

NEWSLETTER

January 2012



Advanced Health Chiropractic
'Your Health in Our Hands'

INTRO



Happy New Year to all our patients

WE HOPE YOU ALL ENJOYED CHRISTMAS AND ARE READY TO MAKE A FRESH START TO THE NEW YEAR – why not kick start your new year resolutions by booking your next chiropractic appointment? Don't forget our Christmas Card offer is still available until the end of March 2012, so refer a friend to the clinic and you both get a free treatment, don't forget everyone can benefit from chiropractic care.

Please remember to sign up to our Wellness Programme, a free service offered to all our patients, their friends and families. Each month we run 3 health class talks covering; Eat Well, Move Well and Think Well, a fantastic way to start 2012 by learning simple steps to live a more healthy, active and positive life, **please sign up to classes in the 'Health Class diary' in reception or by calling the clinic on 01423 562251.**



Congratulations to Jason and Debbie



"I AM HAPPY TO TELL EVERYONE BABY JAKE ARRIVED SAFELY INTO THE WORLD ON THE 4TH JANUARY 2012, WEIGHING JUST UNDER 7LBS. He has been a very chilled out, happy baby to date and has settled well into a good sleeping routine – only one week in! Jake had his first spinal check 10 minutes after being born and his first treatment 10 hours later. It's been the happiest week of my life and being a father is an absolute joy. I am a very proud father, Debbie did an amazing job and Jake is everything we hoped for." Jason

Patient appreciation



CONGRATULATIONS TO CORAL WILSON WHO HAS MADE FANTASTIC PROGRESS DURING HER FIRST PHASE OF TREATMENT, has attended the health classes and is always really positive, well done. As a way of showing our appreciation she has received a £15 voucher for Riverford; our local fruit and vegetable delivery company.

Community Talks

ELENA AND DEBS VISITED SPOFFORTH SCHOOL IN DECEMBER TO TALK TO YEAR 3 ABOUT THE IMPORTANCE OF THE SKELETAL AND NERVOUS SYSTEM, spine and simple steps for the children to take to live a more healthy and active lifestyle, alongside increasing awareness of good posture to prevent future problems. All the children really enjoyed the talk, so a big thank you to everyone involved. We regularly visit groups, associations and companies to give talks on health and safety relating to the spine and to tell as many people as possible about the benefits of chiropractic treatment and how it can help you lead a healthier life. These talks are free of charge so if this is something you or your employer would be interested in, please get in touch with the clinic on: 01423 562251.

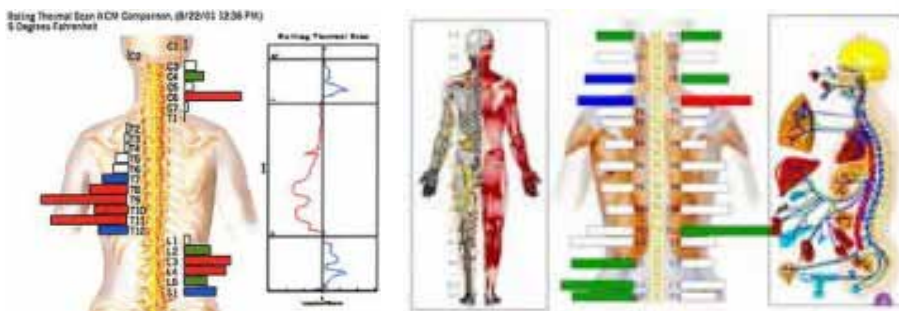


Have you booked in for your free CLA examination?

IN ORDER TO DETERMINE AREAS OF STRESS ON YOUR NERVOUS SYSTEM, WE USE THE LATEST AND MOST PAIN FREE TECHNOLOGY AVAILABLE. Our new nervous system scanning technology utilizes thermal scans, surface EMG and Pulse Wave Profiler, to detect which spinal motor/autonomic units are causing interference in your central and peripheral nervous system. A CLA examination allows us to clearly demonstrate to patients their nervous system, the impact of their daily lives and stresses have on their bodies, and enable us to prescribe an appropriate course of care leading to better performance and a better life.

We are currently offering a free CLA examination for all family members booked in before 1st April so please contact the clinic to arrange your appointments.

(After the 1st February CLA examinations will be charged at £50 each.)



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