



This Month: Chiropractic Care

Dr. Tamara Fox BS, DC was the guest speaker this month. Dr. Fox is the owner of Fox Chiropractic located in downtown Orlando.

What is Chiropractic?

Put simply, chiropractic care helps realign the spine due to the misalignments that occur through daily activities and injury.

Why Visit a Chiropractor?

The spinal column contains many nerves that relay information from the brain to the body. When the pathways are blocked, the body does not function at the optimum level. Even a half millimeter of misalignment can cause pressure to a nerve, impairing the brain and body to communicated effectively. This is all even before the patient is in pain. As Dr. Fox pointed out, pain can be the last symptom to appear. Chiropractic care is not a cure for many diseases, but it can relieve symptoms and increase overall health.



Dr. Fox introduces the group to her friend Sylvester.



Chiropractic care and Lupus
Lupus affects the joint specifically and often in the late stages of Lupus patients experience spine pain. Another common problem for people with SLE is osteophytes, which is a fancy way to say calcium deposits. Dr. Fox suggests that chiropractic care would benefit lupus patients with these conditions.

What techniques are used?

Chiropractic care varies from office to office. There are various methods for treatment and you should ask your chiropractor what techniques are used. Dr. Fox offers a variety of techniques tailored to the patient's particular needs.

Want more information?

Contact Dr. Fox at her office at 407-228-1140 or visit her office at 1224 E. Concord St. in Orlando, FL 32803

Upcoming Meetings

November 26, 2006

NO DECEMBER MEETING

January 23, 2006

February 27, 2007

Meetings are held the fourth

Tuesday of every month at

Arnold Palmer Hospital

Classrooms 1& 2

92 W. Miller St.
Orlando, FL 32806

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There are two ways to help us by shopping online. First, you can shop at Igive.com and a portion of your purchases will go to help DLF.



Another way to help is to shop at our "e-mall" at shopforcharityday.com. Find great deals at stores like Kohl's, JustFlowers.com, Restaurant.com, Target.com, Overstock.com, Lands' End, OfficeMax, Abebooks.com and more!

Thanks for your support and happy shopping!



In December join us for the annual DLF Cruise December 10-17th on a 7 NIGHT EASTERN CARRIBEAN CRUISE .

Check out the [events page](#) on the website for all the details.