



Basics First Chiropractic

A healthier spine... a healthier you.

October 2010

Visit our web site
[BasicsFirstChiropractic](http://BasicsFirstChiropractic.com)

FREE EVENTS
Squeeze It & Lose It
Group Program
Thursday Nov 4
1-2pm or 6-7pm

[Read more about this program
on our website](#)

Healthy Living Seminar
Tuesday November 2
6-7:30pm
What is Holistic Health?
Simple Strategies
[Learn More](#)

CLASSES
Posture Yoga
Wednesdays 12-1pm

Inspired Meditation
monthly - for info
call 703-777-2532

Try one of our Posture 101 or
Muscle Stick classes
Tue 3-7pm

[Email us for more info](#)
or Call 703-777-2532

Find out where to get a [Painless
Breast Scan](#)

[Visit our website](#) for a discount
coupon!

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Questions? Please contact Dr.
Paul at:
703-777-2532

You most likely already know that I am into healthy living. I am excited to tell you that Dr. Catherine Akbarieh, of Reflective Wellness, will be holding a **Healthy Living Seminar** and a **Squeeze It & Lose It** group program here at my clinic. More information can be found in the sidebar.



I am sorry to announce that Dr. Kaufman will be leaving us as he is pursuing an alternative career. We will miss him!

Yoga has millions of followers worldwide and still remains a popular and valuable form of exercise and well being. Join us here, at Basics First Chiropractic, for new **yoga classes** starting in mid-November. More info will follow soon.

Many of us are on our feet all day and by the end of the day, our feet and ankles are sore and painful. So what can we do to take good care of our feet every day so that we can keep up the pace? I've included tips below that I hope you'll find useful.

Find coupons for new and existing patients on our website [here](#). They expire 12/31.

If you're a fan of Basics First please share a few words about your experience with us here:

[Google Listing](#)
[MerchantCircle listing](#)
[Bing listing](#)

- Dr. Misty Paul, D.C.

This Month's Topic

Oh, My Aching Feet! Self-care Tips for Your Feet



Quick Summary:

- Select your shoes wisely - for high heels - less is more. High heels shorten the achilles tendon, stress the bones and soft tissues.
- Rotate your shoes - give your shoes a day off to recover their full shock absorption capabilities.
- Switch up your surface - use a shock-absorbing mat, run on grass or a rubberized track.
- Try ice - icing for 5-10 minutes can cool down the inflammation
- Try heat - if icing does not help, try a warm foot bath or try contrast therapy ([read full article](#) for details).
- Take a load off - take sitting breaks when you can and consider starting an exercise program to shed unwanted pounds.
- Numbness, pins-and-needles? Get a chiropractic evaluation - this could be anything from something mild to a more serious condition.

Read the [full article here](#) on my website. You'll learn how the foot adapts to control movement and absorb shock and what happens when this adaptation is poor.

If you're experiencing foot problems, let me know. I am trained to evaluate and adjust the feet when appropriate and can suggest appropriate footwear or custom orthotics.

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