



Work towards better health naturally!



Your health is your greatest wealth.....



Putting your feet up is a good idea ... (Maybe not at work☺)

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FIRST ISSUE

# Wellness *focus*

## Good Posture is Good health

DR. KEVIN SHIMIZU, D.C.

A vital priority in personal health, **good posture** supports proper balance for the body, alignment of the muscles, joints and ligaments, and is essential to the normal functioning of the nervous system. Everything from an overall feeling of **good health** to top athletic performance can be improved by **good posture**. As years go by, poor posture can progressively limit range of motion, increase discomfort and pain, and interfere with healthy organ function. Poor posture can start with an accident or fall, but often is a natural outcome of common daily habits –including careless body positioning seated at the desk or in front of the TV. A lifetime of poor posture can begin with anything from occupational strain and repetitive stress to poor sleep support. Children, because they are growing, may be at even greater risk for postural problems. Adults often can trace their present problems to years of bad posture habits, injuries and other

factors from their childhood.

How can you check your posture? When standing, the body's structures should be **balanced and aligned**.

When your body is aligned properly, you are less easily fatigued and tolerate exertion and stress. Slumped posture pushes the head forward, rounds the shoulders, and overarches the back, repeatedly resulting in stiffness, limited stamina and pain.

Chiropractors can help with postural evaluation in the course of a spinal checkup. How can you help your posture? When standing, hold your head up, with your shoulders comfortably back and your stomach tucked in. When sitting, use a chair with firm lower back support, keep your desk surface elbow high, and get up and stretch periodically throughout the day.

Along with important lifestyle changes to improve and support **healthy posture**, visit your chiropractor periodically for spinal checkups and care.

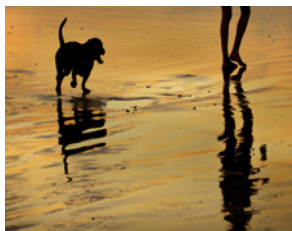


## FOOT FACTS - ORTHOTICS

Your feet are a complex system of 52 bones, 66 joints, 214 ligaments, 38 muscles and tendons. Your feet have an important job. They carry you throughout the day, with every step making an impact on your body.

If you are active, it is important to select the right athletic shoe for your sport and for your foot type. With so many choices on the market, you should consult an expert for the best brand and model for your particular foot.

**Orthotics** provides stability for all walks of life. From children to seniors, weekend warriors to professional athletes, warehouse workers to restaurant chefs, office staff to CEO's, **orthotics** will help support you when you stand, walk or run. Wouldn't it be fun to play with your child, take a stroll around the sea wall or work without worrying about 'the pain'? **Custom-made Orthotics** can help alleviate pain so you can enjoy your life.





## My experience of **SHIATSU THERAPY**

*CHIKAKO TSUKADA, Shiatsu practor*


**What is SHIATSU THERAPY?**  
**How can SHIATSU contribute to your wellness?**

The Internet will provide you a logical, anatomical, physiological definition of “**SHIATSU THERAPY**,” but I would like to explain the positive impact that **SHIATSU THERAPY** has had on my life as a therapist and as a patient.

I am so passionate about **SHIATSU** because it is so effective in allowing a huge release of tension and stress within a few sessions. As a patient, I felt the incredible power of “**TSUBO**” (Shiatsu pressure points used to release tension & pain, and improve circulation) on the very first visit. Being a sufferer of chronic pain and many illnesses since childhood, the impact I had from my first Shiatsu experience changed my life. Because it helped me, I wanted to share the wonderful **benefits of Shiatsu** with others.

I have been working as a **certified Shiatsu therapist** for a few years. To me, **Shiatsu** is one of the best therapies to maintain your health because it addresses both physical and mental conditions. Reducing muscle tension and easing stress can positively impact the human body, mind and life. Can you imagine how positive your life would be if you could sleep better, think better and move better?

The hallmark of **Shiatsu** is the exchange of positive energy between the therapist and the patient. When the therapist makes you feel comfortable and relaxed, your healing begins.

Thumbs up! 



**SHIATSU Therapy : 15 • 30 • 45 • 60 • 90 min**



**REFLEXOLOGY : 30 • 40 min**

## **ACTIVATOR TECHNIQUE**

*By Dr. Shimizu*



Restoring your spinal health and body mechanics safely and effectively, has been the compelling goal behind the **Activator Methods** Chiropractic Technique.

This technique utilizes specific procedures to detect spinal joint dysfunction, analyze leg length inequality, detect body mechanics problems, and test neurological reflexes. With these unique analytical tools, we can begin the process of restoring your overall spinal balance.

To address spinal joint dysfunction, we use instrument called the **Activator**. This unique hand-held instrument was scientifically designed to give you a very specific, “low-force” adjustment.

### **Special Offer!**



**10 % OFF** \* Bring this coupon & you'll get 10 % off \*

Expires on September 30, 2009

**Custom-fitted orthotics** in combination with good footwear will help alleviate pain.

Most insurance companies recognize the need for new orthotics and their plans will cover orthotics biannually or annually.



## **Orthotics Promotion!**



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