

Spring Newsletter

Low Level Laser Therapy Written by: Elisa Bott

Langford Chiropractic has introduced a new form of therapy to help our patients' recovery process. LASER therapy, a form of "light therapy", has multiple applications. It can be used to treat conditions such as sprains and strains as well as decrease inflammation, muscle spasms and nerve pain. Laser therapy has been extensively researched for more than 30 years and has been published in over 2500 scientific journals. We are excited to offer this new form of therapy in conjunction with your adjustments for all your musculoskeletal conditions.

How can light help your symptoms? Laser therapy induces a specific chemical change called biomodulation. The energy from the laser works at the cellular level and has deep tissue effect despite only penetrating the superficial layers of skin. It has been shown to decrease subjective pain by reducing the signals from pain sensitive nerves and also helps in the healing and regeneration processes of damaged nerves. The result is quicker healing and decreased pain.

Laser therapy may conjure ideas of sci-fi movies, but laser therapy has been shown to have very few contraindications. Laser therapy falls under the

control of the Food and Drug Administration (FDA), and the FDA regulates all laser manufacturers and establishes safety guidelines for therapeutic usage. The laser we use at Langford Chiropractic is a low-level laser and is considered to be extremely safe when standard safety precautions are followed.

Laser therapy is a form of therapy that can work on patients of any age and injury. We look forward to your speedy recovery with help from our low-level laser. Talk to your chiropractor if you have any additional questions about laser therapy.



Portable low level laser

SPECIAL POINTS OF INTEREST:

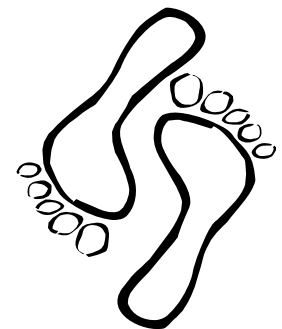
- *Supplements are 10% off when they are the Supplement of the Month. The next few months will be: May – Calcium, June – All Multivitamins, July – Omega-3 (Fish Oil), August – MyoCalm, September – Chondro Relief*

Feet: Your Foundation Written by: Dr. Heather Karls

Many homes in Minnesota have basements. The foundation of a house has to be strong enough to carry the weight of the entire building and withstand the forces of nature. If the foundation does not hold up to the stresses caused by blizzards and thunderstorms, the structure will collapse. This is also true of your body, if it cannot tolerate the daily

stresses it experiences it too will lead to problems.

The average number of steps a desk job worker takes during the day range from 1000-3000 steps per day. With each step your feet act as the foundation for your body. They help determine if your weight is balanced evenly and can either... (Continued on page 2)



Feet: Your Foundation (Continued from Page 1)

...enhance or detract from your body's performance. Your feet have to physically support the weight of your body and allow for walking, running, jumping, and standing. They absorb the shock that comes from normal daily activities and are critical for getting you through your daily responsibilities.

Faulty body foundations are obvious problems when it is the feet themselves that are causing discomfort. What may not be as obvious are the signs of foot imbalance that show up in other parts of your body. Low back, knee, and hip pain can often be attributed to foot imbalances. Even headache pain can be related to the uneven jarring of daily walking on an unstable foundation.

There are three main types of foot imbalance. The first is proprioception, or body position awareness problems. If you are a patient of mine, you're likely familiar with exercises for stabilization. Part of stabilization is knowing and being aware of where your body is in space around you. Many things can interfere with proprioception: ankle sprains, diabetes, nutritional deficiencies, athletic injuries and falls. The ability to balance is directly related to your nerve receptors ability to sense the position of a joint, without this, your joints can't function properly. This results in lack of coordination and often pain.

The second type is pronation. Pronation is an inward rolling of the foot. This is a normal foot motion that when taken to the extreme can alter the stability of your whole body. This can lead to a tilting of your hips, pain in your inner knees, uneven shoulder heights and low back pain. One way to determine if excessive pronation is contributing to your condition is to

look at the arches of your feet. "Flat feet" are commonly due to excessive pronation when walking.

The third type is supination. This is the opposite of pronation when your foot rolls outward. Although not as common as pronation, it is no less damaging to have arches that are too high. Similar symptoms can be associated with supination as in pronation.

So what can you do? Foot adjustments are not only extremely beneficial to correct improper movement patterns in your feet but a great starting point of treatment. Orthotic inserts and other supports are another option to treat arch related imbalances. We are able to order custom fitted orthotics that fit in all types of shoes which can help correct flat feet or feet with high arches. Strengthening your core muscles as well as ankle and knee stabilizing exercises will help improve proprioceptive input to the brain. Nutrition can also play a role in joint position awareness and certain deficiencies can be related to balance problems.

