



Fetcho Family Chiropractic, L.L.C.

Diary of a Chiropractor for Children and Adults

Today I was adjusting one of the many families I am blessed to care for in our office when it occurred to me that this mother has a great deal of faith. Not only does she have faith in me to help correct her child's spinal misalignments but also faith in her son's ability to heal naturally without the use of drugs. It is incredible to see the miracles of healthy families. I am very much grateful to see it all the time. Mom comes in for some kind of pain or discomfort, usually neck or back pain associated with the stress of carrying around the children or getting them in and out of the car. We explain to her about a subluxation & how it interferes with the body's ability to communicate effectively through the nervous system. She then asks the most common question I get, "How do I get a subluxation?" I go on to explain through physical, mental/emotional and chemical stresses. Then the light bulb turns on, "Is it possible that my children have subluxations?" Immediately we get all the children and the spouse in for chiropractic examinations. Within a couple of weeks, sometimes days, the mom starts to explain how her family's health picture has changed. Symptoms they never thought could be related to spinal misalignment have been effected like bedwetting, asthma & ear infections, just to name a few. The husband is noticing that sitting at the desk all day doesn't bother him as much and he is able to play more with the children. Not only is the back pain mom came in for gone but she notices her cycle is lighter, less irritating and her migraines that have not responded to medication are happening much less and for shorter durations. Now I have heard the expression that chiropractic will add years to life and life to years. What I am struck by is the life to years piece. Every day in chiropractic offices across the globe families like this one are increasing the quality of their lives. Healthier parents leads to healthy children and healthier families. I am convinced these healthier families make for healthier communities and a healthier more kind planet. Everyone with a spine can benefit from chiropractic! You do not need to be in pain to achieve the miraculous results of natural health through chiropractic care. Spinal hygiene just makes sense. Call us to schedule a complimentary consultation for you and family at 641-664-2423 or visit www.fetchofamilychiropractic.com for more information. Be sure to talk to Dr. Rich about ANY health problems you or your family are experiencing. Remember, Dr. Rich looks at how your nervous system is functioning. This system controls ALL functions of your body. A breakdown in function= the beginning of sickness/ disease.

3 Steps to Better Health

Sleep More: Poor sleep contributes to fatigue and irritability in the short term and is linked to serious health conditions in the long term.



Eat Less: Portion control is a major step toward attaining and maintaining a healthy weight, as is eating less overall.

Keep Moving: We all understand the importance...it's just making that 1st step & making it part of our daily lives!



Standard Process Purification/ Weight Management System.

Tired?

Have Weight Loss Challenges?

Poor Digestion?

**Purify Your Body
Transform Your Life!**



Why do I need purification?

Purification, also known as detoxification, can help you remove natural toxins from your body and help maintain a healthy weight. We are exposed to external toxins everyday, including pollutants, pesticides, and chemicals. Purification offers your body additional support to expel natural toxins and minimize your weight, which is important to maintaining your health and vitality.

Information available at
the front of the office
about the Purification
Program

What are the benefits of purification?

A purification program can have a significant, positive effect on the biochemistry of the body while allowing natural toxins and byproducts of daily metabolism to be eliminated. By participating in a purification program, you may notice the following:

- Improved weight management results
 - Increased energy
 - Better digestion
 - Less bloating
 - Clearer skin

ASK DR. RICH ABOUT
OUR SUPPLEMENTS
FROM STANDARD
PROCESS!

Purification is merely the internal cleansing and detoxification of your body. Think of it as "spring cleaning" for your insides.

**Talk with Dr. Rich about the Standard Process
Purification Program!**



ORGANIC OR NOT?

There are at least two good arguments for eating organic: fewer pesticides and more nutrients. Pesticides can be absorbed into fruits and vegetables, and leave trace residues.

As for nutrients, in 2007 a study out of Newcastle University, reported that organic produce boasted up to **40 percent higher** levels of some nutrients (including vitamin C, zinc and iron) than its conventional counterparts.

With organic methods, the nitrogen present in composted soil is released slowly and therefore plants grow at a normal rate, with their nutrients in balance. Vegetables fertilized with conventional fertilizers grow very rapidly and allocate less energy to develop nutrients. Buying conventional produce from local farmers also has benefits. Nutrient values in produce peak at prime ripeness, just after harvest. As a general rule, the less produce has to travel, the fresher and more nutrient-rich it remains.

