

September Newsletter

Chiropractic Tip:

Back to school can mean big stresses on your spine, and your kiddos! From bleachers to back packs, we see a lot more spinal stress this time of year. Remember, Chiropractic is very beneficial for kids. It greatly benefits the growing neuromusculoskeletal system and also helps promote proper biomechanics for active children, whether it be anything from infants crawling to teenagers playing sports. And it's always a plus for Mom and Dad to get adjusted to keep up with their kids! If you have any questions about the benefits of pediatric spinal adjustments, please ask one of the doctors.

Nutritional Supplement: CATAPLEX D (VITAMIN D)

This is a Standard Process product comprised completely of organic whole food, nothing artificial or synthetic. This is good for you because there is no pharmaceutical interaction and it is digested very easily. Cataplex D is a high quality Vitamin D supplement. Vitamin D is essential for bone health and calcium absorption, and also improves immune function. There is a lot of research as well that shows a decrease in autoimmune disorder symptoms with proper Vitamin D levels. Fatigue, feeling blue, and joint aches and pains are also eased with appropriate Vitamin D levels. Ask the doctors for more information or the front desk for purchase.

Tommy Report: (son of Dr. Smith and Dr. Trax) Tommy is officially in college. He started the University of Toledo a few weeks ago. He is loving it. Now let's pray that he studies hard!!!

Liam Report:

Baby Liam (son of Dr. Casie Carr) continues to do well! He had his 6 week post-surgical visit and he's growing and recovering like a champ. He is weaning off his medication and his doctors are hoping for no more surgeries as long as no complications exist. He just turned 7 months old and is hitting all his milestones and so close to crawling, which will keep Mom and Dad busy! He also LOVES food, any food he can get his hands on, but cheese and mashed potatoes are his current favorites!

Thank you for allowing us to be a part of your healthcare team and for your confidence with all your referrals! We have the best patients in the world and we'll always do our best to serve you well!

DR. TIMOTHY TRAX, DR. CONNIE SMITH-TRAX AND DR. CASIE CARR