



# PATRICK CARMICHAEL

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## SELLING THE SHORES

### MR REDWOOD SHORES

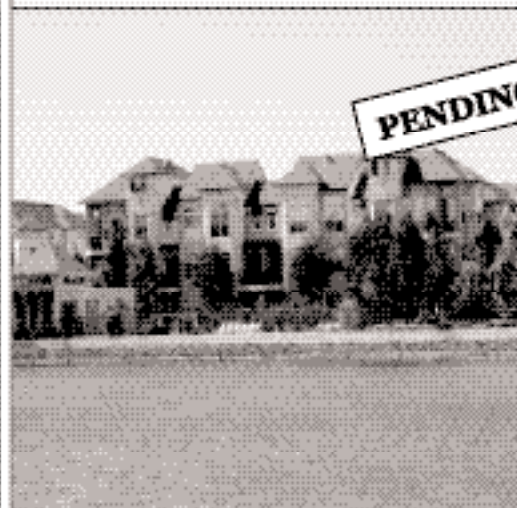
Known as Mr Redwood Shores Patrick Carmichael markets SHORES HOMES with all the latest local sales information.

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Patrick operates many local real estate websites, providing prospective buyers valuable information like latest sales figures, floorplans, virtual home tours and more.

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**MY LIFE AS A  
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**Roasted Winter Squash Soup**

Squash are at their peak from early fall through the winter. This soup will work well with any of the winter squashes.

Try this for Thanksgiving.

- 2 lbs winter (acorn, hubbard or delicata squash)
- 2 tablespoons unsalted butter (or olive oil)
- 1 cup coarsely chopped yellow Spanish onion
- 1 tablespoon chopped fresh sage (or 1 teaspoon dried)
- Pinch of allspice
- 1 small apple, cored and diced
- 4 cups chicken stock
- Fresh lemon sauce
- Kosher salt to taste
- 1/4 teaspoon fresh crushed black pepper
- 1/4 cup chopped walnuts, toasted

Place the squash in a baking pan and roaster in a 425F oven for 1 hour; or until the squash is very soft when pressed. The squash should have some patches of browned skin for the best flavor. When the squash is done, remove it from the oven and let it cool slightly.

While the squash is roasting, make the soup base. Melt the butter in a medium saucepan over moderate heat. When the butter is foaming but not brown, add the chopped onion, sage, and allspice. Reduce the heat, cover the pan and allow the onions to sweat for 10 minutes, or until they are tender. Add the diced apple and the chicken stock. Bring to a simmer and cook until the apple is tender, about 15 minutes.

When the squash is cool enough to handle, scoop the pulp (about 2 cups). Puree the soup in a blender until very smooth. Strain through a fine-meshed sieve. When ready to serve, reheat the soup over moderate heat until it just reaches a simmer. Correct the seasoning with lemon juice, salt and pepper. Ladle into hot soup bowls and garnish with walnuts.

*If you have any questions about this recipe, call Adrienne at 593-4003.*

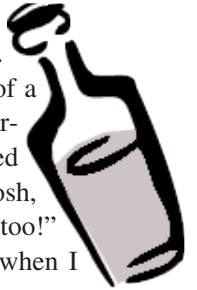
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**THE WINE ENTHUSIAST - By Tom Barras**

I was browsing a wine book the other day and came across a cartoon that I have to relate.

The scene: A lady is standing at the counter of a wine retailer looking at a bottle of wine the merchant has just handed her. She has this startled look of amazement on her face, and says, "Gosh, I didn't know the French made Burgundy too!" That cracked me up. But there was a time when I would have reacted to that punch line with an uncomfortable, insecure response like, "So?" or "I don't get it?" And if you don't get it, this one's for you.



Burgundy is not an inexpensive, mountain grown, supermarket jug wine from California's Central Valley. Burgundy, or Bourgogne (Boor-goan-yuh) as the French know it, is a picturesque wine region in east-central France. It is the birthplace of their most emulated, but seldom equaled, classic wines: Chardonnay and Pinot Noir. Knowledgeable wine consumers refer to the former as White Burgundy, and the latter as Red Burgundy. You should too. The Romans, who learned of wine's pleasures from the Greeks, planted vineyards in Burgundy and numerous other locations throughout France, and in later centuries, after the fall of the Empire, it was the Monks who saved many of them and perfected their cultivation.

