

NATURAL HEALTH

Chiropractic Center

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Hello Everyone in Natural Health Nation-

What a glorious weekend. It's so nice to have the warmer weather back. We set out yesterday at one of the parks in town and watched my grandson play with other kids, sitting in the sun and enjoying the fresh breeze. Early spring is such a great time of year, with everything greening up and the promise of a new beginning of the growing season and time outdoors to enjoy friends and family. It's been a long winter though and if you, or people you know, are not feeling up to par, make sure and get them into Natural Health Chiropractic Center to let us help. With the great combination of Chiropractic adjusting to remove nerve interference, and let the body heal itself, and the use of Nutrition Response Testing to find out the nutritional needs of the body, we can get people past that feeling of being sick and tired of being sick and tired. We're here to help you!

As the theme this month is about Bowel Health, the article this week is somewhat connected. Its title is Stop the Sewer Sludge from Ending up in Food. It's a quick discussion on what goes through the bowels, especially if people are taking medications and replacement hormone therapy, etc. We really don't want this spread over our fields and ending up in our food. Another reason to buy organic and be careful of where your food comes from.

The bonus article this week is entitled What Does the "Best Evidence" Say about Antidepressants. In relation to the above article, these things are passed through as well. The evidence shows that they are not effective and can make the condition worse. And of course-you're not finding the cause and working towards fixing the condition. The medics love to blame everything on genetics but realize the genes themselves are only to blame for 30% of the condition-diet and lifestyle contribute 70%. It's diet and lifestyle that turn the genes on and off, so yes, you can do something about many conditions and take control of your health. We help patients do it over and over here at Natural Health Chiropractic Center. With evidence like this, you would think mainstream medicine would change but there is too much

money to be made. You must take control of your health and find the answers that get you off of these terrible medications. We are here to help you and yours, friends and acquaintances.

Get Healthy, Stay Healthy, and Live Well.

-Dr. Mark

Health Education Workshop: Tuesday, April 16 at 5:00 pm – Brain and Gut Connection

Patient Testimony: **What was it like before you came to see Dr. Mark?**

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!

How is it now?

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!