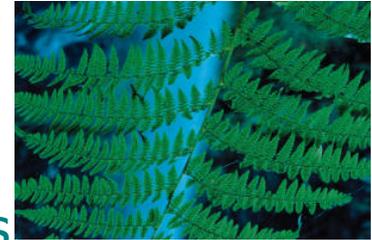


Of Special Interest

- Acidosis
- Knee Health
- Shoes & Feet
- Share the Health

If you watch a game, it's fun. If you play at it, it's recreation. If you work at it, it's golf. – Bob Hope

As I see it, every day you do one of two things: build health or produce disease in yourself. – Adelle Davis



Are You Killing Your Knees

Feedback, suggestions, and contributions must be in the second week of the preceding month.

~ ~ ~

Your participation is greatly appreciated and it is my wish that you continue your support and positive feedback.

~ ~ ~

Over 1000 copies circulating in 40 states and 14 countries abroad.

Keeping alkaline or shifting your pH Toward Alkaline...

The subject of knees and knee pain comes up often as I work with clients and is a subject that deserves discussion. The conversation about knees or other pain issues always leads back to chronic misalignment – breaking the 90 degree rule, and damaging the kinetic chain that holds us all together. Since it is impossible to separate good or proper motion from the fuel or nutrition that we put into our bodies, think about acidosis and what it does to the human body.

Advanced Acidic Symptoms:

- Osteoporosis
- Autoimmune diseases: Multiple sclerosis, lupus, rheumatoid arthritis
- Cancer

Musculoskeletal problems include:

- Arthritis [chronic postural misalignment]
- Joint pain and problems
- Chronic back aches
- Neck aches
- Restless sleep
- Sports injuries (tennis elbow, *knee injury*)
- Problems stemming from accidents [healing]
- Hyperextended joints

- Vitamin D deficiency related problems
- Joint stiffness
- Damage to the ligaments and tendons
- Sprains and broken bones
- Hip fractures

~ ~ ~

So, the physiological and the nutritional aspects of the body are a marriage and let no man put this union asunder. Before we go any further I need to let you in on a secret – DIETS DO NOT WORK! Picking and choosing the correct fuels or foods we put into our bodies does work. Learn to read labels and select foods that aid

Strong marriage...

Share the Health

Drink tap water full of chemicals? Yuk!
Be kind to yourself and family -

Filter your tap water.

- Easy to do
- Healthy
- Cost effective
- Endless supply
- Rapid return on investment

~ ~ ~

Live Life – Live Well – Live Long

~ ~ ~

**Want healthy knees & feet - free of pain?
Wear the least shoe possible.**

~ ~ ~

Thank You for your continued support.

PASS THIS NEWSLETTER ON TO A FRIEND.

efficient digestion, prevent fluid retention, metabolize quickly, optimize immune function, aid efficient metabolism, increase intestinal mobility, and increase calorie utilization.

~ ~ ~

Have you loved your knees lately?

Little noxious habits could be destroying your knees, the most important joints in the body. Have you skinned your knees participating in a rough & tumble activity lately? Your grownup habits and life style are contributing to knee damage as well as other joints; only now the damage is hidden, not visible.

Engineers talk of metal fatigue or failure due to stress. Likewise stress causes damage and failure to joints. The knee joint is designed to take a lot

of stress but noxious behavior and misalignment could be shortening the life of your knees and opening the door to chronic pain and disability. Don't ruin the marriage.

Your way of standing, walking, and moving have a tremendous impact on the health of your knee joints. How long has it been since you have evaluated your stance, shoes, and level of overall health and fitness? Performing these simple checks shall help you side-step debilitating knee conditions and keep your knees healthy inside and out.

Five things to consider

- How much weight are you carrying?
- Are you exercising?
- Are you overusing some muscles and joints?
- Is your body properly aligned?
- Are you wearing the right shoes?

Continued on Pg. 2



...no man shall put asunder...

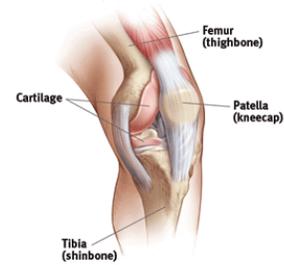
Most of my clients are well on the way to becoming design functional and have attained their birthright – a life free of pain. The successful ones are those that strengthen the marriage bond between the physiological and the nutritional aspects of their lives, the main thrust of Health & Motion and my sincere desire to help people be healthy.

~ ~ ~

Think Green – Dark Green

Want Healthy knees, or the rest of your joints for that matter, have a small salad before each meal. The vitamin K in leafy greens – such as cabbage, spinach, and Swiss chard, for starters -- could help reduce your risk of joint damage. You shouldn't need a vitamin K supplement if you eat your greens -- especially dark ones.

~ ~ ~



Healthy Knee

The human body was designed to be alkaline – are you? Test often.

~ ~ ~

People who keep alkaline seldom ever complain of being sick and tired. Wonder why?

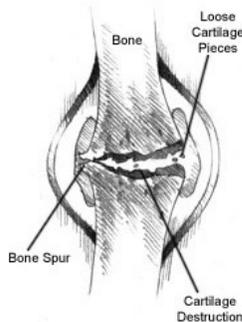
“Every patient carries her or his own doctor inside.”

- **Albert Schweitzer**

Trust the self-healing powers of the human body.

[Continued below](#)

Counseling



Unhealthy Knee

Help is Nearby

Whatever your reasons are for better health – higher levels of energy, life without depression, functioning immune system, and living pain free – you owe it to your self to get an assessment, do the function tests, and nutritional counseling. Don't wait or waste precious time in avoiding unpleasant and unnecessary surgeries for something you can take care of yourself in the comfort of your own home and for a lot less money.

~ ~ ~

Live Life – Live Well – Live Long

Shoes & Feet...

Do your feet hurt, are they tired, and ache a lot? Have you ever wondered why? Are you wasting money on shoes and orthotics that are ruining your feet?

There is a great article by William A. Rossi, D.P.M. titled:

“Why Shoes Make ‘Normal’ Gait Impossible - How flaws in footwear affect this complex human function.”

This short article explains why we spend millions of dollars

[Continued below](#)

“Health is not simply the absence of sickness.”

- **Hannah Green**

Every functioning system of the human body is affected by postural alignment.

on so-called ‘miracle’ shoes designed to aid our walking and make us more comfortable only to find that our feet are still tired and achy. To quote Dr. Rossi:

“Why? Because natural gait is biomechanically impossible for any shoe-wearing person. Natural gait and shoes are biomechanically incompatible because all shoes automatically convert the normal to the abnormal, the natural to the unnatural. And no therapy or mechanical device, no matter how precisely designed or expertly applied, can fully reverse the gait from wrong to right.”

If anyone would like to read the entire article, I would be happy to get you a copy.

Health & Motion
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