



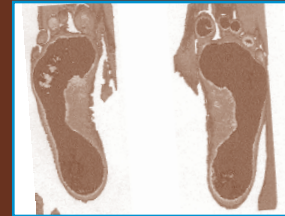
Bill Maynard, a very successful business owner in the area, is leaving for Africa for a Safari. Thankfully he can stand up straight and walk again. There was a time when he wondered if he could make this trip.

Six months ago, he practically crawled into our office. Bill was in so much pain that he had to be transported in the fetal position in the back seat of his car. He had an MRI scan and all his lumbar (lowback) discs were

herniated (bulging discs). His condition seemed too critical for chiropractic care to help him. But, miracles do happen. Slowly and steadily he got better. It was so wonderful to see the pain leave his face. He did everything to get better; he attended his scheduled care regularly, he took his prescribed vitamins, and he wore his orthotics to reduce his leg pain. Bill's foot scan is included here to the right. Notice how much pressure he had on his arches before.

Bill has since referred his family members who have also had extraordinary results!! Congratulations, Bill. Have a great trip!

## Star Chiropractic Patient



Before



After

The darker areas are where the weight is being distributed.

### Hours:

**Monday:**  
8 am to noon  
2 pm to 6 pm

**Tuesday:**  
8 am to noon  
Dr. Krsko only

**Wednesday:**  
8 am to noon  
2 pm to 6 pm

**Thursday:**  
Dr. Wolf: noon to 6pm

**Friday:**  
8 am to 1 pm

**Saturday:**  
2 mornings per month

**414-525-9500**

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# Krsko Chiropractic Clinic Spinal Column

414-525-9500

Fall 2007

## Study Shows That Chiropractic Can Reduce High Blood Pressure

Researchers from the University of Chicago have concluded in their studies that patients who received chiropractic treatment experienced a dramatic drop in average blood pressure compared to the control subjects. The researchers related the drop in blood pressure among hypertensive patients to corrections in misalignment of the C1 vertebra. "The C1 or Atlas relies solely upon the muscles and ligaments to maintain alignment; therefore, the placement of C1 is pain free and remains undiagnosed and untreated. Minor misalignment of the Atlas vertebra may impair or compress brainstem neural pathways. The relationship between abnormalities of the Atlas and hypertension has been known for more than 40 years."

**The Study:** Researchers took 50 patients with Stage 1 hypertension who were not taking hypertensive drugs and had them evaluated by a chiropractor for misalignment of C1 using x-rays and leg-length

checks. Half of the patients received spinal manipulation of C1 and the others received a "placebo" treatment that was indistinguishable from the real chiropractic treatment in the eyes of the patients.

**The Results:** "The drop in blood pressure was so impressive the authors state that it is similar to that seen by giving two different antihypertensive agents simultaneously." Actually, 85% of the patients needed only one treatment to see some improvement. Researchers concluded that at a time when the prevalence of hypertension is increasing and its control more difficult due to so many factors, linking the correction of C1 misalignment to lowering blood pressure is a very important advancement.

This study can be found in the 2007 Volume 27 Journal of Human Hypertension.



Christine M Krsko, D.C.



Mandy Wolf, D.C.

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Franklin, Wisconsin 53132  
7000 South 76th Street

**KRSKO CHIROPRACTIC**

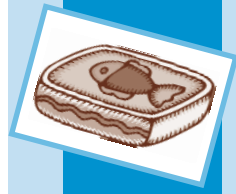
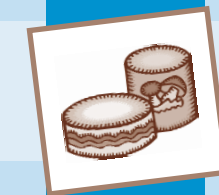
## Food Drive...

Refer your friends and family to us during November, 12th -17th and they will receive an **initial consultation, exam, and x-rays of one area in exchange for 5 items** of non-perishable food to donate to the Good Samaritan Outreach Center.

**Existing patients will receive a treatment in exchange for 5 items** of food on Tuesday, **November 13th.** Dr. Krsko 8am – 12pm Dr. Wolf 3pm – 6pm

Clean out your cupboards and help us meet our goal of 1000 pounds of food!

Anyone may drop off food throughout the entire month of November at our office!



# More Than a Pain in the Neck



The following is an excerpt from *New Scientist* journal. "Stiffness in the neck and bad posture can have a major impact on our general health, even on our blood pressure. Researchers at the University of Leeds in the U.K., studying brain signals in mice, noticed that stimulation of a mouse's neck muscles stimulated the brain area that regulates autonomic nerve functions, such as those relating to heart rate. That means there is a previously unknown neural connection between these muscles and the brainstem. The findings, says neuroscientist Ian Edwards, could explain why blood pressure and heart rate sometimes change when the

neck muscles are injured – through whiplash, for example. Similarly, it's possible that hours spent hunched over a computer may raise blood pressure. The pathway exists for bad posture to really have an effect, says Edwards."