Pinot Noir, incidentally, was the wine of choice for the character Miles in last year's sleeper movie, "Sideways," about two careening, off-course buddies who went to the Santa Barbara wine region to guzzle wine and frolic with the ladies. It was also in that movie that Miles uttered those infamous words about his not drinking any "effing" Merlot. Since that movie, it's been said that Pinot Noir's sales are up and Merlot's are slacking a bit. That's unfortunate, for they share some common traits, one of which is the relative absence of mouth puckering tannins, an attribute that budding wine enthusiasts find appealing. On the other hand, some people could really care less about Pinot Noir, Merlot or any other wine for that matter.

Take, for example, sportswriter Mitch Albom's (he authored *Tuesdays with Morrie*) anti-wine diatribe in the *Detroit Free Press*, wherein he hoped the movie would not receive the Academy award for best picture because, among other wine slams, "It's all an affectation," and if it did win the award, "people will be running off to...vineyards, pouring pinots and syrahs, and blathering on about harvests and fermentations." Including a long list of his close-minded, vinous "I-don't-cares," he sums up his perspective by stating that wine is just a drink like every other beverage, "And a few hours later, you excrete it the old-fashioned way." I could be wrong, but the contents of one's toilet seems a rather imperfect way to judge the dining pleasures of food and drink. But... on the other hand... I suppose it may depend on how one has been trained.



## *Gail Aknin* Negotiating; the Goal is a Win-Win Outcome

Selling your house should be treated as a business transaction, not a social event. Resist the urge to engage in unnecessary conversation that may give away too much information and weaken your bargaining position.

If you are not being represented by a Realtor, you need to know your objectives when dealing with potential buyers. First, make sure buyers are qualified. Second, review the offer and the terms in their written contract. And third, disclose everything!!!

Accepting a buyer's written contract creates a legal obligation, so it's in your best interest to, at least, hire a real estate attorney to review its conditions and requirements, as well as clarifying any ambiguities. After reviewing the contract, you may choose to accept it, submit a counter offer, or decline it without a counter.

The best transactions are those with a win-win outcome, in which both parties feel they have been treated fairly. One of the best reasons to hire a Real Estate Agent, besides their knowledge and expertise in the field, is to act as a buffer between both parties in the transaction, effectively minimizing the emotional component of the process.

By pricing a home fairly, sellers usually receive offers that are close to or may even exceed fair market value. If you receive an offer that seems unusually low, look closely to see if the buyer has offered other concessions such as a quick closing. If the offer is unacceptably low, then present a counteroffer instead of declining it outright. That keeps the door open to additional negotiations and extends the possibility of arriving at a win-win outcome.

*I'll be happy to answer any questions you might have about the negotiation process. Just call or email me at your convenience.*

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### **LOCAL REALTORS HELP IMPROVE BELMONT-REDWOOD SHORES PUBLIC SCHOOLS**

The public schools in the Belmont-Redwood Shores School District made notable achievement gains on their 2004-05 STAR tests. This is good news for the district, its students and Belmont-Redwood Shores homeowners. As school performance improves, housing values tend to take an upswing.

The steady achievement gains in the district, however, have been threatened by budget cuts over the last four years. The budget shortfall would have shut down libraries, eliminated the elementary school music program, and cut reading & science

specialist positions if it had not been for the formation of a volunteer-run, non-profit foundation called School-Force.

School-Force raises funds on an annual basis to fund basic educational programs in the Belmont-Redwood Shores schools. School-Force has been successful in restoring nearly \$1,000,000 to the budget since its inception in 2001. The programs the foundation supports align directly with donor priorities and the districts educational goals.

Local realtors have begun to show their support for the foundations efforts by joining the School-Force Preferred Realtor Program. Last year our community realtors donated over \$8,000 to School-Force. "The program provides realtors with marketing opportunities while supporting the local school district," states Scott Wright, program manager for School-Force. "It is a win-win situation for the realtors and the school district, but the biggest winners are the children who deserve the best education we can provide."

For additional information about the School-Force Preferred Realtor Program, contact Scott Wright at 650-654-5432 or wrigs@sonic.net. Or, visit the School-Force website at schoolforce.org.

