

November 2016



Today's Chiropractic Monthly Newsletter

Custom Orthotics For Your Feet



Dr. Charles M. Laycock

Why custom Orthotics?

Whether you're visiting your Chiropractor for pain, preventive care or to improve your athletic performance, Foot Levelers' custom-made functional orthotics can help you feel better along with your adjustment. Generic, off-the-shelf inserts risk worsening your symptoms by only addressing general conditions. Your feet are as unique as your fingerprints. Only Foot Levelers custom-made orthotics are built specifically to meet your individual feet, body, and health needs.

What's the process?

It starts with a simple foot scan! We scan both of your feet and give you a summary analysis of how your feet affect your body and you can talk with the doctor about your options. There is no charge for the scan. When you decide you are ready to order orthotics, let us know and we can order the ones to best fit your needs.

Foot Levelers Custom-Made Orthotics Quick Facts

Individually designed for you based on 3D scans and your doctor's exam

Specific corrections are crafted by hand by our highly trained technicians such as a left-right imbalance

Orthotics help achieve a balanced foundation and a stabilized pelvis, and help adjustments "hold" better

3 Arch Advantage™ customized support helps balance the body from the ground up

Premium materials, premium support: guaranteed or your money back

Research proven to help relieve pain, improve biomechanics and support your doctor's adjustments

Need a quick Thanksgiving Side Dish?!

Rosemary Roasted Carrots

Ingredients:

- 2 bunches of small carrots (about 24), peeled
- 1 tbsp. olive oil
- 1 tbsp. minced fresh rosemary
- salt and pepper to taste

Directions:

Preheat oven to 400°F. Toss the carrots with olive oil on a rimmed baking sheet. Sprinkle with rosemary, salt & pepper. Bake 20-25 minutes or until tender.



Be Healthy November 2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
					Fun Friday!	
6	7 5:30PM Buffalo Bills @ Home	8	9	10	11 Fun Friday!	12
13 5:30PM @ New England Patriots	14	15	16	17	18 Fun Friday!	19
20 1:25PM Philly Eagles @ Home	21	22	23 Fun Wednesday!	24 Happy Thanksgiving	25 Out of the Office	26
27 1:05PM @ Tampa Bay Buccaneers	28	29	30			

■ - Out of the Office

Today's Chiropractic Clinic

614 S. 225th Street
Des Moines, WA 98198

(206) 878-BACK (2225)

www.todayschiropractic.net

~Serving Our Community Since 1990~

Office Hours:

Mon/Wed/Fri: 8:30am-12pm & 2:30pm-6:30pm

Tues: 8:30am-12pm & 2:30pm-5pm