

Enter our first contest!
Name our Newsletter and win a prize.
Bring or mail your suggestion to 28 Sovereign St. E.,
or email us at mft@kwic.com

Waterford office # 519-443-6663 Simcoe office # 519-426-8330

Dr. Marshall Thompson

Volume 1, Issue 1

Dr. Thompson's Message about Plantar Fasciitis (Foot Pain):

The vast majority of patients that come in with the complaint of foot pain are people with "flat feet", however people with high arches can also be affected with Plantar Fasciitis. It is by far the most common cause of heel pain. It starts with a dull, intermittent pain in the heel which may progress to a persistent sharp pain. It is usually worse in the morning with the first few steps when the fibrous tissue (fascia), at the bottom of the heel is stretched. A heel spur may be seen on an X-Ray but this is a result of plantar fasciitis, not the cause.

Plantar fasciitis is a treatable condition and responds well, especially if detected early. Some of the more common treatments involve the use of arch supports, and stretching exercises which can be done at home. Oral and topical anti-inflammatory medications can help reduce the pain but have limited long term value.

A relatively new and highly effective treatment option for chronic Plantar Fasciitis is Radial Shockwave Therapy. **If you have foot pain, contact us at (519) 443-6663 WE CAN HELP!!**

Free Spinal Assessment

Did you know that children, as well as adults can benefit from chiropractic care? Just as dental care early on is important for healthy oral hygiene, so is chiropractic care for a healthy spine. I'm sure your kids and grandkids are just like mine and have had slips and falls while playing. Bring them in for a free spinal assessment and discover how chiropractic care will help promote overall health at an early age.



*The doctor of the future will give no
medicine but will interest his patients in
the care of the human frame, in diet and
in the cause and prevention of disease.*

Thomas Edison

New Patients Welcome!

This salad contains Omega-3 fatty acids which may decrease the risk of coronary artery disease.

CUCUMBER AVOCADO SALAD WITH CREAMY LEMON DRESSING

- 1 English cucumber (with peel), thinly sliced diagonally
- 1 Red medium pepper, thinly sliced
- 2 Ripe large avocados, sliced
- 4 oz. Smoked salmon, thinly sliced

CREAMY LEMON DRESSING

- 3 tbsp. Sour cream
- 2 tbsp. Water
- 1 tbsp. Chopped fresh dill (or ¼ tsp. dill weed)
- 1 tbsp. Lemon juice
- ¼ tsp. Salt
- ¼ cup Finely chopped red onion
- 1 tbsp. Coarsely chopped capers (optional)
- 1 tbsp. Freshly ground pepper, for garnish

Layer first 4 ingredients in order given, on 4 salad plates.

Creamy Lemon Dressing: Combine first 5 ingredients in small bowl. Makes about 1/3 cup of dressing. Drizzle over each salad.

Sprinkle each with onion and capers. Garnish with pepper. Serves 4

1 Serving: 239 Calories; 18.4 g Total Fat (10.7 Mono, 2.4 g Poly, 3.7 Sat); 11 mg Cholesterol; 14 g Carbohydrate; 4 g Fibre; 9 g Protein; 388 mg Sodium



WIN AN ELEGANT DINNER FOR TWO ON US!!

Our office staff have decided that we should show appreciation to those who refer new patients to our office for chiropractic care. A thank you card was just not enough to show our true gratitude for their confidence and enthusiasm in us.

So, we came up with what we feel is the perfect way of saying thank you. Approximately every 4 months we will have a draw. Our first draw is for an elegant dinner at the prestigious **Belworth House**, located at 90 St. James St., S., in Waterford.

Contest Rules:

1. When you visit the office, you will be given a referral card (or cards) with your name on it.
2. Give this card to a friend or family member who you believe would benefit from chiropractic care.
3. Tell your friend or family member to bring in the referral card when they come in so it can be entered into our draw.

Remember...the more cards you give out, the greater chance you have of winning!

What's New...

Radial Shockwave Therapy is new to our office. If you suffer with chronic hip, foot or shoulder pain then Radial Shockwave Therapy might be the answer you are looking for. Call our office today to schedule a consultation.

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