*By Andrea Burfield*



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## NEWS FROM FULLY ALIVE

As the holiday season quickly approaches, Fully Alive is committed to giving you ways to give back this year. From Operation Christmas child to Second Harvest Food Bank to Samaritan House, there is a way for anyone of any age and any economic status to do their part in helping make someone else's holiday brighter this year. Operation Christmas Child is a wonderful program established by Billy Graham's son, Franklin Graham. It is a great project for classrooms or families looking for a way to help their children learn how to be a part of something bigger than themselves. You simply take a shoebox and wrap it in Christmas wrapping paper. Inside, put a few toiletries, soap and a washcloth, toothbrush and toothpaste. Then fill up the rest of the box with toys, stuffed animals and any other childhood trinkets. Then bring your shoeboxes to any Fully Alive Sunday or Tuesday service or to our Radio Road Campus during the week. Stickers will be available to note whether this box is for a girl or boy and what approximate age. The shoeboxes are taken by Samaritan's Purse and delivered to children all over the world who otherwise would not have a Christmas this year. Many children even include cards or letters to the receiving child. Do not seal the box, and enclose \$5 to help with shipping. We will be accepting shoeboxes through November 20th. Additionally, on November 20th, we are teaming up with City Team Ministries and hosting a Turkey Drive. So, bring your shoeboxes and your frozen turkeys to our 9am or 10:30 services on November 20th. Also in November, we are sponsoring two sorting nights at the Second harvest Food Bank—November 12th and 21st. You must be at least 14 years old to volunteer. For information about these or any of our community service events, please contact Jennifer Thomas at REACH@fullyalive.com.

On December 3rd, the women of Fully Alive are hosting our 4th annual Christmas Tea. All proceeds benefit the Samaritan House Family Sharing program. We are looking for hostesses to decorate and host tables of eight. We are also looking for people to shop for and deliver gifts to adoptive families. If you are interested in attending this beautiful and festive event, hosting a table, making a donation or adopting a family, please contact Jenny Williamson at jenny@fullyalive.com.

And finally, if you love the Christmas Show, or have never seen it, but you just love everything Christmas, mark your calendars now for December 16th, 17th and 18th. Bring your kids and dance with Rudolph, get candy from Santa and sing along with your favorite Holiday songs. Then join the shepherds and wise men, and kneel at the foot of the manger on that silent and holy night of Jesus' birth. The show is free, but reservations are required for headcount purposes. Reservations will begin late November. If your travel plans

*(Continued on page 38)*

fully alive  
community

## WHY CAN'T WE ALL JUST GET ALONG?

*Rev. Kristi Denham*

The wisdom of the Golden Rule is found in virtually every faith tradition: "Do unto all as you would they should unto you." (Islam)

"Ascribe not to any soul that which you would not ascribe to thee." (Bahai) "Hurt not others with that which pains yourself." (Buddhism) "Do unto others as you would have them do to you, for this is the law and the prophets." (Christianity) "What is hurtful to yourself do not to others. That is the whole of Torah and the remainder is commentary." (Judaism) "Do no harm." (Wicca) "Treat others as thou wouldst be treated." (Sikhism). If we agree on so important a principle, why do we find it so difficult to live together in peace?

In December of 2001, a group of clergy, with support from the Peninsula Community Foundation FAITHS Initiative, came together to plan an event that brought together clergy, civic leaders, city managers and school superintendents to address the misunderstandings and divides that came to light after September 11. The response from the community was encouraging and in the year that followed the Peninsula Clergy Network was formed as "an interactive network of the clergy in San Mateo and Northern Santa Clara Counties to build knowledge, understanding and working relationships which promote increased interaction between religious and civic leaders and the communities they jointly serve."

Now in our fourth year, we have been building bridges of understanding between faith communities and the public sector through dialogues, local clergy networks, education forums, and networking. The PCN is unique in the United States and is now recognized nationally as a model for overcoming polarization among faiths and bridging the gap between faith communities and the larger community.

In Belmont we came together in support of the Yaseen Foundation Muslim Center in order to help them secure their current location on Masonic Way. We have participated in a year long education program with lay leaders in many different faith communities. We have met with civic leaders in our dialogues. We have shared meals and conversation and learned first-hand that what we share in common is much more important than our differences. In this season of gratitude, may we celebrate with thanksgiving the loving commonality we share as the family of humanity.



