



May 2009 Newsletter

Table of Contents:

1. Spring Cleaning
2. Swine Flu: Prevention Advice
3. Earn Points for Gift Cards
4. Echinacea-C 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 Tuesday, May 12th at 6:00 PM and Tuesday, May 19th 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.

Swine Flu: Are We Overreacting?

I suspect you have likely been alarmed by the media's coverage of the swine flu scare. It has a noticeable subplot - preparing you for draconian measures to combat a future pandemic as well as forcing you to accept the idea of mandatory vaccinations. To keep this in perspective the regular flu, not the swine flu, has killed 13,000 in the US since January. But there is strong support that these types of figures are grossly exaggerated. However, the fact remains that the regular flu at this point in time is FAR more dangerous than the swine flu and were you worried about the regular flu before the media started talking this up?



Things You Can Do To Prevent The Flu

1. Regular chiropractic care: Spinal adjustments have been found to increase the body's healthy immune response.
2. Optimize your Vitamin D levels: Long winters in Wisconsin tend to leave us at a low level of Vitamin D, leaving our immune system compromised and more likely to "catch a bug."
3. Avoid processed foods and sugar: Sugar decreases the immune system almost immediately. Make sure that you feed your body with real foods, emphasizing vegetables and fruits.
4. Take a good source of animal based omega-3 fats: Increase your intake of healthy and essential fats which is crucial for maintaining health. It is also vitally important to avoid damaged omega-6 oils that are trans fats and in processed foods as it will seriously damage your immune response.
5. Wash your hands.

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.

Echinacea- C on Special This Month!!!

Echinacea primarily supports the immune system by helping various types of white blood cells during phagocytosis (a process the body uses to destroy dead or foreign cells). Echinacea also increases the number and activity of the neutrophils, an important part of the body's immune system that maintains white blood cells. Echinacea-C combines this useful herb with vitamin C complexes from a variety of sources.

Now is the time to give your body the "boost" that it needs!!!

Regular Price \$16.00 (90 tablets)
Now only \$10.00