

# Liberman Family Chiropractic & Herskowitz Footcare Newsletter!

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**Welcome to our office's Podiatry & Chiropractic newsletter. We'd like to entertain you, inform you (and even inspire you a little).**

*You have to recognize that every "out front" maneuver is going to be lonely. But if you feel entirely comfortable, then you're not far enough ahead to do any good. That warm sense of everything going well is usually the body temperature at the center of the herd. Only if you're far enough ahead to be at risk do you have a chance for large gains. – John Masters, Canadian oilman*

*We know too much and feel too little. At least, we feel too little of those creative emotions from which a good life springs. – Bertrand Russell*

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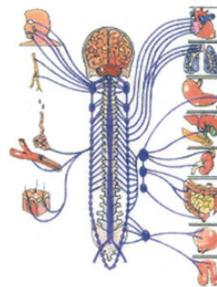
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### What is Extra-Corporeal Shock Wave Therapy?

ESWT is a high technology, state of the art treatment that we are now able to offer our patients. It is used for the non-surgical treatment of chronic plantar fasciitis, achilles

tendonitis and other associated conditions. The ESWT uses ultrasound to view the damaged region and then the device produces and directs powerful shockwaves to the region in question. The newly traumatized tissue is replaced with strengthened new fibers that are more flexible than the previously damaged tissue. Please contact us to discuss whether you are a candidate for this new type of treatment for heal pain and plantar fasciitis.

### Chiropractic is good for your whole body



Chiropractic clinical reports reveal kidney function, bowel and bladder function, digestive organs, reproductive organs, heart and lungs – just

about every organ and system – benefiting from adjustments. How can a spinal adjustment do that?

It's all in your nerves. All your organs, glands, muscles and bones receive a nerve supply from your spine. This connection is essential for proper health. If this connection is interfered with your organs may not function properly and your health could be damaged.

If you have a subluxation – a misalignment of a spinal bone causing pressure on your nerves – then your internal organs, blood vessels, bones, muscles (really everything) won't function at 100%. That can mean pain, weakness, lack of energy, lowered resistance to disease and ultimately sickness.

What to do? Why, visit your chiropractor to have your spine checked for these health-destroying subluxations. If your chiropractor finds any subluxations in your spine, he/she will correct (adjust) them and you'll be free of this form of severe stress to your nervous system. Your entire body will benefit.

PS. It really important for the very young and very old to have healthy spines, so bring in your children and your parents.



## Fever is good for you



Fever is one of nature's most powerful infection fighting weapons. If it could be bottled and sold it would be a true "wonder drug."

Perhaps equally important, studies

show that interfering with (lowering) a fever with drugs such as acetaminophen (Tylenol™) or aspirin (antipyretics) keeps sick people sick longer.

In one study doctors gave half a group of patients with flu aspirin while the other half were permitted to have a fever. The aspirin group with lowered fever stayed sick 3 ½ days longer!!! The paper concluded: "Antipyretics prolong illness in patients with

Influenza... The duration of illness was significantly prolonged." (1)

Lowering fever increased the death rate in another study. Researchers reported: "There is no convincing evidence that naturally occurring fevers are harmful. In contrast, animal studies have shown that fever helps animals to survive an infection whereas antipyresis (lowering fever) increases mortality...there is considerable...evidence that...human immunological defenses function better at febrile temperatures than at normal ones." (2)

In other words, when you or your child has a fever they can better fight infection.

## Bunions

A bunion is an enlargement of the joint at the base of the big toe- the Metatarsophalangeal joint (MTP)- that forms when the bone or tissue at the big toe joint moves out of place. This forces the toe to bend toward the others, causing an often painful lump of bone on the foot. Since this joint carries a lot of the body's weight while walking, bunions can cause extreme pain if left untreated. The MTP joint itself may become stiff and sore, making even the wearing of shoes difficult or impossible. Bunions- from the Latin "bunio," meaning enlargement- can also occur on the outside of the foot along the little toe, where it is called a "bunionette" or "tailor's bunion." Symptoms that may occur:

Bump outside edge of the foot, at the base of the big toe.

Redness, swelling, or pain at or near the MTP joint.

Corns or other irritation caused by the overlap of toes.

Restricted or painful motion of the big toe.

Types of bunion surgery vary on the severity of the bunion deformity. Bunions can be simple from just removing the extra bony prominence which means weight bearing in a surgical shoe post op for approximately one month. A moderate bunion usually requires a fracture or what podiatrist calls an osteotomy. The patient usually can walk on the foot in a surgical shoe but no driving and approximately 6 to 8 weeks for recovery. A more severe type of bunion procedure requires an osteotomy at the base of the metatarsal with the patient

non-weight bearing for six weeks. Sometimes the joint is no longer present and a joint destruction and reconstruction is needed to correct the bunion. This type of bunion is usually referred to as hallux limitus or rigidus

Bunion surgery usually does well if the physician evaluates the deformity and performs the best type of correction based on the severity of the bunion. It's best to have bunion surgery earlier than later. The recovery is shorter and the procedure is less involved. If one starts to feel some prominence a custom made orthotics can help slow down the deformity by controlling one's gait.

If you or any one you know has a bunion or desires foot care, please feel free to contact Dr. Herskowitz; Dr. Brzozowski and Dr. Dreyfuss at Woodbury Foot Care Center in Woodbury heights or Herskowitz Podiatry in Voorhees. (856)384-1333 or [www.sjfootdoctors.com](http://www.sjfootdoctors.com).

**First watch this, and then read the SAD news below:**  
<http://www.storewars.org/flash/index.html>

### **S.A.D. news (S.A.D. = standard American diet)**

Statistics say that soda, French fries, potato chips, hamburgers and chocolate make up 70% of the American diet. The top 10 selling products in grocery stores are:

- 1- Marlboro cigarettes
- 2- Coke classic
- 3- Kraft macaroni & cheese
- 4- Pepsi
- 5- Diet coke
- 6- Budweiser beer
- 7- Campbell's soup
- 8- Tide detergent



- 9- Folger's coffee
- 10- Winston cigarettes

Is it any wonder Americans' health is so awful? To improve your health, you have to eat real foods: Unprocessed, natural and organic. The more life in the food, the more life it will give to you.

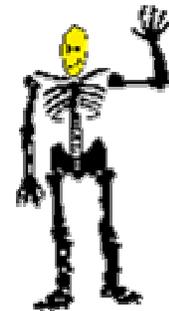
### **Words of Wisdom**



*The preservation of health is easier than the cure of disease. – B.J. Palmer, DC*

*The best and most beautiful things in the world cannot be seen or even touched...but are felt in the heart. – Helen Keller*

See you next month.  
Don't forget to stop by for your regular checkup. .  
And bring in the family too  
– for a healthier summer!



**Want hard copies of this newsletter? Click on the send button. Oh, they don't have e-mail? Well then stop by the office and we'll give you some for your friends and relatives. Better yet, have them write us and we'll add them to our mailing list.**

### **References**

1. *Pharmacotherapy*. 2000;20:417-422.
2. *The Lancet*. March 9, 1991;337.