## ARE PHYSICAL EXAM NECESSARY? *By Kevin Chen, M.D.*

### **WHEN SHOULD I GET ONE?**

Most adults see their doctor when they feel sick, but many are unaware that having a physical check-up when they are feeling fine can be just as important to their health. During a physical, your doctor can screen for medical conditions you may not be aware of and initiate early treatment, helping you live a longer, healthier life. There are many reasons why people do not see their physician for a physical exam. Below are some of the most common reasons.

#### ***I FEEL FINE AND DON'T HAVE ANY HEALTH ISSUES.***

In many cases some of the top killers, like heart disease and cancer, can be silent. Early detection is the key to successfully treating any health problems. Even if you do not have a serious medical condition, a physical exam could reveal warning signs of future health problems such as high blood pressure or cholesterol. Our goal is to keep you feeling well and even further improve your physical condition.

#### ***I'M SCARED ABOUT WHAT THE DOCTOR MIGHT FIND.***

I understand this fear—no one looks forward to finding out about a health problem. However, the earlier we detect health problems, the easier we can treat these problems.

#### ***IT'S TOO LATE TO REVERSE THE EFFECT OF MY BAD HABITS.***

It's never too late to change! With the proper behavioral and/or lifestyle changes, we can slow the progression of many diseases and, in some cases, even reverse any damage or side effects.

#### ***PHYSICALS ARE UNCOMFORTABLE – I DON'T WANT TO BE POKED AND PRODDED.***

That's completely OK—no one should ever make you do anything that you don't want to do. However, there are many things your doctor can do during a physical exam that will not be invasive and can be very beneficial. These include simple things like checking your blood pressure, doing a skin check and calculating your body mass index. Some of the tests and procedures we recommend can be uncomfortable, but it can also help prevent future medical conditions that would cause you more pain. However, remember that it is your health and your right to decide what tests you want performed. As doctors, our job is to make sure you get the information you need to make an educated decision. We make the recommendations and you make the decisions.

### **AT EVERY AGE**

During a physical exam, you will have your blood pressure taken and your weight and height measured. These simple readings can help detect the presence of high blood pressure and facilitate a discussion with your doctor if you are concerned about your weight. Your doctor will go over your personal and family medical history and can discuss any risk factors.



In addition, everyone should get a booster shot every 10 years to protect against tetanus and diphtheria.

#### **20 TO 39 YEARS OLD**

For women: It is important to get a pap smear to screen for cervical cancer. Talk to your doctor about how often you should get a pap smear, but in general we recommend this test every one to three years depending on your risk factors. For sexually active women, we also strongly encourage women to be screened for certain sexually transmitted diseases, such as chlamydia, because they can be present without any symptoms and can lead to future difficulties with fertility or chronic pain. Your doctor will usually talk about other screening tests that might be appropriate for you such as breast cancer and cholesterol screening.

•For men: Unfortunately for men, coronary artery disease can develop at a younger age than woman. It is important to have your cholesterol checked if you are 35 years of age or older, however, many men will have their cholesterol checked earlier. During your physical exam, your doctor can discuss your cholesterol level with you, along with other topics like testicular cancer screening.

#### **40 TO 49 YEARS OLD**

For women: After age 40, it is important for women to get regular mammograms to detect breast cancer. Many physicians recommend annual tests, but it is important to get a mammogram every two years at a minimum. If you haven't had your cholesterol checked by the time you are 45 years old, it's time to do so. Heart disease in women is increasing in frequency and early prevention still remains the best solution. Your doctor might also discuss other issues with you, such as menopause (the average age for menopause is around 51 years old) and vitamin supplementation.

• For men: If you haven't had your cholesterol checked, you're overdue. Although prostate cancer screening is usually performed after age 50,

*(Continued on page 31)*



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## *(PHYSICAL EXAM - Continued from page 30)*

African-American men are at greater risk. Therefore, many doctors will discuss this with you during your physical exam. As we all get older, a proper exercise routine and a healthy diet become even more important.

