



Breast Cancer Awareness Month



Breast Cancer Awareness

Crosby Chiropractic is dedicated to helping the entire community achieve health through chiropractic and acupuncture. During the month of October, when you refer a friend to our practice, **we will donate 25% of their initial co-payment to help fund breast cancer awareness.**

In addition we are offering T-shirt pre-orders at \$10 per shirt and mesh chair/car back supports. The cost of the supports are \$5.

100% of the proceeds from the T-shirts and Back supports are go-

ing to help fund breast cancer research!

Many people are already familiar with the benefits of chiropractic. Why not take advantage of this offer to not only help a friend, but also support the many women and men who are bravely fighting this daunting disease?

Forward this newsletter to friends and family, and ask them to mention this offer when they schedule their appointment. We are eager to educate our community!

The **PINK** Awareness Ribbon is largely used in to represent the suffering of those who have breast cancer (mostly women and some men) but has a history of also representing support for birth parents, cleft palate, and nursing mothers.



Crosby Chiropractic News

- Online ordering in coming soon to our website! I just a very short time we will now have the option for patients to go online and order many products that we offer here in the office!
- Every Wednesday of the month Dr. Crosby is offering talks to our patients, friends, and family. Each week will be a different topic! Check out the list for this months topics!

Special points of interest:

- *Metamatrix Testing*
- *1 Hour massage special for only \$49.99!*
- *We are looking for anyone that may be interested in joining our book club to learn more about health!*
- *We are now offering "Ideal Protein" a great Weight Loss program. Ask for details!*

Wednesday Talks

- October 5th: Losing Weight in a Healthy Way!
- October 12th: Diabetes/Metabolic Syndrome and you

Ideal Protein

“Become a part of our Success Team!”

Looking for a great way to lose weight? Look no further. You can learn how to eat right and enjoy great foods. Your clothes will fit better, and you will drop that unwanted weight fast!

- Based on over 25 years of experience and 5 million people in Europe, Canada, and the United States, the program enables the following
- One on One Service “Professional Support”

- Weight and Measurement progress Analysis
- Dedicated Coaches provide weekly support sessions and Nutritional Education.
- Learn valuable nutritional information to insure that you keep the pounds off and enjoy the re-newed skin.

Check out our first group of members who have already shed inches and pounds. One of our staff members lost 17 pounds In the first week. Another patient had her blood sugar drop from 200 to 130. No metformin required! Ask our staff for details!!!



“Your Last Diet”

Time to RELAX

Do you know anyone who is looking for a nice relaxing massage? How about giving that special someone what they really deserve! Birthday, Anniversary, Wed-

Call us soon spots are filling up fast!
636-928-5588

ding Shower, etc. Gifts they will never forget! “We have you covered”. Here at Crosby Chiropractic we look forward to serving you in any way we can. This month we

are offering a wonderful relaxing 1 hour massage for **only \$49.99. (see coupons on back)**

Massages by:

Vicky R. Duncan LMT

Calling All Readers!

Crosby Chiropractic is now looking for anyone and everyone who **loves** to read! If you know any great books on health that you have come across we would love you to suggest them and join us in creating a reading list. Dr. Crosby is coming up with a list of great reads. If you are in-

terested in signing up for our book club please **contact Dr. Crosby at:**

Crosby at:

drcrosby@crosbychiropractic.com



Grab a book and relax by the fire!

Are Food Reactions Causing Your Health Problems?

Why should I have food allergy/antibody testing?

Scientists estimate that approximately 12 million Americans suffer

from food allergies.* A food allergy or sensitivity is an immune system

response to a food that the body mistakenly believes is harmful. Once

the immune system decides that a particular food is harmful, it creates

specific antibodies to it.

*www.foodallergy.org

Two major types of food reactions involve antibody production in your body:

Immediate Reactions to Foods (IgE)

Classic allergic reactions occur within 3 hours after eating. They are

usually caused by high IgE antibody blood levels that produce an

immediate allergic response. This allergic reaction may appear as a rash

after eating foods like strawberries or crabmeat. The potentially fatal

but very rare “anaphylactic” reaction after eating foods like peanuts or

shellfish is another example of an “IgE” reaction.

Delayed Reactions to Foods (IgG4)

These reactions are much more difficult to notice since they can occur

hours or days after consumption of an offending food. Yet, this “delayed”

type of reaction is far more common than the immediate IgE type. In

some cases, you may eat a food for several days before developing a

reaction to it, so you may not realize the link between the food and

your symptoms. These delayed reac-

tions to food are often referred to as “hidden” food sensitivities. They are caused by increased IgG antibody

blood levels in reaction to specific foods. Often, the offending foods are hard to avoid and frequently eaten, such as milk, corn, and wheat.

What do the Allergix Food Antibody Profiles measure?

Metametrix offers a range of Allergix Antibody Profiles including:

- Allergix IgG4 Food Antibody Profile, measuring 90 common foods for

IgG4 reactions

- Allergix IgG4 Food Antibody Bloodspot from a simple finger stick

measures 30 common foods for IgG4 reactions

- Allergix IgE Food Antibody Profile measures 30 common foods for IgE

reactions



Caption describing picture or graphic.

Individual Optimal Nutrition Testing

Why should I have the Metametrix Allergix IgG4 Antibody Profile?

Food sensitivities can occur at any age, triggering many different symptoms and contributing to a variety of disorders

including:

- Inflammatory bowel disease
- Gas/bloating
- Fatigue
- Mood swings
- Anxiety
- ADD/ADHD
- Headaches/migraines

- Skin problems
- Rheumatoid arthritis
- Sinusitis
- Recurrent ear infections

Included with the Allergix IgG4 Food

Antibody Profile test results is a **Food**

Reaction Patient Guide which will provide

information on how to interpret your

results, build your own customized,

4-day

rotation diet, dietary recommendations, and

alternative food options.





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Dedicated to getting you well and keeping you well!

www.crosbychiropractic.com



Meet our Newest Doctor!

Dr. Martin Schmaltz' chiropractic story began for him at 12 years of age when he was successfully treated by a chiropractor for asthma. Eventually, he graduated from Life Chiropractic College (Atlanta GA) in 1984 and began practicing in Atlanta. His most recent practice experience was with Sparlin Chiropractic, the largest chiroprac-

tic office in Georgia.

Dr. Schmaltz has over 27 years of continuing education in such areas as: the treatment of auto and sports injuries, rehabilitation of musculoskeletal injuries, and x-ray diagnostics. He has advanced training in sports injury and fitness from Los Angeles Chiropractic College. His focus of practice is on injuries, both auto and sports, along with working with athletes of all ages for performance enhancement.

Dr. Schmaltz' philosophy of practice is to not only get people out of pain, but to improve their quality of life by natural, drugless, chiropractic care.

October COUPONS

This coupon is good for the month of October!

1 Hour Massage
\$49.99

Exp:10/31/2011

Mesh Chair/Car Back Brace

\$5.00 each
Exp:10/31/2011

100% of the proceeds goes to Breast Cancer Research!

Breast Cancer Awareness T-Shirts

\$10.00 each
Pre order only!
Exp:10/31/2011

100% of the proceeds goes to Breast Cancer Research!