

Hello Everyone in Natural Health Nation-

Well winter is dragging on and this weekend was no exception. This coming week looks to be very cold so bundle up and don't forget to keep the Standard Process and Mediherb infection fighters handy, like Congaples, Cataplex A+C, Echinacea Premium, Andrographis complex, and their new Sinus Forte. At Natural Health Chiropractic Center, we have many ways to help you be healthy and stay away from the expense and loss of time with hospital stays and doctor's office visits. We are here to help you and yours be happy and healthy.

As were still in our theme for January of Immune System support, I've enclosed the article called Curcumin Helps Patients Recover. This article is not so much about immune system support but antioxidant support to help the whole-body detox and recover from injuries are infections. As you may realize, all our daily activities, especially unhealthy ones, stress the body and cause micro-injuries and the bugs are always there to clean up. It's important to have good health providing foods and nutrition available to the body so it can repair itself from our daily work and stress. This keeps you young and able to fight off the overgrowth of those pesky bugs, which leads to the symptoms of colds and flu and whatever other named disease you may "catch". The bugs are always there as they are job is to clean up the trash but if your immune system is working correctly, everything is kept in check. It's a great system if you treat it correctly.

At Natural Health Chiropractic Center, as we all are an alternative healthcare Center, we hear all kind of stories of problems with mainstream medical care. I ran across this bonus article and just wanted to make you aware of it. It is called Top Tips to Avoid Pharmaceutical Injury. It talks about medical treatment being the 3rd leading cause of death in the United States. This means around 250,000 deaths per year could be avoided. Another interesting statistic is that the vaccine industry rakes in \$34 billion per year. A lot of money is made out there but at whose expense, and I don't just mean money but in patients suffering and lives lost. Please be aware of this information and question any medical information you receive. We are happy to discuss any type of problem with you and yours here at Natural Health Chiropractic Center. Get Healthy, Stay Healthy, and Live Well.

-Dr. Mark

Health Education Workshop: Monday, February 4 at 6:00 – Got Brain Fog

Chiropractic Education Workshop: Tuesday, February 5 at 5:00 pm - How a Strong Spine Makes a Strong Brain

Patient Testimony: Before seeing Dr. Mark I was miserable. Intense stomach pains, headaches, and completely drained. I'm 26 years old and knew this wasn't normal. I visited my doctor frequently and was prescribed medicine that did not help. I was sick and tired of always feeling sick and tired!

The nutrition program has helped tremendously! My stomach pains are nearly nonexistent, headaches are minimal, and I have so much more energy. I feel like a 26-year-old should feel! I'm able to focus, I'm eating better, and I feel so much healthier. When others see me taking my supplements it seems they often have questions, so I do my best to educate them on the program and how much it has helped me—which I think is evident by my smile and enthusiasm to be healthy.

Thank you, Dr. Mark, and everyone at Natural Health! T.B