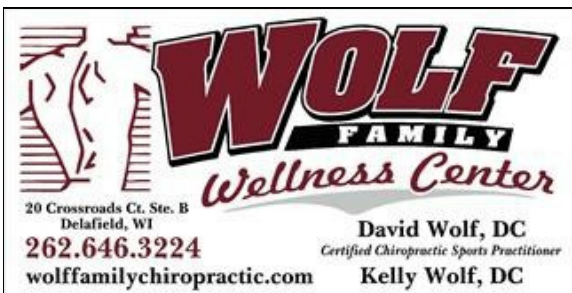


# July 2009 Newsletter

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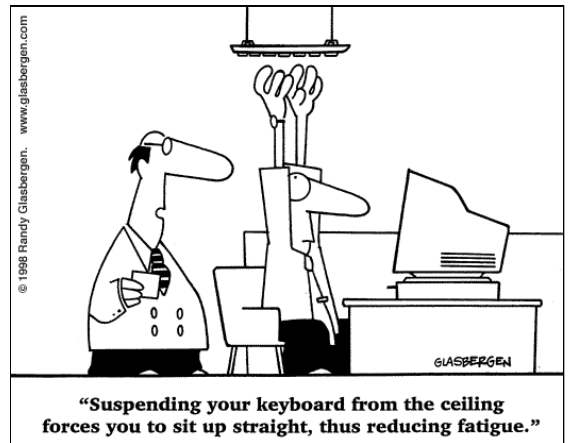


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## The 5 Secrets To Optimum Health

Join us on Tuesday, July 21<sup>st</sup> for a free health seminar discussing the 5 secrets to more energy, vitality, health, and well-being.



## Answers To Common Questions About Chiropractic

### How does chiropractic work?

Chiropractic works because you are a self-healing, self-regulating organism controlled by your nervous system. Millions of instructions flow from your brain, down the spinal cord and out to every organ and tissue. Signals sent back to the brain confirm if your body is working right. Improper motion or position of the moving bones of the spine, called a subluxation, can interfere with this vital exchange by irritating nerves and compromising the function of affected organs and tissues. Specific spinal adjustments can help improve mind/body communications. Health often returns with improved nervous system control of the body.

### How do you get subluxations?

There are three basic causes of subluxations. Physical causes could include slips and falls, accidents, repetitive motions and improper lifting. Emotions such as grief, anger, and fear can cause subluxations. Chemical causes could include alcohol, drugs, pollution, and poor diet.

## 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.

## Omega-3 Fish Oil on Special This Month!!!

Omega-3 oils are considered to be essential because our bodies do not make them and therefore must be obtained through our diets on a daily basis for optimal health and well-being. The most important are EPA and DHA which are responsible for mood support, nerve communications, cell flexibility, and even weight control. They are considered to be our "Look Good-Feel Good" nutrients.

Regular Price \$21.95-\$55.00  
30% off ALL Omega-3 Products