### **50 YEARS OLD OR OLDER**

For everyone: After age 50, everyone is at increased risk for colon cancer and we strongly encourage screening for it at this age. One of the most common screening methods is a procedure called a colonoscopy, but your doctor can discuss other. Usually, an appointment will have to be made with a specialist after your physical exam in order to schedule this procedure. We also recommend anyone over age 50 receive an annual flu shot. Once you turn age 65, many doctors recommend a pneumonia vaccine as well.

*For women:* Every woman age 65 and older should be screened for osteoporosis, a condition of decreased bone mass. This usually involves a bone-density exam. Many women get screened

earlier, so be sure to discuss this with your doctor to see if a bone-density exam is appropriate for you.

*For men:* All men over age 50 are at risk for prostate cancer. You should discuss the advantages and disadvantages of prostate cancer screening with your doctor during your physical.

The above guidelines are certainly not all-inclusive, and are meant to be very general. Each of us is different, and recommendations change depending on our family medical history and our own personal history. The best way to figure out what's best in each case is to schedule an appointment for a physical exam with your doctor and have a discussion about the most appropriate plan for you. The goal of preventive medicine is to keep you healthy at every age.

*Photo Caption: Dr. Kevin Chen is a family practice physician at the Palo Alto Medical Foundation.*

*Endnote: The Palo Alto Medical Foundation and column editor Arian Dasmalchi provide this monthly column.*



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*Christina Lai and Henry Tu  
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their healthy son, Cayden Tu.  
Born: September 25th, 2005 at  
10:08 a.m.*

*Birth weight: 6 pounds,  
15 ounces*

*Birth length: 18 1/4 inches  
Christina also would like to thank  
all those community leaders and  
members who have been supporting her throughout her  
pregnancy.*



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## ON MY SOAPBOX *By Pat Dixon, Swan Lady, 591-5455*



Hello again; hope you had a nice summer. I think we're going into winter now and by-passing fall altogether. Which brings up the end of daylight savings time unless it gets extended. On October 30th daylight time ended, meaning you should have turned your clocks BACK one hour. Remember—in the spring it's "spring ahead" one hour and in the fall it's "fall back" an hour. But I'm sure that by the time you read this if you haven't already done it you are really late for work or a lot of other things! Had some calls relative to a small group of people apparently "trying" to make house-to-house sales.

Please remember anyone doing that must have a permit from the Police Dept. It seems that although the ladies were home, they did not want to answer the door, where upon the 'sellers' tried to jimmy the door open. Should this happen to you remember to call 911 immediately, as it is an emergency. If you are alone and decide to answer and feel something may be amiss, with the door slightly open just turn around and call out to 'Harry', 'Bill', 'John', etc. that you are seeing what the 'people' want; that is generally enough for them to leave as it appears others are present in the home. Back to being dark now around 6:30—both a.m. and p.m., please plan your driving so that you are leaving earlier, giving yourself time to drive slower. Some of our kids do walk to school, and if driven, there will be more cars out. Which brings up a couple of other car problems. Apparently there were two specific cars, one red and one white, with young men

drivers, who didn't care much about our speed limits or arterial stops or even intersecting side streets, inasmuch as they did not look, slow down at an intersection or stop, just went right on through, thankfully missing these other drivers. And this was in mid-morning and mid-afternoon - full daylight! Remember that our main Parkways are 35, side streets are 25, and most complexes have either 10 or 15 mph.

At a Seminar last week on 'Mobility equals Independence' keeping seniors driving longer (which, as you know is something I have been working on for a very long time) a gentleman who gives the AARP driving classes in Concord and I were in serious discussion about this. He has e-mailed me a list of the 34 questions he uses in his classes along with the corresponding answers in the DMV book. Starting next month I will include a few here. They really are great—and as much as I hate to admit it—some even I didn't know about.

Hey! A first! Not one call about dogs off leash or their "gift" left behind. Most of the calls were about speeding and lack of consideration.

*(Continued on page 35)*



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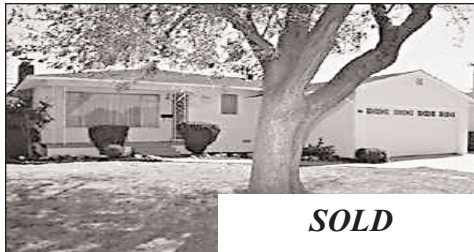
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## MAILINGS TIPS

### IMPORTANT RULE FOR E-MAIL CAMPAIGNS



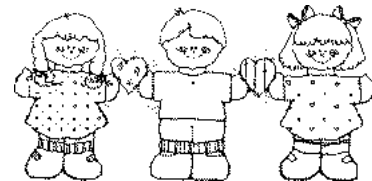
Whenever you write an e-mail, always format the lines so they are 65 characters or less, across. To do this, you may need to do a "hard return" by hitting "Enter" at the end of the line.

