

Health Solutions Chiropractic & Wellness Center

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Happy New Year!

January / February 2011

Newsletter

Newsletter Features

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- ~ Research finds Acetaminophen increases occurrence of asthma in children.

Body Purification & Weight Loss

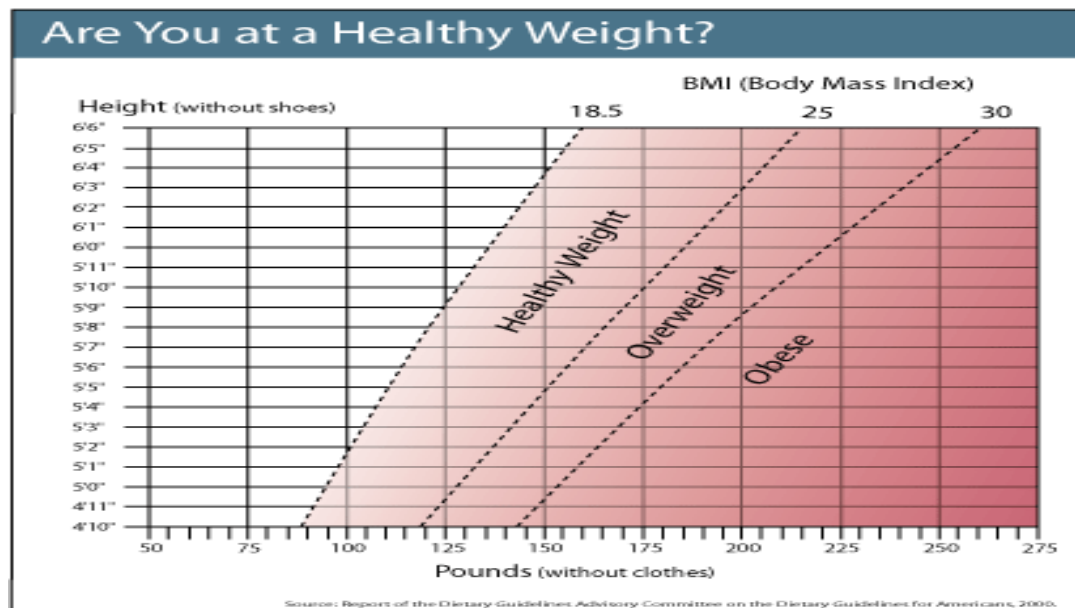
Purification, also known as detoxification, helps to remove toxins from the body as well as help lose and maintain a healthy weight. Exposure to external toxins occurs everyday...these include pollutants, pesticides, and chemicals in our environment, medications, food and water supply. Our body is designed to rid itself of these toxins however, with time it becomes overburdened as we continue to expose our body to more toxins. Purification offers your body additional support to expel toxins and create an ideal weight, which is important to maintaining your health and vitality.

Toxins in the body can result in the following conditions: fatigue, difficulty sleeping, digestive problems (gas, bloating, reflux, constipation,) reduced mental clarity, food / sweet cravings, low libido, and weight gain. The following questions help to determine your toxic load (toxic load is the amount of toxins that your body needs to process).

Do you eat processed foods? Do you eat fast foods? Do you eat genetically altered food? Do you drink soda or sweet tea? Do you eat non organic fruits and vegetables? Do the foods you eat have preservatives, additives, dyes or sweeteners added? Do you use artificial sweeteners? Do you drink alcohol? Do you drink tap water? If you answered yes to half of these questions, then it is likely that your diet contributes to your toxic load.

What are the benefits of purification? Improved weight management results, better digestion, increased energy, better sleep, clearer thinking, resolution or improvement of past conditions are common improvements noted following a purification program.

BODY MASS INDEX (BMI): Is a method to measure body fat based on ones height and weight. It is a very quick and simple way to determine if your weight is within a healthy range. Below is a graphical illustration to help you do this:



Article continues on page 4

HEALTH SUCCESS STORY

We are always excited to hear success stories because we know how powerful an experience like this can be for someone needlessly suffering.

I had never been to a Chiropractor, so I did not know what to expect. I just knew I was in pain and needed someone to make it go away! After enduring pain for four weeks, I was desperate and very fearful I would need surgery. A friend and patient of Dr. Souther suggested I make an appointment to see him. After x-rays and a thorough exam, Dr. Souther said four wonderful words: "I can help you". This kind Dr made the pain go almost completely away after only 3 visits. Two more visits and I was able to return to my normal activities pain free! What a blessing! I highly recommend Dr Souther and plan to spread the word to everyone I know to stop dealing with the pain and make an appointment with Dr. Souther.

-Evelyn W.
Very Grateful
And Pain Free Patient!

And now abideth faith, hope, charity, these three; but the greatest of these is charity.

~I Corinthians 13:13

Happy
Valentines Day !



