

Wellness Alliance

WICKER PARK CHIROPRACTIC HEALTH

J U L Y *Your health is important to us!*

JULY 2005

FIRST OF ALL, we would like to thank for brining us on as their **CHEETAH GYM**

exclusive **Chiropractic Provider**. With this **Alliance**, we will be offering our initial Exam and Consultation **COMPLIMENTARY** to Cheetah Gym members **exclusively!!!**

(\$150.00 value)

Also, **DISCOUNTED** pricing is offered for members regarding our specialty services.



OUR SPECIALTIES:

- Spinal Alignment
- Acupuncture
- Headaches
- Neurological and Orthopedic Testing
- Extremity Pain Relief
- Accidental and Sports Injury
- Foot Arch Evaluation and Orthotic Casting

CHIROPRACTIC CARE CAN HELP you with your back and neck pain, along with tendonitis, bursitis and pain in areas like the wrist, elbow, shoulders, ankles, knees and hips.

Also, if you are suffering from any or all of these: headaches, fatigue, sleep disturbances, sinus or allergy ailments, mood swings, pain or digestive troubles- **Chiropractic Care can Relieve and Resolve these symptoms leading to:**

Overall Wellness!

OUR STAFF & HOURS:

Dr. Jason Lee-Smith
Chiropractic Physician
Acupuncturist
Michonne Proulx
Office Master

Mon: 2-6
Tues: 8-12 & 3-7
Weds: 8-12 & 3-7
Thurs: 3-7
Fri: 8-1
Sat: 9-1



EXERCISE YOUR OPTIONS!

EXERCISE! A wide range of positive effects that exercise can have on your mind and body including: weight control, better sleep, less pain, improved immune system, less chronic disease, improved mental function, less chronic disease, and better mood. This combined with Comprehensive Chiropractic Care can only lead to *Overall Wellness*. The study, published in the *British Medical Journal*, found that a collective approach to back pain treatment provided significant relief of symptoms and improvements in general health. Specifically, the study found that the greatest reduction of pain and the greatest improvement in back function was experienced by patients who received a treatment approach consisting of spinal manipulation and exercise in addition to care from their practitioner.

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