Meet Our New Doctor

Dr. Virginia Kampmeier continues to work at Langford Chiropractic. She graduated from Northwestern Health Sciences University on April 14, 2007. Help us welcome Dr. Kampmeier as our new associate doctor. Dr. Kampmeier will be in the office Monday through Thursday. She is very excited to begin practicing at Langford Chiropractic.

Massage Therapy Update

We are excited to introduce to you three new massage therapists Brandi Novak, Nancy Graden and Shari Draeger. Brandi will be working evening hours from 5:30-8 pm on Tuesdays, Wednesdays, Fridays and some Saturday mornings as well. Nancy's hours vary through the month while Shari is here Monday, Tuesday, Thursday, Friday and Saturday.

Megan Moelter continues to work in our office Monday through Thursday. Megan has also moved, so congratulate her on her new home.

We are pleased to welcome these three new therapists to our team. Times are filling up quickly. Call today to schedule your appointment!



Supplements: Physician Grade vs. Over-the-Counter

Written by: Dr. Anne Langford

We hear so much today about vitamins, what we should take and what we shouldn't. Many people are skeptical about supplementation altogether. What are the differences between over-the-counter supplements and physician grade supplements? Why should you take physician grade supplements instead?

Supplement companies, whether over-the-counter or physician grade, are not overseen by any governmental agency to control their quality. This leaves opportunity for a variety of contaminants and inaccurate labeling of the amounts of the vitamins in the product. While the FDA sets the guidelines for dosage levels, they don't monitor what each company does to produce their individual product.

Why, then, would physician grade supplements be any different than over-the-counter supplements? First, physician grade supplements are marketed and sold exclusively to alternative health care providers. Therefore, the results of the supplements are monitored closely by doctors because and are held to high accountability statistics. They are tied directly to the results they provide. Any company wanting to maintain a reputable product needs to show consistent, repeatable results with the patients taking the product.

Second, to guaranty the quality of their products, physician grade supplement companies provide doctors with chemical assays of the finished product prior to sale. These prove the product contains exactly and only what the label claims. Each bottle is tested for its efficacy and rejected if the quality doesn't meet the standards on the label. These assays are available for anyone, including the general public, to examine at any

time. Often done by a third-party, the assays are an unbiased evaluation of the product.

Over-the-counter supplements often use synthetic chemical ingredients because they are cheaper to manufacture. These supplements are designed for maximum sales and profit, so the quality of the ingredients is less important than the profit made. On the contrary, physician grade supplements use natural and organic ingredients that are designed to maximize nutrition and health.

When choosing to take a physician grade supplement instead of an over-the-counter supplement, many patients are surprised at the price difference. When buying the physician grade supplement, it is well worth the extra cost. Physician grade supplements guaranty no contaminants. You will be putting into your body only the vitamins and minerals the label proclaims. If you are going take another supplement, be sure that it is a quality supplement that you can feel confident will be of maximum benefit to you.

Did You Know...

Chiro- means "hand"
-practor means "practical" from the Greek language
Therefore, chiropractic means to practice with hands.

Acupuncture Update

Acupuncture has once again arrived back at our clinic! Sarah Larson will be working Mondays and Wednesdays from 8 to 1 and Thursdays from 9 to 1.

Sarah has three separate acupuncture levels to choose from. There is basic treatment that costs \$40, intermediate treatment that costs \$60 and deluxe treatment that costs \$80. Please call for more details regarding these different levels.

Sarah graduated Magna Cum Laude with a masters degree in Oriental Medicine from Minnesota College of Acupuncture and Oriental Medicine at Northwestern Health Sciences University. She has had over 3,000 hours of training.

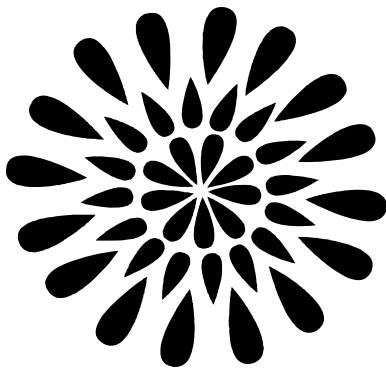
Currently, Dr. Langford, Dr. Karls and Dr. Kampmeier are getting their training in acupuncture certificates as well. We will keep you posted on upcoming acupuncture updates.



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Clinic News

Our clinic has two new interns working with us.

Myhre Shaver is in the office Mondays, Wednesdays and Fridays. You will see her around the office working with Dr. Langford. Myhre is from Wisconsin and a former swimmer.

Elisa Bott is in the office Tuesdays, Thursdays and Fridays. She will be working with Dr. Karls and is eager to get to know our patients. Elisa and her fiancé just bought a house. She is busy moving and unpacking in her free time and lives with two crazy cats. Elisa has been awarded intern of the month for March. Myhre and Elisa will both be graduating from Northwestern Health Sciences University in November 2007.