



WEBER CHIROPRACTIC OFFICE, S.C.
Providing Choices in Complementary Health Care
Gentle Chiropractic Therapy – Acupuncture – Rehabilitation –
Low Level Laser – Nutrition – Medical Weight Loss - Kinesiotaping



A Pebble in Your Shoe

At some time in your life, I am sure you have been walking in sandals or shoes and gotten a small pebble or seed between your foot and the shoe. It didn't take you long to start walking differently or limping to avoid the discomfort of that pebble or seed on your foot. **It didn't go away until you removed the irritation.** Problems in your spine and pelvis produce very similar reactions in the way you walk, move and perform everyday functions. If joints are not moving freely, other parts have to compensate and stress is placed on those areas causing pain. Muscles then overreact to help stabilize both the restricted and the stressed areas. Muscle tension and inflammation is a reaction to joint misalignment and the joint must be treated first. Very often **the site of your pain is not the source of your pain** because of this compensation reaction in your body. This results in pain that comes and goes with the discomfort never really going away. If you have even subtle pain or discomfort in your body for more than one week, call the office and get those problems resolved quickly. **Correct those minor discomforts before they become major problems.** Long term patients often comment that they have learned from experience that it is easier to get treated 2 or 3 times earlier than 8 or 10 times later.

It Is Your Responsibility

Obesity is now labeled a disease. Diabetes is on the rise. High blood sugar levels are known to cause heart disease, dementia (brain diabetes) and other neurological complications (neuropathy), contribute to many forms of cancer and makes your blood insulin levels excessively high. When that happens, it seems anything you put in your mouth turns to belly fat, the most inflammatory tissue in the body. **What is your BMI (body mass index)?** Take your weight and divide it by your height in inches and multiply by 10. If that number is over 30, you are considered obese and if it is over 25, you are considered overweight. Another check is to measure around your body at the abdomen at your belly button and if that measurement is bigger than the measurement at your hips, you are overweight. Our food supply is greatly to blame for this rise in diabetes with high fructose sugar and processed grains in almost everything we buy, no thanks to strong lobbying efforts from food producers. However, you still do have choices in what and how you eat. **It is still your responsibility to get your insulin levels under control. The Ideal Protein Weight Loss Program, available in the office, is a proven, medically based protocol that can quickly get insulin levels under control** while teaching you how to eat to rapidly reduce belly fat while preserving muscle mass that burns calories. You eat normal food in prescribed proportions supplemented by adequate protein available in sixty great tasting products. You get one on one coaching with **our new coach, Kristie**, and meet with her once per week to chart your progress and support your journey. Kristie has successfully used this program and knows how to guide you to success. Compared to other weight loss programs, the cost of this program is less because of the rapid weight loss in a shorter period of time. **Four phases teach you how to maintain the loss long term.** We have started 5 new patients on this program in the last month and all have done extremely well. One man has lost 30#.

Informational Meeting on September 22 at 7:00 PM

This will be held at Weber Chiropractic Office SC at 289 Sinsinawa Ave. in East Dubuque and will give you greater details on this proven protocol and why it works so well. You will meet with Dr. Weber and Kristie and sample the wide variety of protein products. **Remember, you have only one body to live in and it has to last you your whole life.** It can be a mess of fat, inflammation and disease or it can be healthy, active and vibrant. **It is your choice and responsibility.** Please call the office at 815-747-6548 to reserve a spot as we limit the program to 15 people.

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