

Krsko Chiropractic Clinic Spinal Column

414-525-9500

Fall 2006

Patient Appreciation Day to Celebrate Dr. Krsko's 30 Years in Practice!!!



Christine M Krsko, D.C.



Dr. Mandy Wolf

Dear Patients,

I am proud and excited to celebrate my 30 years in practice. I know I am very lucky to have found a profession that is rewarding in so many ways. I am honored to know you and your families. The greatest gift you all have given me is the opportunity to help you become healthier, more productive and able-bodied. It gives me such happiness and a sense of making a difference in this world when someone says they feel better, that their headaches are gone, that they slept without pain, and that they received help with a problem that just wasn't getting better with any other treatment.

I have to honor my father, Joseph Krsko, for encouraging me, a female in the 1970's, that I could follow in his footsteps. He was confident to refer his patients to me. He demonstrated dedication to his patients, commitment to attending postgraduate work, and always finding new techniques and therapies to help his patients. I always knew that I was representing the work he started and that I must honor his reputation. I have dedicated my career with the

knowledge that I was carrying on the tradition of my families' legacy. I think of my grandfather, who wanted many grandsons to carry on the Krsko name, and I feel that as his granddaughter I represented him too.

You cannot celebrate an anniversary without thanking the



people who support and encourage you on a daily basis. I am very proud of my staff and all the ways that they help our patients. We are a team and together we make a difference. I am touched when patients tell me how welcome they feel in my office and how caring my assistants are. They give up their weekends to attend training to improve their skills to better serve your health care needs.

Dr. Mandy Wolf is a wonderful

addition to our staff. She impresses me on a daily basis with her knowledge, commitment, and interest in educating the community about natural health care. Jessi has challenged herself to learn so much to help the patients achieve their health care goals. Joan cares deeply about helping people and will work harder than anyone here to make that happen. Jeni is proud of the work we do and focuses on helping us all do our jobs better. Tracy is an exciting addition to our office. As a billing specialist, she has demonstrated a tenacity to communicate with insurance companies and patients. She is fulfilling our goal to make this process clearer.

I invite you to help us celebrate. I want to say thank you by offering a patient appreciation day, where we will treat you to food, fun and complimentary services. This day will be Friday, Nov. 17. I hope to see you here to personally thank you for a wonderful thirty years.

In Good Health,

Dr. Christine Krsko

Dr. Christine M. Krsko

Please take advantage of our new lecture series provided for **FREE** in our office. Patients and their family and friends are encouraged to attend these 30 minute presentations on the latest recommendations for aging healthier.

Topics include:

- Childbirth trauma and its effects
- How a sedentary life is more harmful than smoking!
- How cancers and heart disease are often due to lack of proper nutrients
- What vitamins are most important
- How lack of water can cause fatigue and affect your ability to think!

- What you need to do to ensure your last 40 years are not overtaken by years of immobility and pain!

All dates and times are listed in the upcoming events. Call to reserve your seat today! Also available are Krsko Chiropractic binders full of information on healthy diet, recipes, nutritional supplementation, exercise, stress management, and personal tracking forms. We have a limited number of these binders left for the price of \$15.

**How to Stay
Young The
First 100 Years.**

“The Foot Bone’s Connected to the Leg Bone, The Leg Bone’s Connected to the Hip Bone...”

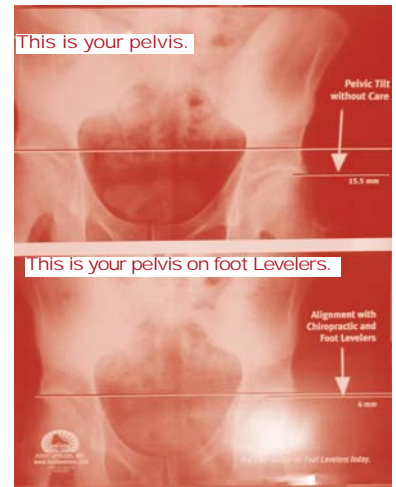
One of our patients recently told us that everyone she works with (in a nursing home) has problems with their knees. As Chiropractors, this sparked our interest. Hip and knee problems are so common among our population. We want to make sure you know what you can do to prevent these problems for yourself so you can keep your mobility. First of all, knee and other joint problems may begin at young ages. Many children experience sprained ankles and injuries to their knees without the proper care to restore alignment and rehabilitate the muscles to the correct strength. Yes, children should see Chiropractors also, especially since they are always falling, jumping, sliding, rolling, etc.



