates To Remember

### October's Webinar:

Headaches: Causes and Solutions  
*October 10th, 2020 - 10:30 am*

Voting for Staff Pumpkin Contest:  
*October 19th - 30th 2020*

### Food Drive:

*November 2nd - 20th, 2020*

### November's Webinar:

The Value of Maintenance  
Chiropractic Care  
*November 14th, 2020 - 10:30am*

### Holiday Treats:

*December 21st - 23rd, 2020*

## Calling All Cookie Recipes!

Clairpointe is making a patient holiday cookie book and we are asking all of our patients if they would like to share their favorite recipes.

If you are interested in being a part of holiday cookie book, please bring a copy of the recipe in at your next appointment or email Sarah at [sarah@clairpointe.com](mailto:sarah@clairpointe.com). All recipes must be turned in by **November 20th, 2020.**

If you enter a recipe, a copy of the book will be gifted to you. They will also be available in December to purchase.



## November's Food Drive

We will be collecting donations once again for our annual food drive starting November 2nd -20th. Dr. Shoe and Lori will be donating the turkeys for the baskets. In recognition of your generosity, each item you bring in will enter you in a raffle for a prize!

### Items needed are:

- Boxed Mashed Potatoes
- Stuffing
- Rolls
- Butter
- Canned Vegetables
- Canned Gravy
- Canned Sweet Potatoes
- Canned Pumpkin
- Cranberry Sauce
- Pies or Cakes



## Halloween Fun!

Halloween is our favorite time of year here at Clairpointe Family Chiropractic. We have Halloween decorations, a Candy Corn Contest, Chiro Kids Craft To Go and our annual Staff Pumpkin Contest. During October 19th - 30th, 2020 the staff will decorate pumpkins and Clairpointe patients vote for their favorite. Whichever staff member has the most votes gets a prize from Dr. Shoe.

## Dr. Shoe's Health Tip:

Working at home and virtual learning can take a toll on your bodies. Here are some healthy tips that can help you and your child while working on the computer.



- Stretch: Stand erect with one hand grasping the thumb of the other hand behind the back, then pull downwards towards the floor. Take a deep breath, extend your head back, and look at the ceiling while exerting the downward pull.
- Every hour get up and walk around and/or march in place for 30 - 60 sec.
- Use a office chair with lumbar support, adjustable height, and that has arm rests.
- Every 20 minutes of staring at the computer screen, look away at an object on the wall for 20 seconds to take the strain off your eyes.
- Screen placement should be at arms length, about 18" - 24".
- If working at home is a long-term solution for you, you may want to invest in a Veridesk to switch from sitting and standing while working.



## Chiro Kids Crafts To Go!

This October the Chiro Kids are making Halloween themed lanterns.

You can pick from a Pumpkin, Haunted House, or a Black Cat. Pick up your craft to go at the front desk.