

About your health....

The purpose of this newsletter is to provide you with up-to-date information regarding a healthy life style.



Annual March Madness Special

- ❖ Complimentary Foot Levelers scan
- ❖ 15% off custom orthotic inserts or orthotic flip-flops

Why custom orthotics? Your whole-body structure needs support from the ground up.

Custom orthotics can help provide support and minimize:

- Low back pain
- Plantar Fasciitis (heel pain syndrome)
- Pronation (fallen arches or flat feet)
- Hip and/or knee pain
- Sciatica
- Achilles Tendinitis
- Bunions (Hallux Valgus)
- Heel spurs



Normal Arch



Collapsed Arch

Ask Dr. Robin for your complimentary foot scan to see what your digital footprint says about your structural health.

Fun fact: 110,000 is the number of miles the average person walks in a lifetime. Equivalent to 5 trips around the Earth.



March is National Nutrition Month®

Nutritional recommendations depend on the individual. To determine your proper nutrition, your height, weight, age, gender and activity levels must be considered. However, there are 6 major components that form the foundation of required nutrition.

These components are:

1. **Carbohydrates** – these are the major source of glucose which is energy for your body. They are largely divided in two categories. Simple carbohydrates which digest quickly and are found in fruits, sugars, white rice, and flour. Complex carbohydrates, which digest slowly are found in green or starchy vegetables, whole grains, beans and lentils.
2. **Fats** – these are required for good general health. Fat helps to insulate your body and cushion your organs. It is also used by your body to breakdown fat soluble vitamins, such as vitamin D. Healthy fats are monounsaturated (found in nuts, olives and avocados) and polyunsaturated (found in fish and seafood). Both can be found in vegetable oils, such as avocado. Trans-fats and saturated fats are considered bad for your health and can increase your risk of heart disease.
3. **Protein** – essential for normal chemical reactions within your body, and you will have healthy muscles, skin and hair. Complete sources of protein are primarily meats.
4. **Vitamins** – many are required for good health and nutrition, these include vitamins A, B complex, C, D, E, K and folate. Vitamin deficiency can cause osteoporosis, a weakened immune system, premature aging, and scurvy. Many fruits and vegetables are high in vitamins, along with fortified bread and dairy products.
5. **Minerals** – are also essential for proper health and nutrition, these include calcium, iron, zinc, iodine and chromium. Mineral deficiency can cause conditions such as brittle bones and poor blood oxygenation. Mineral are found in dairy, meat and a variety of other foods.
6. **Water** – water in necessary to maintain proper bodily function. Most people should aim for approximately 50% of your body weight in ounces.

ALWAYS REMEMBER TO TAKE A HIGH QUALITY MULTI VITAMIN EVERYDAY!

**WE ARE HONORED THAT YOU ALLOW US THE PRIVLEDGE OF BEING PART
OF YOUR
HEALTH & WELLNESS ROUTINE.
WE APPRECIATE YOUR REFERRALS!**