This article helps validate what chiropractors have been saying for years about how vertebra in our spines have such effects on our autonomic nervous system. Every one of our organs is controlled by this system and chiropractic adjustments remove any interference on the nerves thus allowing the organs and cells in the body to

function properly. Here is a small list of other body systems controlled by your autonomic nervous system:

Blood Pressure, Digestion, Breathing, Swallowing, Gall Bladder, Liver, Kidneys, Reproductive Organs

## Did You Know??

- By the year 2050 there will be over 800,000 Americans over the age of 100 and many will live to 150! (According to scientists from the University of Texas)
- If we don't take care of our spines, we lose about 50% of the mobility we had when we were 23 at age 50! And, by the time we are 60 we have only about 25% of the mobility we had when we were 23!
- If we use preventative chiropractic care, we can actually maintain our mobility at about 75% through the age of 80!!!
- Our bodies are made of 60% water!! Make sure you replenish that water so your body can use it to flush out toxins. A good rule of thumb is: divide your weight in pounds by 2, and drink that many ounces of water. Example: If you weigh 140 pounds, you should drink 70 ounces of water per day
- 1 in 3 people will get skin cancer, but this is 100% curable if detected early! Ask your chiropractor about the ABC Detection method.
- 1 in 3 people suffer with neck pain past the age of 50
- 85 out of 100 people have bad back pain at some point in their life
- 6 billion dollars are spent on treatment for osteoporosis annually. Ask us how to prevent this disease.

### Treat Your Kids To Chiropractic



On October 29-31, children 14 and under will receive:

- Services at no charge
- Halloween treats
- Prizes for Best Costume!

*Thank you for helping us with donations to the Fisher House to help our soldiers and their families. We raised nearly \$800.00!!*

#### Get Your Feet Scanned!!!

If you haven't had a complimentary scan on our new weight bearing foot scanner, call us now to schedule your free scan. You'll be amazed to find out how these orthotics can help you with leg or foot problems, back or neck pain, and overall posture and performance improvements.

## Upcoming Events

- October Spinal Health Month, \$20 first day services
- Oct. 3 Staying Young The First 100 Years Class 6:30 pm
- Oct. 4 Staying Young The First 100 Years Class 1:00 pm
- Oct. 17 Staying Young The First 100 Years Class 6:30 pm
- Oct. 24 Staying Young The First 100 Years Class 6:30 pm
- Oct. 29-31 **Treat Your Kids To Chiropractic** (see page 2)
- November Drawing for our **Pumpkins Give You Gas Referral Raffle** to win gas cards
- Nov. 7 Staying Young The First 100 Years Class 6:30 pm
- Nov. 8 Staying Young The First 100 Years Class 1:00 pm
- Nov. 12-17 **Food Drive** (see page 1)
- Nov. 13 **Food Drive Patient Appreciation Day** (see page 1)
- Nov. 14 Staying Young The First 100 Years Class 6:30 pm
- Nov. 22 Office closed for Thanksgiving
- Dec. 5 Staying Young The First 100 Years Class 6:30 pm
- Dec. 6 Staying Young The First 100 Years Class 1:00 pm
- Dec. 19 Staying Young The First 100 Years Class 6:30 pm

# October is Spinal Health Month

October is recognized as National Spinal Health Care Month. **If you have not been in to see us for a year, we would like you to take advantage of this offer. Please tell your family and friends about this special offer** as well and we'll do our part to handle their health needs.

Remember, spinal problems are often present long before any pain occurs. It is good health insurance to get a periodic chiropractic examination to ensure that you remain healthy.

**"An ounce of prevention is worth a pound of cure"**

**Here is what's included:**  
(with presentation of this ad)

- A Consultation and Health History
- An Orthopedic & Neurological Exam
- X-ray of one area only if needed
- Report of Findings
- A Value of up to \$300

**During the entire month of October for only \$20.00**

Appointments are limited. Call Today!!

**KRSKO CHIROPRACTIC**

Dr. Christine Krsko  
Dr. Mandy Wolf  
7000 S 76th St., Franklin, WI

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[www.krskochiropractic.com](http://www.krskochiropractic.com)

*Success of Our Kids Day!*

On August 18, we had our 2nd Kids Day in the office. All new child patients received their first exam and existing child patients received their treatments at no charge. We had lots of door prizes and fun activities in the office including testing children for balance and posture screenings for scoliosis. The kids had a great time and so did we!! In the pictures below you can see this child wearing a regular unsupportive backpack and then wearing an Airpack Backpack that provides lower and upper back support. Look at the difference in the posture!! We want to see the line cross through the ear, shoulder, hip, and knees.



Old Back Pack



Air Pack