Wondering why you should limit your lines to just 65 characters? There are two reasons why "less" is more: The first thing to remember is that looking at a computer screen for a long time causes "eye fatigue" for many readers. The short span of characters across the screen makes reading easier and more appealing to the recipient of your e-mail message.

The other reason to go short instead of long is this: some e-mail clients automatically enforce line-wrapping at 60-65 characters on received messages. If your e-mail is wrapped at 70, the content will arrive all chopped up. This makes it unattractive, and worse - unappealing.

Steve Elder  
steve@accuratemailings.com

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I have been an investor and contractor on the Peninsula since 1973, Realtor since 1986, and a Real Estate Broker since 1989. I have also been a Redwood Shores resident since 1977.



I know and love Real Estate. Most of my business comes from family, friends and past clients. I care and know how to get the best transaction for you. I listen and will represent you in your best interest. Your satisfaction, your future business and recommendations are my goal.

My personal beliefs are: *Honesty, Loyalty, and Dedication.* My business ethics are dictated by the "The Golden Rule" always treat others as I like to be treated. Please feel free to interview me about any of your Real Estate needs.



Best Regards, Bernard Accristo

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*intuitive*  
 hair stylist color, cut, style

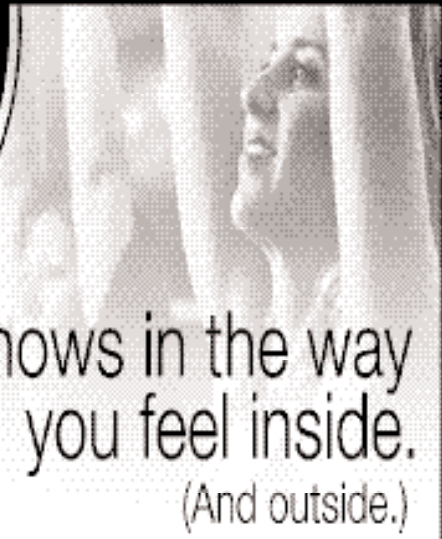
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*Mary Ann*

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	Mon	Tues	Wed	Thu	Fri	Sat	Sun
6:15A		DMS CQ		DMS CQ			
9A	DMS* JZ	DMS* JZ	DMS* JC	DMS* JZ	DMS* JP	SCC JCP	DMS JP
6P	SCC JZ	SCC JC	SCC JZ	SCC JZ			

JZ = The Original Jazzercise Cardio/Strength Class (60 min)  
 CQ = Jazzercise Cardio for Busy People (45 min)  
 JC = Jazzercise Circuit with added Resistance Training (60 min)  
 JP = Jazzercise Plus, an Extended Jazzercise Class (75 min)  
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**VETERANS MEMORIAL  
 SENIOR CENTER ACTIVITIES FOR  
 NOVEMBER- 2005**

The Veterans Memorial Senior Center, 1455 Madison Avenue, Redwood City, will be providing lectures and activities during the months of November and that are open to the public.

- Saturday, November 12th Noon-5PM : WEST SIDE STORY THEATRE TRIP. Join Redwood City Community Services as we enjoy the exciting musical “West Side Story” in San Jose. Cost is \$65 per ticket and includes orchestra seating and round-trip transportation via city buses to the San Jose American Musical Theatre. To purchase tickets, please contact Michele Venneri at (650) 780-7344 or email [Mvenneri@RedwoodCity.org](mailto:Mvenneri@RedwoodCity.org).
- Thursday, November 17th: THANKSGIVING FEAST FUNDRAISER. \$20 per guest. Support the Redwood City Accessible Recreation Activities Program (ARAP) by joining us for our 4th Annual Thanksgiving Feast Fundraiser. Guest will enjoy a Thanksgiving Dinner with all the fixings prepared by our Accessible Recreation Activities participants. To purchase tickets, volunteer or receive additional information, please contact Stephanie Douglas at (650) 780-7313 or email [Sdouglas@RedwoodCity.org](mailto:Sdouglas@RedwoodCity.org).

