

## **HEALTH ALERT for February 26, 2007**

We are dedicating the month of March to the children in our community. It is time we focus on their health and ways to help them reach their potential. We call this **maximized living** and it is 10,000 times more effective than hoping you will stay healthy.

On Thursday March 15<sup>th</sup> at 6:30 we will be **having a workshop- Eating to Live for Kids and Adults**. We will talk about what foods the body needs to stay healthy. We will teach you about Allergies, ADD and ADHD. If you know anyone suffering from these conditions **you must bring them with you- it will change their lives**. I am not overstating. In Thursday's KW Record there was an article on Attention Deficit drugs. These drugs now have to carry a warning stating "**risks of mental and heart problems including sudden death**". How can you not bring a friend whose child could be on a drug that could kill them? These drugs have been killing kids for years and now the drug companies finally have to own up to it.

I need your help to make the community safer. What kind of a world would it be if we do not act when evil people lie, cheat and steal? They are robbing us of our morality. Do not let this happen to you and your family.

On Saturday March 31<sup>st</sup> we will be celebrating kids with a **Patient Appreciation Day**. Join us for entertainment, fun and food from 9 am to noon. We will also be talking about how to optimize your child's life. Please bring your friends with you. Book the number of people attending with Linda, Linda or Meaghan so we have enough food.

Here are some of the topics we will be discussing at the Patient Appreciation Day: **Building a Bigger Brain**- lifestyle and proper nutrition, what parents should and should not do, adventures, experience and exercise. We will also talk about the latest research on **neuroplasticity** and how it will impact your life. **Make sure you are there if you have children, grandchildren or will some day have children. Their future depends on it.**

Once again, thank you for allowing us to be part of your life.

Sincerely,

Dr. Jeff, Linda, Linda and Meaghan

Other upcoming office events

Dr. Jeff will be speaking at HopeSpring Cancer Support Group on Friday March 16<sup>th</sup> at 1:30. The topic will be “How to Start Exercising”.

Extreme Makeover God’s Way at St. Al’s Catholic Church starts on Tuesday April 17<sup>th</sup> for 6 consecutive weeks. All are welcome. See our website in the next week for more details.

Yoga night all Wednesdays in March 6:30 to 7:30 pm

Dr. Jeff will be speaking at KW Habilitation on Thursday March 22<sup>nd</sup> and Friday March 23<sup>rd</sup>.

Are you looking for a guest speaker? Dr. Jeff is always willing to help out and speak at your church, workplace or community group. Our website has many of the recent topics that we have spoken on.



[www.familychiropractor.org](http://www.familychiropractor.org)