

## Antero Chiropractic Is Now... King Chiropractic Health Centers!

I've been providing healthcare as Antero Chiropractic in Buena Vista and Salida for over 9 years. My brother, Dr. Kevin King established "King Chiropractic" in Grand Junction in 2002, and relocated to Leadville in 2007 to be closer to family. In order to better serve our patients and the communities of Salida, Buena Vista, and Leadville. We've now merged our practices and are providing care as "King Chiropractic Health Centers" We've added additional space, equipment, and office hours.

### Salida Office Expands Availability (with help)

We are excited to announce **Melissa Lee-Sobal, massage therapist**, has joined the practice in Salida. We realized that appointment times were becoming very limited. In some cases practice members were having to schedule their appointments several days or more in advance. With Melissa's help, our availability has greatly improved. Now, at the same cost, two experts in their field deliver the high quality care our practice members deserve.

### Credit Cards Now Accepted

For your convenience, we now accept **VISA** and **MASTERCARD**. This option can now be used for all of our services and products.

We will still provide the same great care you've come to expect over the years, and look forward to the new opportunities this alliance will provide.

Look for our new signage, "King Chiropractic Health Centers" at:

**709 Palmer Street in Salida**  
**28350 CR 317 Ste 3 in Buena Vista**  
**735 U.S. Hwy 24, Ste C in Leadville.**

As always, we look forward to being of service to you and your family.  
—Dr. Brian

### Spring-time Tune-up

The time of spring-cleaning is here: dusting, sweeping, vacuuming, washing the windows...but what about your body?

Many of us "hibernate" in the winter. As a result, our bodies are deconditioned and prone to injury as we become more active with warmer weather.

Start increasing your activity gradually now, rather than all at once later...your body will thank you for it.

A chiropractic check-up and treatment can help restore flexibility to "stuck" joints, and better prepare you for a more active lifestyle. Give us a call to schedule a healthy start to the season ahead.

**539-7387**

One Number for Salida and BV

**539-7387**

- Exerflex Gym  
709 Palmer St.  
**Salida**
- 28350 CR 317  
Ste. # 3  
**Buena Vista**
- 735 US Hwy 24  
Ste. # C  
**Leadville**  
**719-486-4002**

### Changes To Our Practice

- Name changed to **King Chiropractic Health Centers**.
- **Melissa Lee-Sobal** now at the Salida office.
- **New Technology:** Platinum Associate Digital Foot Scanner
- We now accept **Visa** and **Mastercard**.





## Melissa Lee-Sobal

Melissa graduated from the University of Florida in 1977 with a B.S. in recreation therapy. In Georgia, she worked in an institution for people with intellectual disabilities and physical handicaps.

In 1991 she attended the Colorado Institute of Massage Therapy and became nationally certified. She lived in Leadville for 15 years where she was employed by St. Vincent's Hospital in the physical therapy department.

The year Melissa graduated from college, she had her first chiropractic treatment along with massage and received instant relief from discomfort associated with scoliosis.

When Melissa moved west, she met her husband, Tom Sobal, on a mountain trail in the Jemez, N.M. area.

Melissa and her husband Tom have an 11-year-old daughter, Savannah, and have lived in

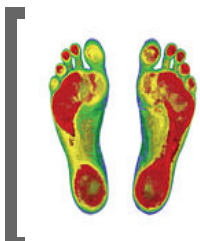
Salida for several years.

Melissa has enjoyed an active lifestyle including running and snowshoeing.

Some of her achievements:

- 1998 TAC/U.S.A 24 hr. Open Champion
- 1991 1st Woman to ever finish the Alaskan 100 mile Iditashoe Snowshoe Race
- 1992 Channel 9 Female Athlete of the year

## New Tech: The Associate Platinum Digital Foot Scanner



We now utilize the **Associate Platinum Digital Foot Scanner** to check for potential problems with the foot and ankle. It allows us to determine how much the arches of the foot collapse during weight bearing.

If a problem is detected, we can digitally transmit your scan to Footleveler's lab and have a foot orthotic custom built. We typically receive the orthotic back in 3-5 days!

