

Harvesting Health

In healthcare, the challenge is not just extending life, but ensuring those added years are healthy and active. While medical care can extend your lifespan, many individuals spend extra years in poor health, highlighting the trade-off between quality and quantity of life. Health span refers to the number of years lived in good health. According to the National Institutes of Health, the average duration of poor health is now over 12 years. A figure that is rising and may be even higher for older adults. This suggests Americans' health spans are shrinking due to chronic illness. Embracing the chiropractic lifestyle can help you avoid this ugly trend.

To maximize your health span, take actionable steps today. As a patient at Clairpointe Family Chiropractic, you have already shown commitment to your well-being. Now, set a clear goal: prioritize regular chiropractic visits and exams, and schedule a Supplement Solution appointment with Dr. Shoemaker to select the right pharmaceutical-grade supplements tailored to your needs. Consider investing in Foot Levelers orthotics to enhance foot mechanics, support, and improve performance, while also aiding in recovery from injury. Additionally, enhance your nutrition, ensure you get sufficient rest, and drink the recommended amount of water daily. Challenge yourself and your family to track your progress in these areas for 30 days. Commit now, make these habits a part of your daily life, and invest in more healthy years ahead.

Schedule your Supplement Solution and Foot Leveler orthotic appointment today by calling (313) 886-8030 or scanning the QR code.

Reference: <https://pmc.ncbi.nlm.nih.gov/articles/PMC11635540/>



Did You Know?

All 32 NFL teams, including the Detroit Lions, have their own chiropractors to boost performance, maintain wellness, and treat musculoskeletal strains and injuries—just like our patients, who also benefit from chiropractic care to stay active, recover faster, and live healthier lives.

Go Lions, and go Clairpointe patients!" 

Spine Health Awareness Month

October is recognized nationwide as Spinal Health Month, highlighting the importance of spinal care in overall health and well-being. The spine not only provides structural support but also protects the nervous system, which controls every function of the body. By prioritizing proper posture, regular physical activity, and chiropractic care, individuals can reduce pain, improve mobility, and enhance long-term quality of life. Let's celebrate Spinal Health Month together by prioritizing your chiropractic care—because taking care of your spine today supports a healthier, stronger tomorrow.

SUPPLEMENT SPOTLIGHT

OrthoMune

Orthomune by Ortho Molecular is a powerful immune-support supplement designed to help your body stay strong and resilient. With a targeted blend of nutrients and antioxidants, it supports your natural defenses, keeping your immunity protected and your health steady throughout the season.



Now through October 31st, 2025

Pumpkin Decorating Contest at Clairpointe!

It's Clairpointe's favorite time of year again! From October 20th–30th, our staff will be showing off their creativity by decorating pumpkins—and you get to be the judge. Cast your vote for your favorite pumpkin each time you come in for an adjustment. The staff member with the most votes will win a prize, and we'll announce the winner on November 3rd.

Don't miss out on the fun—your vote counts every visit! 🏆 ✨



🦃 Clairpointe's Thanksgiving Food Drive 🇺🇸

We're excited to once again support the **Inner City Youth Group** this holiday season! From November 3rd–20th, 2025, we'll be collecting donations to help provide Thanksgiving baskets for families in need.

A special thank you to Dr. Shoe and Lori, who will be donating the turkeys for the baskets. In recognition of your generosity, each item you bring in will earn you a raffle entry for a special prize!

If you prefer to make a monetary donation, please make checks payable to Inner City Youth Group.

📦 Items Needed:

- Boxed mashed potatoes
- Canned veggies
- Stuffing
- Canned gravy
- Rolls
- Canned sweet potatoes
- Butter
- Pumpkin
- Pies or cakes
- Cranberry sauce

Thank you for helping us make this Thanksgiving brighter for local families in need! ❤️

🍰 Joyful Treats for the Season 🍪

Mark your calendars! Clairpointe will celebrate the holidays with our patients on **December 22nd and 23rd**. We will have pastries by Josef's, hot coffee, and tea. We look forward to celebrating with you.

Halloween Word Search

T H V I S C A R E C R O W T H
G T A R N I A F Y K N H Y K J
H H V L L I K Y L A N T E R N
Q A E A L H G D H Y Q L X Q H
T T Y Q M O B H L J B C P M N
R J E R W P W J T T H Z G L J
I J B E I R I E C S P O O K Y
C J P W F D V R E W G H O S T
K D B A U T E U E N D S B Y S
O P U M P K I N P A T C H M P
R P M C X V M I V T I I U R I
T M P L I M E O L X M Y R B N
R F O A B O U R Q G F K X A E
E U T I O S W U T G M R D M T
A L S R O T N Z B E T V G F C
T L C P C E N V C L B X E I M
C M I O A R V B T I G R T S S
S O D I N R T A K R J D A V K
S O E N D W P T A U T U M N E
M N R T Y B C J J U K O R G L
E A O E C A U L D R O N T Y E
V S M U Z G M D V J F X U S T
F Z A C J C G Y G N N E U R O
B F S T S P I D E R S Q Z X N
Z I K E V C L O W N T R I C K

Spooky Word List

1. Autumn
2. Bat
3. Candy
4. Cauldron
5. Cider
6. Clairpointe
7. Clown
8. Full Moon
9. Ghost
10. Halloween
11. Hay Ride
12. Lantern
13. Mask
14. Moster
15. Night
16. Pumpkin Patch
17. Scarecrow
18. Skeleton
19. Spider
20. Spine
21. Spooky
22. Trick
23. Trick Or Treat
24. Vampire
25. Vertebra



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