



Dr. Christine M Krsko



Dr. Mandy Wolf

Dr. Mandy Wolf and I just successfully completed our nutrition certification. This is exciting because we have increased our knowledge in natural therapies which affect disease processes. We have learned about new concerns for medications and the nutritional deficiencies they cause. We have studied ways to increase liver detoxification and help our patients remain healthy throughout their lives.

It is so important to understand how the American diet is affecting our well-being. Obesity is a serious problem in this country and so is adult onset diabetes. We have new natural ideas to help treat these conditions in conjunction with the medication you may be on. Childhood eating disorders, nutrition for the young athlete, and early childhood nutritional needs were some of the areas we studied in depth. This is so important, yet it seems so hard to feed our bodies properly. We have ideas to help you do better in this area of your health care and we are excited to share them with you.

If this interests you, please make a special appointment with either myself or Dr. Wolf for a nutritional consultation.

*A Note
on
Nutrition
from
Dr. Krsko*

Muscle Cramps

Summer sports are often interrupted by cramping. There are many causes of cramps:

- 1) excessive fluid loss
- 2) hypoglycemia (low blood sugar)
- 3) electrolyte imbalance
- 4) inadequate conditioning
- 5) over exertion
- 6) fatigue

Dehydration is the major problem, so consume water before, during, and after an event. Altered neurotransmission to the muscle (change in nerve signals to the muscle) may benefit

from potassium supplementation or quinine tablet, which relaxes muscles. One interesting way to stop cramps is to pinch hard on the upper lip.

Muscle spasms, however, usually come from deconditioning, reduced oxygen to the muscle (both from being out of shape), protein breakdown in muscles, or lactic acid build up. The recommended nutritional protocol for this condition is:

- 1) increasing anti-oxidant vitamins (A, C, E, Selenium)
- 2) using omega-3-fatty acids at 2-3 grams per day
- 3) increasing protein and carbohydrates in the diet.

Come and see the new changes in our office!

New Orthotics Assessment

We've begun using a new system for assessing patients' needs for orthotics. We now have a scanner to show the weight distribution and positions of the arches of the feet. You may now actually see the extent to which your arches are collapsed and where on your feet you may be transferring excess weight leading to faulty biomechanics of the feet, legs, and back. Come to the office and see what the scanner says about your feet.

Exercise and rehabilitation area

We have moved things around in the office to incorporate a special exercise and rehabilitation room. Our staff has furthered their certifications in exercise instruction and we have set aside special room in our office to designate for this service.

Hungry??

Join us for a pizza and/or sandwich party for our complimentary seminars held in our office. See the upcoming events for a schedule of our How To Stay Young the First 100 Years class. Bring a friend or family member and enjoy life-changing information and free food!

New Member to our Staff

Some of you have already been in and have had the pleasure of meeting Michelle. She has joined our team at the office and has been a great addition to our front desk. Outside the office Michelle enjoys spending time with her husband and two little girls.

Upcoming Events

June 29		
July 9	Dr. Krsko will be out of the office	
July 4	Office closed for the holiday	
July 11	How To Stay Young the First 100 Years free seminar	6:30pm
July 12	How To Stay Young the First 100 Years free seminar	1:00pm
July 25	How To Stay Young the First 100 Years free seminar	6:30pm
August 8	How To Stay Young the First 100 Years free seminar	6:30pm
August 9	How To Stay Young the First 100 Years free seminar	1:00pm
August 18	We will be taking part in Franklin Family Fun Day	
August 22	How To Stay Young the First 100 Years free seminar	6:30pm
Sept. 5	How To Stay Young the First 100 Years free seminar	6:30pm
Sept. 6	How To Stay Young the First 100 Years free seminar	1:00pm
Sept. 10 - 15	Firefighters Appreciation Week. All firefighters will receive a complimentary consultation, exam and initial x-rays.	
Sept. 15	Doctors and staff will be attending a seminar in Chicago	
Sept. 19	How To Stay Young the First 100 Years free seminar	6:30pm

Upcoming Conditions of the Month

July:

Sprains & Strains

August:

Asthma & Allergies

September:

Herniated Discs

October:

Migraine Headaches

Call for a **FREE** Consultation

Patient Appreciation to Donate to Our Soldiers!



Refer your friends and family members
and show your support to our troops.

During the month of July, Krsko Chiropractic Clinic will be providing new patient services to patients who you refer to us in exchange for a minimum of \$17.76 to be donated to The Fisher House. Since our nation has been at war in Iraq and Afghanistan, many of our soldiers have suffered severe injuries and face complicated recoveries. The Fisher House organization creates homes for families of these soldiers to stay with them during their lengthy recovery. These soldiers respond to their treatment much better when they have the moral support of their families. It also helps to take away the financial worry of housing the family during this trying time.

For a minimum of \$17.76 you will receive:

- ☑ A Health History & Consultation
- ☑ An Orthopedic & Neurological Exam
- ☑ Initial X-rays (if needed)
- ☑ Report of Findings
- ☑ A \$400 Value



Offer Available July 16th - July 31st

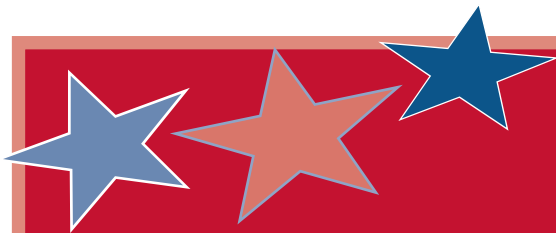
*On Tuesday July 31, all existing patients will receive
adjustments in exchange for a minimum donation of
\$17.76 towards The Fisher House*

**Call 525-9500 for more information and to
schedule your appointment today!**

Krsko Chiropractic Clinic ■ 7000 S. 76th Street in Franklin

For more information about The Fisher House, please visit:
www.fisherhouse.org





Star Chiropractic Patient

Our Star Chiropractic Patient this month is Steve. He has been Dr. Wolf's patient for over six months now and we've seen great results with him. Steve sought chiropractic care for severe low back pain that irritated him while working and kept him from exercising. Steve followed his treatment recommendations and put so much effort into doing the exercises and stretches that Dr. Wolf gave to him. After getting through the acute phase of his care, Steve moved on to the next two phases of care: stabilization and maintenance. His back and neck pain have gone away and he is back to doing his exercise program and playing golf every week with no pain. Steve is our star patient because he has shown that he lives a healthy and active lifestyle, has followed all recommendations, and he maintains his monthly chiropractic "tune-ups". For being our star patient, Steve was given a complimentary Therapeutica cervical pillow. Congratulations, Steve, on being a great patient and making your health a priority!



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

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