causes postural imbalances and problems throughout the body. If the arches in the feet are altered, increased stress is placed on all of the joints, ligaments, and muscles involved in helping to maintain upright posture. **See the diagram to the left.** When dealing with some back, knee, and foot pain, until the feet are corrected with custom made orthotics, only short-term relief can be achieved with chiropractic adjustments. Correcting foot problems with custom-made orthotics helps to reduce postural imbalance and improve spinal stability. These orthotics also help correct the difference in leg length which is seen in a very large portion of the population (approximately 60%).

See the diagram showing how leg length can be corrected and cause the hips to be balanced.

Knee problems often begin because of your feet. Abnormal or asymmetrical foot movement



In order for you to make an informed decision whether or not to get a flu shot, we are going to help you do your homework. Here is some information taken from a recent research review regarding the flu vaccine. The entire article is on display in our office. The flu vaccine is recommended for people ages 65 and older and to those with serious medical conditions that could quickly worsen as a result of serious complications from the flu. The chances of getting Alzheimer’s disease is 10 times higher if an individual has 5 consecutive flu shots than if they have one, two, or no shots. This may be due to the thimerosal (a mercury-derived preservative) and aluminum in the vaccine.

Beginning in March, 2003, it was recommended to give children the flu shot, even though each dose contains 25 ug of mercury and some aluminum, which are very toxic and are linked to brain injury. What else is in the flu vaccine? Detergents, polysorbate 80 (a potential cancer causing agent), gelatin, formaldehyde, and egg proteins. Many people actually come down with the flu shortly after receiving the shot because it actually can weaken the immune system. The side effects of the FluMist include cough, runny nose/congestion, irritability, headaches, chills, muscle aches, and fever. Ironically, those sound like the symptoms of the flu itself.

The vaccine is not recommended for pregnant women, people with asthma, lung or heart disease, diabetes or kidney disorders, immune system problems, children receiving aspirin, anyone allergic to eggs, or those with a history of Guillain Barre syndrome. The CDC admits that the viruses selected for the new vaccine are chosen on the basis of an “educated guess.” In 1997 the Associated Press stated that about 70% of doctors and nurses do NOT get annual flu shots.

What are the alternatives? To try to prevent the flu: avoid white sugar, exercise regularly, get adequate sleep, eat a healthy diet, omit trans-fats, drink plenty of water daily, wash your hands, cough into your elbows instead of your hands. In summary, please do your research before making decisions about vaccines such as this one. It may be able to help those who it is recommended for (65 years of age and older with serious medical conditions), but it is important to be aware of what you are putting into your body and weigh the consequences and benefits.



“What You Should Know About ‘Flu Season’.”



Healthy Recipe of the Season

Autumn Bean Soup (serves 6)

144 calories, 24 g (67%) carbohydrates, 8 g (21%) protein, 2 g (12%) fat per serving

*(beans can be canned or cooked from dry)

- 2 cups white kidney beans (cannellini)
- 1 cup kidney or red beans
- 1 cup chickpeas (garbanzos)
- 2-3 cups fresh spinach or escarole, washed, drained, and chopped OR 1 10 oz. package frozen spinach
- 4 cups chicken or vegetable broth
- 2 onions, chopped
- 2 cloves garlic, minced
- 1 tsp. each dried basil and oregano
- 1 tbsp. dried parsley
- Pepper to taste
- Parmesan cheese (optional)

