



April 2009 Newsletter

Table of Contents:

1. Spring Cleaning
2. Earn Points for Gift Cards
3. And The Winner Is... Chiropractic!
4. Dynamic Greens Special

Is It Time For Spring Cleaning???

Learn how to safely detoxify and cleanse your body from everyday toxins and irritants.

We will be offering free classes at our clinic on Detoxification on Saturday, April 18th at 11:00 AM and Tuesday, April 21st at 6:00 PM. The class is about 45 minutes and appetizers and refreshments will be served. You will also earn two points towards a gift card. Call the office at 646-3224 to reserve a seat for yourself and a friend!

Detoxification at Wolf Family Wellness Center

We have many people that have gone through this program. The benefits of learning about and going through a true detoxification could be endless. A few common side effects of going through a physician assisted detoxification include but are not limited to:

- Permanent Weight Loss
- Increased Energy
- Less Arthritis Pain
- Elimination of Headaches
- More Restful Sleep
- Less Allergies
- Less Irritable
- Less Fatigue During Day

At Wolf Family Chiropractic, we have taken many hours of continuing education on diet, nutrition, supplementation, and exercise and have devised an excellent program that detoxifies the body of chemicals. When the body is rid of toxins it can function at an optimal level. This means that the body can heal itself and fight off acute and chronic diseases.

Earn Points for Gift Cards

Wolf Family Wellness Center has been giving patients points for referrals, attending health care talks, and for purchasing nutritional or exercise products.

For every 20 points you earn, you receive your choice of a \$25 gift card.

The gift cards will be from places like Craig Berns Salon, Splendor, Milwaukee Street Traders, and Sentry.

The points system will be as follows:

- 5 points for a scheduled referral.
- 5 points for completing a detoxification.
- 2 points for attending a health care talk.
- 2 points for every nutritional or exercise product purchased.

And The Win Is... Chiropractic!!



You suffer from low back pain (LBP) and you'd like to seek a doctor's care, but you're not sure where to go. Consider this: A recent study compared the effectiveness of chiropractic care vs. medical management for LBP and found that chiropractic care had a higher rate of success in treating LBP than did traditional medical care.

Researchers examined 2,870 adult patients with acute or chronic LBP from the practices of 51 chiropractic clinics and 14 general practice community clinics. At baseline and at various intervals over the next four years, patients rated the intensity of their current pain levels on a pain scale of 0-100 and completed a questionnaire designed to measure the effects of their pain on functional disability.

Results: The greatest degree of improvement was seen within three months of the initial treatment of back pain, with a "modest advantage" seen for chiropractic care over medical care of chronic pain patients in the first 12 months. At the one- and three-month intervals, "clinical importance" was achieved with chiropractic care administered to chronic LBP patients. Comparing chiropractic vs. medical care, the average difference in pain scores was 12.2 points at one month and 10.5 points at three months, favoring chiropractic care.

Still undecided? Chiropractic isn't just for back pain anymore. Regular chiropractic care has been shown to, among other things, relieve chronic headache and arthritis pain as well as relieve stress and promote general health. For more information on this and other studies highlighting the benefits of chiropractic, visit www.chiropracticresearchreview.com.

Dynamic Greens on Special for the Month of April

Dynamic Greens is an easy-to-mix, great tasting, nutrient-rich superfood formula with whole food concentrates designed to provide synergistic phytonutrient nutrition. It contains almost 50 different superfoods, enzymes, probiotics, and fiber for digestion. This blend supplies your body with boosted energy, metabolism, fat-burning, immunity, repair, and recovery.

Dynamic Greens has no added sugar (diabetic safe), no caffeine, stimulants, MSG, or preservatives.

Stop by to receive a sample of berry or mint flavor.

Regular price \$36.00

SALE \$30.00!!!!