

HEALTH SOLUTIONS CHIROPRACTIC & WELLNESS CENTER

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Plant City, Florida 33563

Newsletter (813) 717-7553
Sept / Oct 2008

FEATURES:

1. Decompression Traction - A non surgical alternative for neck and lower back pain.
2. Upcoming Open House Event
3. Success Story
4. Featured Recipe: Lemonade
5. Featured Product: Formula 303
6. Featured Businesses
7. Health Question

We are anticipating the arrival of our 2nd baby girl,

Kate Leann Souther

To be born sometime around the first of October. Depending on the time and day at which Ms. Kate decides to surprise us with her presence, there may be a short period of time when I am unavailable at the office. Because of this, some appointments may have to be rescheduled. We thank you for your consideration during this time and we greatly appreciate the support so many have shown with your thoughts and prayers.

— Dr. Souther & Family

Newsletter Health Question

Would you like the chance to win a special **FREE GIFT**? Each month the free gift changes. If you think you know the answer or want to guess ... come by and let us know your answer! It's that simple.

Q: What year did the founder of Chiropractic (D.D. Palmer), deliver his first adjustment and begin the profession of Chiropractic?

A. 1912 B. 1887 C. 1895 D. 1907

NOW AVAILABLE

Disc Decompression / Traction Therapy

We are excited to announce that we are now one of over 1,200 clinics nationwide to offer safe and effective disc decompression utilizing the FDA cleared Chattanooga DTS system.

Each year over 50,000 patients are treated with DTS Therapy and that number is rapidly growing as more people seek a non-surgical, safe and effective alternative for relief of pain that may otherwise require surgery.

The most common and most successfully treated spinal condition are disc injuries, osteoarthritis and disc decay that causes localized pain and may also result in radiating pain or numbness in the extremities. These conditions are treated with a very high success rate with results usually experienced within only a few treatment sessions.

Decompression therapy is a very comfortable treatment as the patient relaxes on their back for a time of 15-25 minutes. Traction therapy has been around for hundreds of years,

however Decompressive Traction is relatively new. Recent advances in equipment and procedures have dramatically improved effectiveness.

We are always seeking and researching new methods and treatments that give us the ability to help more people seeking a solution to their health needs. It was not a difficult decision choosing the Chattanooga DTS machine as it is one of the most comprehensive and effective decompressive therapy programs available. The DTS System also allows us to deliver treatment at a fraction of the cost of similar medical devices.

Information and a video on Chattanooga DTS treatment is available at the following web site: www.americanspinal.com

If you have additional questions or would like to know if you may be a candidate for decompression therapy, then call or ask us next time your in the office.



Coming Soon ! Our 3rd Annual Fall Open House

We have begun planning for our 3rd annual open house event where each year we select an organization in our community to benefit. Last year event was a huge success thanks to everyone's gracious gifts we were able to donate to the Plant City Pregnancy Center.

This years event will be held on Saturday, November 8th from 9 A.M. to 1 P.M. at the office where will be providing:

Free New Patient Consultations, Exams & X-rays & A Report of Your Exam Findings...

Food ~ Fun ~ Chair Massage ~ Door Prizes

**CANNED FOOD OR CASH DONATIONS WILL BE
COLLECTED AT THIS EVENT FOR ALL
NEW PATIENT EXAMINATIONS.**

STAY TUNED FOR MORE INFO ON THE EVENT

FORMULA 303 ®

Natural Relief For Muscle Spasm, Tension and Stress

Formula 303 ® is registered in the U.S. Patent and Trademark office for relief of Muscle Spasms, Tension and Stress. As a result, Formula 303 helps with pain, improved sleep, and other symptoms that result from stress. It is a completely natural homeopathic product that contains 6 parts Valerian Root (Quad-Strength) 1X, 3 parts Passiflora (Quad-Strength) 1X, 1 part Magnesium Carbonate 1X.

We have found Formula 303 to be a very safe yet effective supplement, however does not cause unwanted drowsiness if taken throughout the day. I will often recommend this product to those suffering from acute injuries involving spasms of the muscles and swelling of the injured area. These are injuries such as whiplash, slip and falls and sports injuries where there is strain and or sprain of the soft tissues. Formula 303 can also be effective when taken for muscle spasms and pain associated from chronic pain. Chronic pain, when present in the spinal region, is usually the result of degenerative arthritis, disc decay, and vertebral misalignments (Subluxations) that result in nerve irritation, muscle spasms and pain. While the adjustment is necessary to correct the misaligned vertebrae and treat the cause of pain, Formula 303 will help reduce the associated symptoms of muscle spasm and pain while healing takes place. Additional info. on this product is available by simply asking us the next time your in the office.

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!**

HEALTH SUCCESS STORY

We are always excited to hear success stories because we know how powerful an experience like this can be for someone suffering with pain or illness. If you are interested in writing one of your own, you can...just bring your success story in with you to the office!

When I first visited Health Solutions a few months ago, my left arm was basically unusable. I was in constant pain-simple things like closing a car door or getting dressed in the morning reduced me to tears.

After a few visits, the pain was greatly reduced...and when the cold laser treatments began I saw an immediate improvement. After just one treatment, I could raise my arm over my head for the first time in over 3 months!

I am so grateful that I found Dr. Souther and his professional caring staff-without them, I might have had surgery that wasn't needed.

– Cheryl

Our Office Hours



~ Mon, Wed, Thurs: 8:30-1, 3-6

~ Tuesday: 1:00 - 4:00

~ Friday: By Appointment

F.Y.I.

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

~ 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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A Point To Ponder

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

Happy Birthday Chiropractic

September 18th, 1895 celebrates the birth of chiropractic with the first adjustment given by Dr. DD. Palmer to a janitor named Harvey Lillard. Mr. Lillard had been suffering from hearing loss for about 17 years and reported improvement with his hearing soon after receiving his first adjustment.

Since then, Chiropractic has grown to become the most popular and sought after alternative health care treatment in the United States.

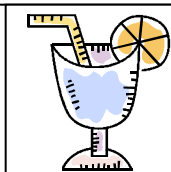


To Celebrate....

We will be having food and drinks
for everyone and a prize drawing for
a free Chiroflow Water Pillow!

Make Sure You're Here on
September 18th For Some Food,
Fun & Fellowship

Healthy Recipe Natural Lemonade



Add Light Agave Nectar and Santa Cruz Lemon Juice Concentrate in equal parts to purified water and stir. You may vary the amounts of Agave Nectar and Lemon Juice to taste.

This is a much healthier alternative and does not contain artificial flavors and colors. Agave Nectar and Lemon Juice Concentrate can be found at Souther's Natural Foods or at most other health food locations.

This is a favorite at our house - enjoy!