**(ON MY SOAPBOX - Cont. from page 32)**

We’re getting there! I have been given some license numbers and car descriptions but decided not to print them -you know who you are. Lastly, if you are out at the Marketplace, drive behind by the reservoir as a lot of the of the migratory birds are in and they are also out in the “over-flow” pond at SBSA and now starting to come into our lagoons - if you know what to look for. Just remember to take your binoculars with you.be sorry! Keep up the good work - see you next month.

- Thanksgiving Gathering, Friday, November 18, 12:00 noon, Redwood Room. Join us for this special luncheon, celebration, and entertainment for only \$7.00. Call 780-7270 for your reservation.
- Holiday Decorating Party, Monday, November 28, 9:00 a.m. to 12:00 noon. Come celebrate and decorate the Veterans Memorial Building while having fun with your friends! For more information call 780-7270.
- “Over the Counter Medications and Herbal Supplements” and “Advance Health Care Directives” Free Lecture, Wednesday, November 30, 10:30 a.m., Sunset Room. This special program is sponsored by Kaiser Permanente in Redwood City, and is open to everyone, not only Kaiser patients. Kristin Kim, Kaiser Pharmacist, will discuss over the counter medications, herbal supplements and general drug safety. Jamie Harris, Medical Social Worker at Kaiser Permanente, will discuss Advance Health Care Directives, and will review social services available to the community.

## **Premier Chiropractic Clinic**



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*“Dr Charonis effectively helped me through an episode of leg and back pain. I find his chiropractic therapy an excellent treatment for body aches and pains. I think it is also a great way to aid athletes in keeping their body in peak performance shape.”*

*Matt Sharrers - 1996-1997 Canadian National Hockey Team - Redwood Shores Resident*

**Complimentary Initial Consultation with this ad.**

**CREDIT CARDS  
Accepted**

*“Heal your body the natural way with...  
gentle chiropractic care”*

## **ANSWERS TO COMMON QUESTIONS ABOUT CHIROPRACTICS**

*Excerpts from: Foundation for Chiropractic Education and Research, Chiropractic Healthways, Issue 144. www.fcer.org*

### **WHAT IS AN ADJUSTMENT?**

The chiropractic adjustment, often referred to as “spinal manipulation” in research, is a treatment method commonly used in chiropractic practice. The adjustment is a precise manipulation in which the trained chiropractor exerts specific pressure on one or more spinal joints or other malfunctioning articulation (joint). The specific joints that require adjustments are determined during the physical examination that may include orthopedic and neurological testing, x-rays (if clinically necessary), laboratory analysis, and palpation (examination by touch). When the physical examination reveals joints that are malpositioned or not properly aligned, adjustments are performed to correct joint function, relieve surrounding muscle tension, improve balance, and increase and improve circulation. Adjustments may be performed manually (the doctor’s hands provide the pressure) or with a small hand-held instrument. Because adjustments and manipulation are so specific in both force and body placement, they should never be performed by someone who has not been thoroughly educated and trained in the procedures.

### **WHAT OTHER TREATMENTS MIGHT I RECEIVE FROM A CHIROPRACTOR?**

Though chiropractic is often associated with the adjustment, “chiropractic care” includes much more and there may be occasions where some patients may not require adjustments at all. Chiropractic treatment uses many other methods, all of which are drugless, non-invasive, and may improve health by strengthening the body’s natural ability to heal itself. Treatments such as myofascial release techniques, electric muscle stimulation, massage, ultrasound, ice, heat, and others may be used in the office to relax muscles, reduce pain, and improve function.

The Doctor of Chiropractic also works with you to improve your health by recommending stretching and exercises that will strengthen your body, dietary and nutritional supplements that will support healing and/or prevent illness, postural and ergonomic corrections, and other behavioral modifications (such as stress management, smoking cessation, and weight loss). All of these methods will complement the care that you receive in the chiropractic office and will most likely lead to general improvements in your health. These benefits will only be seen if you incorporate the changes into your life as long-term improvements.

*By Angelo Charonis D.C.*

*Dr. Charonis practices at Premier Chiropractic Clinic in RWS*