Foot Levelers orthotics are something different. Our Spinal Pelvic Stabilizers are shoe inserts that support all three arches in your feet thereby creating a stable foundation upon which to build proper body posture. Footleveler's has a saying that their Spinal Pelvic Stabilizers are "Made for the feet, but designed for the body."

Custom-made Foot Levelers are individualized to stabilize your spine and pelvis by correcting imbalances in your feet—the foundation of your skeletal system. These imbalances may occur **even if you're not experiencing foot pain**. Though they may go unnoticed, these imbalances contribute to postural misalignments, pain in areas throughout your body and fatigue.

Foot Levelers custom design our stabilizers through an impression or imaging process. First, you receive a digital foot scan which captures an exact impression of your feet while you are standing, with your full weight on your feet. We determine which style orthotic is appropriate for you, and then the kit or scan is sent to Footleveler's laboratory where the stabilizers are created to correct any imbalances found in the three arches of your feet.



## What is Chiropractic?

Chiropractic, although many times misunderstood, is about helping people live healthier, fuller lives. While typically thought of as "back doctors", chiropractors actually focus on the nervous system by adjusting the vertebral column in order to affect the nervous system.

The nervous system is the master system of the body and controls and coordinates all other systems such as respiratory, digestive, muscular, immune and so forth. The nervous system includes the brain, spinal cord, the spinal nerves that exit the vertebral column through openings on the sides of each vertebra, and all the peripheral nerves that branch off to serve organs, tissues, blood vessels, muscles etc. Information

from the environment, both external and internal, goes through the spine to get to the brain. In the same manner, information and decisions made in the brain go through the spine to effect certain outcomes. It is a two-way flow of information.

The intention of the chiropractic adjustment is to improve function, restore mobility, and to remove any disruptions or distortions of nerve flow that may be caused by slight vertebral misalignments or reduction of movement. We call this reduction of movement joint dysfunction or subluxation. Chiropractors are trained to locate these subluxations and then to remove them, thereby restoring the normal function and flow of nerve energy in terms of both

quality and quantity. The idea is that if the nervous system is healthy and functioning well, then the other systems under its control will also function in a more optimal fashion.

The philosophy of chiropractic is that health, not merely the absence of symptoms, comes from within the body, not from the outside. It is the innate, or inborn intelligence of our bodies, that does the healing. It is not the drugs, the surgeries, the physician, or the chiropractor, etc. that does the healing, but the body itself. It is the job of the chiropractor to remove interference to your bodies ability to heal itself.

### New Years Resolution—It's not too late!

That's right, it's never too late to commit to leading a healthier lifestyle. Here's our recommendations:

- **Regular chiropractic care .**
- **Regular exercise.**
- **Sleep—8 hours every night.**
- **Consume fish oils regularly.\***
- **Avoid sugar like the plague.**
- **Avoid large amounts of soy in your diet.**
- **Consume healthy bacteria.**
- **Sunshine —we photosynthesize Vitamin D; but no burning!**

\*note: we carry high quality fish oil and other nutritional supplements—ask us on your next visit!



### Quotable Quote

*"The hardest thing in the world to understand is the income tax."—Albert Einstein*

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Phone: 719-539-7387

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SALIDA, CO

We're on the web: [www.kingchirohealth.com](http://www.kingchirohealth.com)



## Inside:

- *Antero Chiropractic is now King Chiropractic Health Centers.*
- *Melissa Lee-Sobal now at the Salida office.*
- *New Technology: Platinum Associate Digital Foot Scanner*
- *Increased payment options: We now accept Visa and Mastercard.*

## King Family News

Our family is chugging right along. Brennan is one and a half now...and finally walking! Ellie (3 years old) is our "baby girl," and Colin (5 years old) is now published (Colorado Country Life).

We've been enjoying the record-breaking snow fall at Monarch, if not the frigid temperatures this year has brought us.

We hope the following year brings you great joy, peace, and health.

-The King Family



The King kids out sledding on a "warm" day