



Dr. K's Health Korner

Important Notices

As of April 23, 2006, I will no longer be in network with ACN Group. As a result, I will not be in network with United Healthcare because of the association of the two networks. Due to the lack reimbursement, it has become too costly to remain in their networks.

This does not mean you have to find a new doctor! If you are happy with the services you receive, I will be more than happy to continue to treat people who have United Healthcare Insurance, but it will be as an out of network doctor.

Typically, these companies pay the patient more quickly and more completely than they do doctors. Therefore, the new policy will be that payment is due on the day of service. An insurance form will be printed out and either given or sent to you. You then can mail it in and get a check in the mail from United Healthcare. If you have any questions, please call me.

Latest Happenings

Don't forget! SP Detox kits are 50 dollars off until the end of March. If you are interested, please call or email me and I'll give you the sale price even if you can't pick it up until the beginning of April. It is a great way to give your body a spring cleaning!



Dr. Jeffrey S. Kurtz
Chiropractic Physician

Nutrition Spotlight: Catalyn by Standard Process

Catalyn was created in 1929. It contains all of the trace minerals known to man and even those that are unknown. When a new vitamin is discovered, Catalyn is checked and it always contains the "new" vitamin. This is because it is made from organic whole foods and is produced without heat. When the foods are not boiled, the vitamins, enzymes, and minerals (known and unknown to man) stay intact. It is easy to see why this puts this product miles ahead of the rest.

Top Story: Foot Problems I: Plantar Fasciitis

Plantar fasciitis is a common condition that can develop into a debilitating condition. It occurs when the biomechanics of the foot change and the arch flattens more than it is supposed to. The plantar fascia is a ligament that goes from the heel and spreads into 5 divisions and attaches to each of the balls of the foot. Its function is to hold the foot's shape while walking and aid in neurological input to the brain about the foot's position. When the foot flattens excessively, it places an overwhelming load on the attachment of the plantar to the heel. As a result, tearing and swelling occur. Over time, the body begins to deposit calcium in the area of stress creating a heel spur. Below is an x-ray of a heel spur: You can really see how it could be so painful!



This condition is easily remedied with custom orthotics. I have had great results with patients and personally in treating this condition. Attached is more information about this condition, its treatments, and the outcomes of the treatments. If you suffer from foot pain, please call me and I'll evaluate whether you would be a good candidate for orthotics. Don't forget to schedule a tune up if you haven't been in a while! As always, have a great day and keep healthy.

To remove yourself from the mailing list or to ask questions, please email me at fixinbacks@yahoo.com or call 630-776-3061. Just type "remove me" in the subject line.