Office Hours

Mon 8:30-1, 3-6
Tue 12-4
Wed 8-1, 3-5
Thu 8:30-1, 3-6
Fri 8:30-12

**Now open most all Fridays
until noon.**

Emergency After Hours:
Dr. Souther may be contacted
using the cell # listed on the
office answering machine.

Tuesday, January 25th Is Our 5th Annual Patient Appreciation Day!

Patient Appreciation Day is coming up! Each
year at this time is our chance to say thank you
for the opportunity to serve you & celebrate our
5th year of service. -Thank You!

We want to celebrate by providing FREE
chiropractic adjustments to our patients on
Tuesday, Jan 25th between the hours of 12-5 p.m.
Call now to schedule your appointment. **SPACE IS
LIMITED** and will fill up **FAST**.
Hope to see ya there!

Health Classes Now Available!

Starting in January, we will be holding classes on many
important health topics. Starting Tues, January 25th and
the last Tuesday of every month at 5 p.m., Dr. Souther will
host an educational half hour called "Living a Healthy
Paradigm."

This free 30 minute class will be oriented to new patient's
and everyone else wanting to learn basic but very
important concepts of health and how to transform your
health by living a new health paradigm. This class will be
held at the office on every last Tuesday of each month at
5:00 p.m. Because of space, classes will be limited to the
first 25 people who sign up in person or via telephone.

Upcoming class schedules on other topics will be available
at the office and will be sent to everyone on the e-mail
contact list.

A Special Thanks

I would like to say thank you to everyone for your
continued referrals of family, friends, and co-
workers. Our growth and the opportunity to help
others are possible because of each of you and we
thank you for your trust and confidence.

As Always – a complimentary visit will be given
for each new patient referral that you make to our
office – **Thank you!**

Special Offer For Newsletter Readers!

Once again, my staff and I would like to do
something special for our valued patients. Do
you have a friend or family member who needs
chiropractic care? Share or clip this offer for
your friends or family.

It entitles them to **One Free Consultation with
the Doctor, A Chiropractic Examination
including any necessary x-rays, and a
detailed report of exam findings.**

Encourage your friends or family members to
**take advantage of this special New Patient
offer only on the days of 2/8/11 – 2/10/11.**
Appointment times are available by
appointment and are limited to three days only.

This Offer Good From

February 8th (Tue) – February 10th (Thur)

To schedule your free complete chiropractic new
patient consultation & exam, call (813 717-7553)
or come by the office.

F.Y.I.

**You Can Receive Your Newsletter Via
E-mail...There Is An E-Mail Sign Up Form
At The Front Desk!**

NATURAL RECIPE OF THE MONTH CHOCOLATE Mousse

**12 OZ SEMI SWEET TROPICAL SOURCE CHOCOLATE CHIPS
1 POUND SILKEN TOFU, 1 TEASPOON VANILLA EXTRACT**

PLACE CHOCOLATE CHIPS IN METAL BOWL AND SET THE PAN OVER A POT OF SIMMERING WATER. STIR WITH A SPATULA
UNTIL MELTED AND SMOOTH. BLEND TOFU UNTIL SMOOTH AND POUR IN CHOCOLATE WHILE MIXING. ADD VANILLA,
PROCESS UNTIL CREAMY. POUR MIXTURE INTO CUPS OR PIE CRUST AND CHILL. –ENJOY...IT'S ACTUALLY VERY GOOD!

Introducing: Core Health Packs

The Food Pyramid and the Recommended Daily Allowance (RDA) are the two guidelines generally accepted as the American standard for diet and nutrition. **Frankly, it's a very poor guide/recommendation especially for something as important as your health!** As a result of the American diet lacking essential nutrients, we see chronic disease rates increasing...even with our children. In fact, about two months ago, I heard that for the first time in a very long time, that life expectancy had actually decreased (something I predicted in my summer 2010 newsletter). Now, disease that was once thought to effect only the adult population is now seen in our children.

There is something you can do about it...it all starts by what you put in your mouth each and every day. You don't need a degree in nutrition to know that an apple is healthier than an apple pie or turnover, a salad is healthier than a hamburger, and a glass of water healthier than tea or coke. Start with making healthy food choices...this really works and by far is the best thing you can do for your health!

Secondly, nutritional supplementation is also essential because even a good diet will not provide your body with enough essential nutrients to maintain health. This is why we are introducing the Core Nutrition Health Packs...to give people a high quality nutritional program that is more affordable when purchased together as a pack.

The Core Health Pack is not a program recommended for a specific health problem, but rather, the Core Nutrition Health Pack is designed to provide your body with the nutrients it needs to maintain a healthy body when combined with a healthy diet and exercise program. The Core Nutrition Health Pack consists of 4 products for adults and 3 products for kids that provide every essential nutrient for the body.