Combine all ingredients and simmer until onions are soft, about 45 minutes. Garnish with optional parmesan cheese

Upcoming Events

Oct. 11	Staying Young Health Class	6:00 pm
Oct. 12	Staying Young Health Class	1:00 pm
Oct. 14	Krsko Chiropractic will be participating in the Milwaukee Women't Expo at State Fair Park	
Oct. 14	Dr. Krsko will attend a seminar on pediatrics adjusting techniques.	
Oct. 21	Krsko Chiropractic Doctors and staff will attend a seminar in Chicago	
Oct. 25	Staying Young Health Class	6:00pm
Oct. 28	Dr. Krsko will be attending a seminar on personal injury cases and whiplash injury.	
Nov. 1	Staying Young Health Class	6:00 pm
Nov. 2	Staying Young Health Class	1:00 pm
Nov. 8	Dr. Wolf will be presenting at the IRS health fair in Milwaukee; therefore, Dr. Wolf will be out of the office on this Wednesday morning only.	
Nov. 15	Staying Young Health Class	6:00 pm
Nov. 17	Patient Appreciation Day (see front page for details)	
Nov. 29	Staying Young Health Class	6:00 pm
Dec. 13	Staying Young Health Class	6:00 pm
Dec. 14	Staying Young Health Class	1:00 pm

Recent Events

Sept. 9	Dr. Wolf attended a seminar in Minneapolis on rehabilitation therapy using the stability ball to help balance, coordination, muscle strengthening and stretching.	
Sept. 23	Dr. Wolf attended a seminar on the latest research in chiropractic including information in rehabilitation of the spine, nutrition, and the latest proof of chiropractic success with various health conditions.	

Upcoming Conditions of the Month

OCTOBER:
Migraine Headaches

NOVEMBER:
Herniated Discs

DECEMBER:
Cluster Headaches

JANUARY:
Whiplash

October is Spinal Health Month

For Only...

\$30.00

ALL NEW PATIENTS

Referred to Krsko Chiropractic by
our patients will receive:

- A Health History & Consultation
- An Orthopedic & Neurological Exam
- X-rays (if needed)
- Report of Findings to the New Patient
(Value \$300.00)

That's right! During the month of October, Krsko Chiropractic will be offering ALL new patients a health history, spinal exam, x-rays (if needed) and a report of findings *for only \$30!* This is an excellent opportunity to tell others about the benefits of chiropractic care.

Appointments are limited. Call Today!!

KRSKO CHIROPRACTIC

Dr. Christine Krsko

Dr. Mandy Wolf

7000 S 76th St., Franklin, WI

414-525-9500

Please welcome a new face on our office. . .

Tracy Alvarez!

Dear Patients,

I would like to introduce myself. I have joined the family here at Krsko Chiropractic Clinic. I will be doing the patient and insurance billing for Dr. Krsko and Dr. Wolf in the office. I have been in the billing field for chiropractors for the past 7 years. If you have any questions on your accounts please call me and we can set up a time to go over any concerns you may have. I have used the billing system at the clinic and my goal is to keep our lines of communication open.

Here's a little bit about myself. I grew up in Greenfield and I am married with three children. Kayla is 9, Eduardo is 4 and just started school, and Alivia is 7 months old. My husband is a metal fabricator and works in Brookfield. Our children have been chiropractic patients since they were born! I have also been certified in our clinic's therapies and taking x-rays. I enjoy working directly with patients, so you may find me assisting you in your treatments as well.

Sincerely,

Tracy Alvarez

Hours:

Monday:
8 am to 6 pm

Tuesday:
8 am to noon
Dr. Krsko only

Wednesday:
8 am to 6 pm

Thursday:
Dr. Krsko 11:30 am to 2 pm
Dr. Wolf: noon to 6pm

Friday:
8 am to 1 pm

Saturday:
2 mornings per month

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