

Saturday Hours

Dr. Waters is available one Saturday each month to see patients. Our Massage Therapist, Rosemary, is also available on these dates. Visits are by appointment only and fill up quick! Please contact the front desk to schedule or utilize our [scheduling app](#).

October 9th (This Saturday!)

November 6th

December 11th

October Wellness Workshop

Join us Wednesday, October 13th at 6:15pm as Dr. Waters leads us through a series of gentle stretches, exercises and discussion aimed at strengthening the core and back while improving overall balance.

Most of us take balance for granted, but as we age, we can naturally lose some of our balance function. And since balance is a key factor in maintaining an active life, we really want to have strategies in place to keep balance function in great shape. This will reduce not only the odds of falling but the odds of sustaining significant fall-related injuries. Working on core exercises for the abdomen, pelvis, hips, and lower back will lead to better balance and stability. With a strengthened core, you are much less likely to suffer from a lower back injury. And, as an added bonus, core work significantly improves posture.

Our Wellness Workshops are free and fun! We invite you to bring you family and friends. Space is limited in the office, so we ask that you please RSVP with the Front Desk. This Workshop will be presented live at Waters Family Wellness in Lake Forest.

Foods for the Fall Season

Living in beautiful sunny California, fresh fruits and vegetables are more of a year-round staple than in some of the colder states. Incorporating fall fruits and vegies can be an enjoyable way to get into the changing season. **Pumpkins** are rich in beta-carotene, which converts into vitamin A. They are also an excellent source of potassium and vitamin C. **Cranberries** are also a great fruit represented during the fall season. They are packed full of fiber and can help reduce oxidative stress. Fresh cranberries are an excellent way to add some color and nutrition to side dishes, such as brown rice and quinoa. **Butternut, spaghetti, and acorn (also known as pepper squash) squashes** are perfect for soups and side dishes. They are also loaded with vitamin A, omega fatty acids, fiber, magnesium, and potassium. **Brussels sprouts** are another fun fall vegetable that when paired with fresh cranberries is a nutritional win-win. Brussels sprouts contain folate, iron and vitamin K. **Sweet potatoes** are another nutritionally dense root vegetable which peaks in the fall and is delicious tossed with garlic and olive oil or coconut oil and roasted in the oven. Visit your local farmer's market to experience a variety of these fall flavors.

Breast Cancer Awareness Month

October is Breast Cancer Awareness Month. It is well known that early detection of breast cancer has a more than 90% survival rate. In addition, when found in the early stages, there are more treatment options available. Thermography has been in use for many years and is an excellent resource for breast cancer screening that is free of radiation. Thermography uses an infrared camera to detect heat patterns which can assist with early detection of breast cancer. I have worked with Nicole at Thermowellness for a couple years and highly recommend this thermography center. You can read more at www.thermowellness.com. As always, I encourage you to make an informed decision where your health is concerned. And if I can answer any questions you may have regarding thermography, please let me know.

Scheduling App

Please use this [link](#) to download and use our Scheduling App. It is available 24/7 and is easy and convenient to use.

Have a Healthy Month!

Dr. Brad