~ Adult Core Nutrition Health Pack:

1. **Zypan** - a broad spectrum enzyme supplement to aid in the proper digestion of food and allow greater assimilation of nutrients from your food. This product is also helpful for those suffering from indigestion, heartburn and bloating. Take one before meals.
2. **Super Supplemental** - a complete multivitamin and mineral supplement including green foods. Can help to alleviate muscle cramps. Take 2-3 daily depending on weight and size of individual.
3. **Greens First** - a great tasting whole food supplement that provides all your greens and completely mixes in a shaker cup. Mix one scoop with 8oz of water and drink on an empty stomach once or twice daily.
4. **Calcium Plus D** - a quality source of calcium that is easily absorbed by the body. Helps maintain healthy bones and muscle function. Take 3-4 daily depending on weight and size of individual.

~ Kids Core Nutrition Health Pack:

1. **Chewable Multi-Vitamin & Mineral** - a quality supplement without the added junk.
2. **Acidophilus** - a pro-biotic supplying the "good bacteria" to the digestive tract, aides in digestion, helps with gas / bloating, and controls yeast/fungal growth.
3. **Chewable DHA** - supports brain and nerve system function.

Core Nutrition Health Packs are available at the office.

Information on the Core Health Pack is available as well...
just ask for it next time your in the office.

For Your Valentine... Give The Gift Of Massage

Gift certificates are available and good for any amount and all services including chiropractic care, decompression, massage and new patient visits.

Gift certificates are available at
the front desk.

Nature's Sunshine Clean Start Purification Program

CleanStart® helps protect your body from common colon toxins that affect your overall health. CleanStart is a two-week program that supports natural waste elimination to provide a sense of improved energy and well-being.

CleanStart contains laxative, soothing, purifying and detoxifying herbs to effectively cleanse the intestinal system and its accessory organs. Other nutritional supplements were added to support and improve digestive and intestinal functions.

CleanStart is easy to take and is balanced for more complete results. Each program contains 28 daily drink packets and 28 capsule packets.

Each drink packet contains:

Psyllium hulls
Bentonite clay
Aloe vera juice
Chlorophyll
Potassium
Stevia

Drink packets are available in natural apple-cinnamon or wild berry flavoring.

Each capsule packet contains:

1 capsule of Enviro-Detox and 2 capsules of LBS II® to enhance waste elimination.

The program delivers 10 grams of fiber per day to promote waste removal. Plus you get the additional cleansing benefits of bentonite, aloe vera and chlorophyll.

Continued from pg 1: What to Expect During Purification: There are many changes you may observe during a purification program including weight loss, increased energy levels, healthier clearer skin/hair/nails, better bowel and bladder function, a reduction or completely resolved past health conditions (headaches, constipation, IBS, etc), and a change in how you view food after the cleanse is complete.

You can expect to have an increase in bowel movements and frequency in urination; this is a normal and wanted response as you want to eliminate waste during this time. In the first few days of a cleanse, you may experience headaches and or joint pain as your body is releasing toxins from the cells. If experienced, this reaction is completely normal and will usually go away after the first few days.

Other Important Tips: It is also important during any detoxification program to drink at least half your body weight in ounces of purified water. Try also to wean off Caffeine and sweets a week prior to the initiation of the cleanse to help offset cravings. If you experience sweet cravings, I would suggest you grab some blueberries or raisins to eat. You can also take Nature's Sunshine's "AS with Gymnema" to curb these sweet cravings. Remember the first 2-6 days are usually the most difficult. Get through these first few days and you'll feel glad you did. Finally, you have a support. You can call us with any questions you may have during the cleanse.

Look for the special offer below on the two detox programs and get started purifying your body today.

~ Feature Businesses ~

Do you own your own business or are you a part of a great company? If so, let us know! We are compiling info for a business directory of our patients and we will be featuring businesses in each newsletter. If you are interested, just give us your company and business information while at the office.

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Research N Review

Acetaminophen Increases Adolescent Asthma Risk

A recent study found that adolescents with a recent history of Acetaminophen use were more likely to suffer from asthma symptoms as well as eczema and rhino conjunctivitis.

The study involved 322,000 children in over 50 countries. Acetaminophen is found in Tylenol and other OTC medications.

Medium to high use resulted in more that double the risk of occurrence.

Source: Beasley RW, et al.
Acetaminophen use and risk of asthma in adolescents: ISAAC Phase Three.
Am J Respir Crit Care Med, 2010.

The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease.

- Thomas Edison

Monthly Specials

January

\$2.00 off Sinusin

February

\$3.00 off

Greens First

**Must Present Offer
At Time of Purchase**

Does the absence of symptoms or disease in the body mean you are healthy?

Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity.

~ World Health Organization

GET 10 % Off

Standard
Process
Purification
Program

Or

Natures
Sunshine's
Clean Start
(non-members only)

**Must present
this offer**

**Expires:
02/28/2011**