

# COOL THINGS ARE HAPPENING AT CLAIRPOINTE!

Clairpointe Family Chiropractic's Quarterly Newsletter

## Clairpointe's New Team Member

By Dr. Gary Shoemaker



Please welcome Nathan Blackwell to our practice! Nathan interned with us a few summers ago and has since graduated from Saginaw Valley College with a Bachelor of Science degree and began his education at the

Palmer College of Chiropractic. He will finish his clinical requirements in October and will then graduate as a Doctor of Chiropractic in December. Nathan will be our new Associate Chiropractor in January 2022! We look forward to having him on the team and believe he will be a great help to our community!



## July's Fitness Challenge!

Our summer fitness challenge starts July 12th! There are three levels of exercises you can pick from:

- Chair Yoga
- Moderate Level
- Experienced Level (*if you are struggling with back or neck issues we ask that you choose another challenge*).

Sign up at the front desk and add your name to the bulletin board to track your progress! You can find these challenges on our website at "[Connect](#)" - "[Blog](#)" - "[Summer Fitness Challenge 2021!](#)"

## Kid's Summer Wellness Check-Up

**Clairpointe Family Chiropractic is offering a 4-point wellness check-up for your child this summer for only \$47!!**

**This special includes...**

- Posture Screening
- Scoliosis Check
- Foot scan by our 3-D Foot Leveler kiosk
- Nutritional Questionnaire
- Supplement Recommendation

**Offer ends August 31, 2021!**

**This is a great opportunity to have our doctors at Clairpointe Family Chiropractic keep your child's spine working at its full potential!**

## Foot Levelers 3-D Scanner

By Dr. Gary Shoemaker

When I was in Chiropractic College in the 1970's I was introduced to a new company called Foot Levelers Inc. They were started by two chiropractors and their specialty was custom orthotic shoe inserts called "spinal pelvic stabilizers". This product was designed to not only support your feet but more importantly, relieve the pressures that build up in your spine that cause back problems for many people. I put them in my own shoes and have been offering them to our patients ever since. Now we have a digital scanner that creates an exact image of your feet and sends a unique prescription to the lab where your custom Foot Leveler Orthotics are made. Call to set an appointment for your complimentary scan while we are offering special pricing until Labor day 2021!



## Dr. Shoe's Health Tip: Staying Hydrated

By Dr. Gary Shoemaker

Michigan summer is as good as anywhere in the world. We have great weather, a beautiful lake to admire, and many options for recreation. With all that fun comes to some health challenges and one of the biggest is staying hydrated. As you may remember from our previous newsletters, being thirsty is a mechanism of acute dehydration and it goes away if you are chronically low on water. So, be sure to drink plenty of cool, clean, water this summer. The rule of thumb is an ounce of water per day for every two pounds of body weight. That is about 2.5 quarts of water for a 150-pound person. Being low on water will affect your energy, your joints, and your ability to tolerate the heat. So drink up and don't forget your pets!

Follow Us On Social Media!



## CHIRO KIDS SUMMER CRAFTS!

This summer we have three crafts for our Chiro Kid's to take home with them. DIY Moon Sand with molds to play with, easy-to-make Heart-Shaped Birdseed Feeders, and a Summer Beach Sloth you can hang in your room for decoration. Just ask the front desk for your summer crafts today!



You can find instruction videos for these crafts on our [blog](#) or our [YouTube Channel!](#)