



JANUARY 2012 NEWSLETTER

Happy New Year!

2011 was a year filled with lots of wonderful interactions with all of you here at Chiropractic Lifestyle Center. We are grateful to be working in natural healthcare, to be providing services and sharing information to help you improve the quality of your life. We appreciate your feedback on ways we can better meet your needs when you come into the office. Please take a moment and fill out the Interest Inventory slip and place it in the green box. We will present you with two Biofreeze samples upon completion. This information will be used to further develop our strategic plan for the coming year. We are looking forward to a fantastic 2012!

Sugared Out?

Cookies, candy canes, hot chocolate, mochas and cocktails have surrounded us for the past several weeks. Hopefully you indulged (in moderation) and enjoyed the celebrations, but now is the time to start thinking about how all of that excess sugar impacts your health. Sugar, in any refined form, can be detrimental to your body. It throws your blood sugar levels out of control and triggers harsh periods of extreme energy followed by lethargy that the body struggles to regulate. In addition to the epidemic of diabetes and blood sugar related health issues, sugar can also cause poor concentration, slower metabolism, difficult digestion, poor sleep cycles, immune system challenges and more. While it is a good idea to cut sugar out of your diet, going cold turkey can be hard and result in cravings that are almost impossible to overcome. Instead, gradually phase it out of your diet. Try an apple or an orange if you need a sweet fix. Over time your body will learn to crave other foods and you will be able to cut out all processed sugars. –adapted from Full Circle Weekly Farm Notes, Jan. 1.

Detoxification Products on Sale 15% off

UltraClear Renew	(reg. \$77.25)	\$65.66
AdvaClear	(reg. \$26.95)	\$22.91
Liver Cleanse	(reg. \$11.70)	\$ 9.95
Detox-It Kit	(reg. \$56.00)	\$47.60

Detoxify!

Chemicals are everywhere – air, food, water, soil, dust, and everyday products - and they can accumulate in the body and impact overall health. While you may have limited control over your environment, you have a great deal of control over your own body. Are you tired of feeling tired? Are you frustrated with recurring muscle aches, headaches, bloating and constipation, weight gain, brain fog or insomnia? A detoxification program can help remove toxins from your body so you can start to feel re-energized. A simple 10 day approach can give you the rejuvenation and tune-up you are looking for! Ask us for details.

Reminders

- MAINTAIN CAMPAIGN 2nd weigh in: Jan. 3-13
- Full Circle Farm CSA produce box drop site on Mondays
www.fullcircle.com
- Yoga with Kathleen on Mondays and Wednesdays 10:30 – 11:30am
- Reminder calls available upon request
- 24 hr. courtesy cancellation call if you can't make your appointment
- Please silence your cell phone and refrain from using it in the office

Ponder this... Every individual in the world has a unique contribution. - Jack Kornfield