

Village Chiropractic News

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Disclaimer: Information contained in this newsletter is for educational and general purposes only and is designed to assist you in making informed decisions about your health. Any information contained herein is not intended to substitute advice from your physician or other healthcare professional.

HAPPY NEW YEAR!!!
And HAPPY ANNIVERSARY to Village Chiropractic
on January 8th!

IMPORTANT REMINDER

RATE INCREASE: Beginning February 1, 2024, the new regular rate will be \$50 (*the Medicare rate will remain unchanged for now*).

The Discount Day Saturday rate will also increase to \$35.00 starting in February.

You still have time to lock in the current \$40-per-visit rate for an additional 15-25 visits by purchasing a prepaid package at the current rate.

Pre-paid Plans!

SILVER plan - Prepay 10, Get 1 Free ... **\$400**

GOLD plan - Prepay 15, Get 3 Free ... **\$600**

PLATINUM plan- Prepay 20, Get 5 Free ... **\$800***

***Savings of \$200.00!**

(25 visits at normal charge of \$40 = \$1,000)

Insurance receipts are given on a per visit basis, with the exception of the free visits.

Pssst!

Discount Day!
Sat Jan 20th
10:00—noon

Office Hours
Mon
9:00-5:00
Tues
9:00—6:00
Thurs
9:00-3

ALL HOURS
ARE BY
APPT

This topic seems to come
up a lot lately,
so I borrowed this from Pinterest.

Blood Sugar Balance

WHY IS THIS IMPORTANT?

You need energy to get through your day. Your body has a sophisticated system for keeping energy levels steady. However, in our modern carb-centric, fat-phobic world, this system is easily stressed. The choices you make about your diet and eating patterns can either support or sabotage this delicate balance. Healthy blood sugar regulation should be a priority for anyone seeking to support health through diet and lifestyle.

*what goes up,
must come down*

*think of blood sugar balance like flying a plane:
you want to keep your energy steady and level
(and avoid extreme ups and downs)*

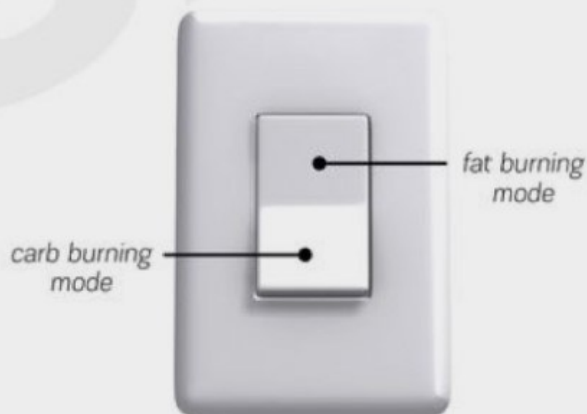
WHAT IS INSULIN?

When you eat a high-carb (low-fat) meal, glucose floods the bloodstream. To bring your blood sugar back into a stable range, your pancreas releases a hormone called INSULIN. Insulin tells all your cells to take IN energy (translated: fat storage). You may feel great at this point, but it is not a sustained effect. Often insulin can get overzealous and drop your blood sugar too low, an emergency that triggers cravings and sends you back to the fridge.

If you ride this blood sugar rollercoaster every day, your body will eventually become INSULIN RESISTANT. This means that when insulin comes knocking—asking cells to take in energy—they do not listen. This can evolve into chronic metabolic issues, like type II diabetes and obesity.

METABOLIC FLEXIBILITY

A healthy metabolism means your body can seamlessly switch from one mode to the other. This starts with supporting blood sugar balance.



HOW TO BALANCE

- **COMBINE FUELS**
balance out the quick energy of carbs with the sustained energy from healthy fats, protein, and fiber
- **LOOK AT LIFESTYLE**
regular movement and adequate sleep are extremely influential for promoting insulin sensitivity
- **REDUCE SNACKING BETWEEN MEALS**
you want your body to be able to burn fat between meals (instead of needing a pick-me-up)

if you really NEED a snack as your body transitions, choose something higher in fat

January



Sun Mon Tue Wed Thu Fri Sat

	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



Village
CHIROPRACTIC
opened on 1/8/2001

Discount Day
10—noon
Adjustments
for \$25**

****CASH OR CHECK ONLY!**
First come, first served.
Due to time constraints,
we are unable to accept
new patients on
Saturdays.