



# January 2009 Newsletter

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## 2009 Healthy Start Special

Start the New Year off on a healthy note! We're offering chiropractic checkups at a special low fee. We'll perform a quick check of your flexibility, reflexes and other aspects of a brief examination and then perform the necessary chiropractic treatments to relieve any symptoms you may be having. **The fee for our brief exam and necessary chiropractic adjustments in honor of a healthy start to 2009 will be just \$20.09.**

## Earn Points for Gift Cards

Starting on December 8<sup>th</sup> Wolf Family Wellness Center will be giving patients points for referrals, attending health care talks, and for purchasing nutritional or exercise products.

The gift cards will be from places like Wal-Mart, Sentry, PDQ, and Applebee's. For every 20 points you earn, you receive your choice of a \$25 gift card.

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.
- 1 points for scheduling and keeping your next appointment.



## 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:

- |                                   |                                  |
|-----------------------------------|----------------------------------|
| ○ <b>Permanent Weight Loss</b>    | ○ <b>More Restful Sleep</b>      |
| ○ <b>Increased Energy</b>         | ○ <b>Less Allergies</b>          |
| ○ <b>Less Arthritis Pain</b>      | ○ <b>Less Irritable</b>          |
| ○ <b>Elimination of Headaches</b> | ○ <b>Less Fatigue During Day</b> |

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. We will be offering two free classes at our clinic on Detoxification on Tuesday, January 13<sup>th</sup> and Tuesday, January 27<sup>th</sup> at 6:00 PM. The class is about 45 minutes and appetizers and refreshments will be served. You will also earn two points.

## MAKE WELLNESS A TOP PRIORITY IN 2009

With all of the media attention focusing on wellness these days and the bombardment of information coming across the Internet, a concise listing of the most important topics to consider might help a person to wade through the avalanche of data. Here are "Eight Keys to Health and Wellness for 2008:"

- **Get Plenty of Sleep!** Sleeping well improves alertness, vitality, decision-making and overall health and fitness. It appears as number one on the list because it is right up there in terms of importance with good diet and ample exercise. All three of these are equally important for good health.
- **Be Health Proactive!** This simply means keeping good tabs on overall health as well as getting regular check ups and screenings to detect problems.
- **Exercise!** Make strength, balance and flexibility a key part of a fitness program. If extra motivation is needed, join a group or fitness club to help ensure regular activity.
- **Use Complementary and Alternative Medicine.** Make use of the services of healthcare providers who specialize in wellness and overall health of the individual. The services of chiropractors and acupuncturists are definitely included in this area.
- **Improve Self-Motivation.** This is the key to the field of wellness. It's important to know there is a vital relationship between how a person thinks in terms of improving their overall well-being and the results that show up in a healthier body. Improve healthy thinking and a healthy body may follow.
- **Be Food Smart!** Know more about food and what goes into the body. This starts with doing a better job of getting educated about food contents. Learn to read grocery labels and shop for more nutritious foods.
- **Learn How to Keep the Pounds Off.** This is especially true when dining out. Remember that eating restaurant food and gaining weight do not have to be synonymous. Know what the healthy choices are, even in fast food establishments.
- **Walk for Wellness!** Going out and taking a walk may be the easiest path to follow for improved health and fitness, yet it is often overlooked as a good means of getting exercise and staying fit. Do this on a machine at a club or by just taking a walk around the block. Doing the program with a friend or taking a pet for a walk is often a very successful way to get this done.

It all sounds pretty simple, doesn't it? Eat healthy. Order wisely when dining out. Get some exercise, with walking as a big component of any program. Get a healthy amount of sleep. Learn more about the services of alternative medicine and wellness providers to help improve overall health. And, most important is taking charge of a healthy plan and then staying motivated to do so. These actions will lead to an advanced level of health, fitness and wellness for the rest of 2009 and well beyond.