Eating more fresh fruits and vegetables in general is the point. If buying all organic isn't a priority—or a financial reality for you—you might opt to buy organic specifically when you're selecting foods that are most heavily contaminated with pesticide and insecticide residues.

Preferably Organic —Most Commonly Contaminated

- Apples
- Carrots
- Celery
- Cherries
- Grapes (imported)
- Kale
- Lettuce
- Nectarines
- Peaches
- Pears
- Sweet bell peppers
- Strawberries

If Budget Allows, Buy Organic

- Bananas
- Cantaloupe
- Cauliflower
- Collard greens
- Cranberries
- Cucumbers
- Grapefruit
- Grapes (domestic)
- Green beans
- Honeydew
- Mushrooms
- Oranges
- Peppers
- Plums
- Raspberries
- Summer squash
- Tangerines
- Winter squash

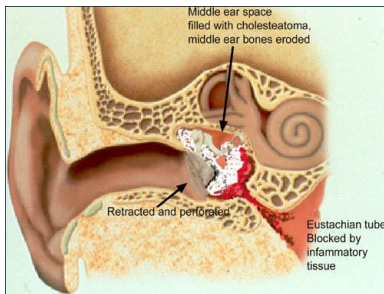
It's Your Call —Least Commonly Contaminated

- Asparagus
- Avocado
- Broccoli
- Cabbage
- Eggplant
- Kiwi
- Mango
- Onions
- Papaya
- Pineapple
- Sweet corn (frozen)
- Sweet peas (frozen)
- Sweet potatoes
- Tomatoes
- Watermelon



Chiropractic and Ear Infection

More and more parents are bringing their children with ear infections to chiropractors. Studies show they are doing the right thing! 21 children (9 months to 9 yrs) with acute otitis media, red and bulging eardrums and a temperature of 100° F had a short course of chiropractic care. The children were re-examined and 95% of the eardrums had returned to normal along with a decrease in average temperature to 98.6° F. Before receiving the adjustments, the severity of the symptoms in the children was rated at an average of 7.524 on a 0-10 point scale. After receiving the adjustments, the severity of the symptoms had subsided to a mere 0.470 on the same 0-10 point scale. **It all comes down to removing the interference that is preventing the ear from healing normally, and to allow healing to happen from within.**



We will begin sending our newsletters to all email addresses we have on file. Look for the email as it may go to your junk mail. If you do not receive it and wish to; or if we do not have your email on file, please let us know at the front desk.

OFFICE HOURS

MONDAY, TUESDAY, THURSDAY, FRIDAY

8:00 AM- 12:30 PM / 1:30PM- 6:00 PM

WEDNESDAY

8:00 AM- 12:30 PM

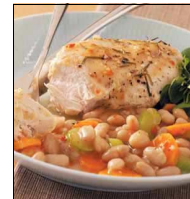
SATURDAY

BY PREVIOUSLY SCHEDULED APPOINTMENT



Fetcho Family Chiropractic, LLC
 Dr. Rich Fetcho, D.C.
 105 E. Franklin St.
 Bloomfield, IA 52537
(641) 664-2423

Rosemary Chicken with White Beans



Ingredients

- 6 boneless skinless chicken breast halves (6 ounces *each*)
- 1 tablespoon canola oil
- 2 cans (15-1/2 ounces *each*) great northern beans, rinsed and drained
- 1 cup sliced fresh carrots
- 1/2 cup sliced celery
- 2/3 cup Italian salad dressing
- 2 teaspoons dried rosemary, crushed
- 1/2 teaspoon salt
- 1 teaspoon pepper

Directions

- In a large skillet, brown chicken in oil in batches on both sides. Place the beans, carrots and celery in a 5-qt. slow cooker; top with chicken.
- Combine the salad dressing, rosemary, salt and pepper; pour over chicken. Cover and cook on low for 3-4 hours or until a meat thermometer reads 170°. **Yield:** 6 servings.



“Therein lies the uniqueness of my work—The Gonstead Technique has a specific application on the affected segment or segments only.”

C.S. Gonstead