

Healing Hands

A Newsletter For The Friends and Patients of Colony Chiropractic

Dear Patient,

Wow, November is here already. It's time to get out the holiday decorations! Everyone associates November with the Thanksgiving holiday, but I thought it would be good to explore Veterans Day instead, which is November 11th every year. Our veterans deserve it!

Veterans Day, holiday observed annually in the United States in honor of all those, living and dead, who served with the U.S. armed forces. Unlike Memorial Day, which honors those who have died in wartime, Veterans Day honors all those who have served, in times of peace as well as in war.

Veterans Day is observed on November 11. The holiday was originally called Armistice Day, and it commemorated the end of World War I on November 11, 1918. Fighting stopped at 11 AM, the 11th hour of the 11th day of the 11th month.

In 1919, on the first anniversary of the World War I *armistice* (truce), President Woodrow Wilson issued a proclamation expressing pride in the heroism of those who had died during the war. Business stopped for two minutes starting at 11 AM, and it later became customary to observe two minutes of silence from 11 AM. Many states made Armistice Day a state holiday in the 1920s and 1930s, and in 1938 the Congress of the United States declared it a federal holiday.



NOW FOR SOME THANKSGIVING “TURKEY FACTS”

- Americans feast on 535 million pounds of turkey on Thanksgiving.
- According the U.S. Department of Agriculture, more than 45 million turkeys are cooked and eaten in the United States at Thanksgiving. That number represents one sixth of all the turkeys sold in the U.S. each year!
- Benjamin Franklin wanted the turkey to be our national bird.
- Domesticated turkeys cannot fly, however wild turkeys can fly up to 55 miles per hour over short distances.
- Only male (tom) turkeys gobble. Females make a clicking noise. The famous gobble is actually a seasonal mating call.
- The heaviest turkey ever raised weighed in at 86 pounds – about the size of a German Shepherd! (But turkeys are normally not used as police animals.)
- A turkey under 16 weeks of age is called a fryer. A five to seven month old turkey is called a roaster.
- The Turkey Trot, a ballroom dance in the 1900s, was named for the short, jerky steps of the turkey. It became popular mainly because it was denounced by the Vatican as "suggestive."

**Your Health is your Most Important ASSET.
Take IT seriously.
We Do!**

A Surprise Danger to Your Knees and Back

By [Craig Ballantyne](#)

Last spring, I made the mistake of wearing flip-flops on a couple of long walks with my dog. "What does it matter?" I thought. "It's just an hour walk." But after doing this a couple of times, I noticed that my knees were sore and my ankles were stiff.

Fortunately, I was bright enough to make the connection between the flip-flops and my discomfort, so I tossed the flip-flops. After switching to a good pair of walking shoes, my joints were no longer sore.

Every summer, thousands of folks slip out of their regular walking shoes and start piling on the miles in flip-flops. As a result, many end up having to visit a doctor.

I asked Dr. Michael Sommers, a chiropractor in Roncasvilles, Toronto, to explain why this innocent-looking footwear can lead to such a dramatic onset of pain.

According to Dr. Sommers, "There is nothing remotely healthy about wearing flip-flops, especially during long walks. They provide little or no support to the ankle and only minimal shock absorption during weight-bearing activity - leading to wear and tear in the joint surfaces of the ankle, knee, and spine. Flip-flops were designed for the beach. That's really only where they should be worn."

A study presented at the American College of Sports Medicine found: "When people walk in flip-flops, they alter their gait, which can result in problems and pain from the foot up into the hips and lower back. When subjects wore flip-flops, they took shorter steps and their heels hit the ground with less vertical force than when they wore athletic shoes."

The researchers concluded that you should wear flip-flops only for a short period of time. So chuck your thong sandals and replace them with walking shoes. Your feet will thank you.

SPECIAL NOTE:

SEND a copy of this newsletter to your friends& family in the area!

- Please feel free to call the office and leave their name, address, city and state, plus their zip code and we'll be more than happy to make sure they get a copy of our newsletter, each and every month.
- Don't forget to REFER your friends, co-workers and loved ones for a checkup. There health is their most important asset.

P.S. Have a great November!

Celebrate the month and your family's health!

FREE

“13th Annual Blanket Drive”

**Schedule Yourself, Friend or a Loved One For Their
FREE visit now!**

We will be celebrating our annual Blanket Drive on November 11 and 12. We will be collecting blankets to donate to the Denton County Red Cross. In exchange for your donated blankets, we will be giving away free services for the two day charity event. Our existing patients can schedule an appointment on Tuesday, November 11 and receive an adjustment, exercises and therapies at no charge. (massage not included) Your friends and family members who have not been to our office can schedule an appointment on Wednesday, November 12 and receive their consultation, exam, and x-rays at no charge.

Give this certificate to your FRIENDS & LOVED ONES. We care about you and your loved ones and we don't want to forget anyone, including the little ones. If you have a friend or family member that is currently "not" under our care, please take this certificate to them and have them call immediately. It's FREE.

COURTESY OF:

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“CALL NOW TO RESERVE YOUR TIME”