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# Poole's Corner

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Spring Clean Month!

## EXPECT A MIRACLE!

*"I was diagnosed with Parkinson's Disease 8 years ago and have been in constant pain, stiffness and muscle soreness even with taking Parkinson's medications and getting massages.*

*A few weeks ago I experienced a TOTAL MIRACLE!*



*Dr. Dennis Poole was able to completely relieve me of pain and stiffness through ultrasound and adjustments. I searched for a long time for a natural and cost-effective way to ease my symptoms and now I have found the solution! Thank you!"*

-CAROLE

## PRODUCTS OF THE MONTH

*"Your greatest asset in your life is your health! SPRING forward with a greater resolve to live a healthier, happier life."* - Dr. Dennis Poole

Dr. Poole recommends that all his patients take the following supplements:

1. Metagenics Ultimate Daily
2. Omega 3 Fish Oil
3. Calcium

## SPECIAL OFFER

If you purchase all 3 supplements, you will receive \$10 off.

## SPRING CLEAN YOUR BODY!

Each year more than 4 billion pounds of chemicals and pollutants are released into the environment. They're everywhere—in water, food, soil, air, dust, and everyday products and objects at home and at work. Over time, a buildup of toxins not only affects vitality, it can lead to health issues like chronic fatigue and pain syndromes. If the body has too many toxins it will not be able to detoxify itself as it should. Start a detoxification program so that your body can return to a healthy and cleansing state. (Reference—Metagenics)

**Detox Quiz:** If you answer yes to most of these questions you should start a DETOX program.

- Do you feel tired or have lack of energy?
- Are you easily irritated or feel moody?
- Do you have trouble sleeping?
- Do you wake up feeling un-refreshed?
- Do you have sore muscles for no reason?
- Do you have difficulty concentrating?
- Do you feel bloated or gain weight easily?
- Do you have digestive or intestinal discomfort?
- Do you have occasional headaches?
- Do you feel like you're not as healthy as your peers?

We offer a variety of detoxification programs to help you achieve your optimum health.

1. Metagenics UltraClear Macro & AdvaClear — Medical food & a supplement to support detoxification.
2. Desbio Detox Kit — This is a perfect detox program to use while losing weight, 1-2 months.
3. Food Sensitivity Kits — Food Allergy is an abnormal response to food that triggers an immune response to the specific food and keeps your body at an inflamed state. Find out exactly what foods are causing your health problems. If you are trying to lose weight, and unknowingly you have food allergies, it will be extra challenging to reach your goal unless you eliminate the allergy-causing foods.

## SAVE MONEY WITH OUR NEW

### MIGUN THERMAL MASSAGE PACKAGES!



1 Massage is \$20

# Massages	Cost	Cost Per Massage
2	\$30	\$15
5	\$60	\$12
10	\$100	\$10

## HEALTH TIPS



**Start the Exercise Habit** - 1. Set 1 easy, specific goal. 2. Log it daily. 3. Report to others. 4. Add motivation

**Foods to Avoid** - High Fructose Corn Syrup, Soda, French Fries, Fried Fish, Fast Food Hamburgers, Donuts

**Spring Clean Your Body & Your House!** - Start with one project at a time. Organize & throw things away you don't need & it will motivate you to spring clean your whole house!

## Condition of the Month - Allergies-

If you suffer from allergies, chiropractic care may help relieve your symptoms. According to "The American Chiropractor," chiropractic care is not a direct form of treatment for allergies. However, regular adjustments help boost your immune system. A better-functioning immune system decreases your chance of allergy-related illnesses such as sinus infections. Chiropractic care is also designed to allow your body to heal itself from diseases. Overall, chiropractic adjustments for allergies help reduce symptom flare ups.

All types of chiropractic adjustments are designed to help alleviate subluxations, which are stresses within the nervous system. This is achieved by readjusting your spine and its muscles and tissues along it. (www.ehow.com)

At Poole Chiropractic we sell the following homeopathic allergy relief products:

- Enviro 1 treats allergic reactions related to food sensitivities.
- Enviro II treats allergic reactions related to pollens and dust.
- Enviroclenz offers temporary relief from symptoms related to environmental toxins.
- Ultracare for Kids medical food is specifically formulated for children with atopic disorders such as eczema, rhinitis, and allergy-responsive asthma.

