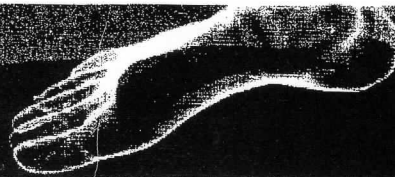


HI there, I just wanted to make sure you got this wonderful story!

Thanks , Mary

Footnotes

FOR BALANCED LIVING



Doctor Success

"When I was a new doctor, I dropped an arch. I didn't know at the time of course, but then my back went out, I slipped a disc... No matter what they [doctors] did I was not improving... I started having difficulty practicing because I couldn't bend over. Then I went to a seminar with Dr. Monte [Foot Levelers' founder] in 1962. He taped my arches up [to simulate the benefit of Stabilizing Orthotics]. I've been wearing Stabilizing Orthotics since 1962 and if it wasn't for them, I wouldn't be practicing today.

"Dr. Monte sent me home with 6 casting kits and said, 'Try this with your six most difficult patients.' The rest is history!"

Dr. Michael Loquasto, ND, PHD, DC
"Dr. Mike"
Bethlehem, PA

Flat Feet and Back Pain: Major Study Confirms Link



While the findings should come as no surprise to Doctors of Chiropractic, women who walk with flat feet are 50 percent more likely than those with normal to high arches to have low back pain, a recent major study suggests. The study involved 1,930 men and women and was published in *Rheumatology* by the Institute for Aging Research at Hebrew SeniorLife in Boston. Said the study's senior author, Marian Hannan, "The key takeaway from the study is that if women have low back pain, it may not be just the back. It turns out that feet are important for the back."

Source: "Low Back Pain Tied to Flat Feet: Study," by Kathleen Raven, Reuters Health, October 17, 2013.

"All truth passes through three stages. First, it is ridiculed. Second, it is violently opposed. Third, it is accepted as being self-evident." -Arthur Schopenhauer (Philosopher, 1788-1860)

Last Week's Poll Results!

What are the most common athletic injuries you see in your practice?

- 34.28% Lower Back Pain
- 25.27% Shoulder Injury/Pain
- 15.38% Ankle Sprain
- 14.28% Plantar Fasciitis
- 8.79% Runner's Knee
- 2.00% Other

New poll coming next week.

Brainteaser