



Love is in the Air



healthyways
integrated wellness solutions

February 2024 Newsletter

Spread Some Love

**Each Referred New Patient
receives a
\$50 HealthyWays Gift Card**

**You will be
registered to WIN
a **Basket of Love****

Refer your loved ones to HealthyWays Wellness this month for their benefit and yours



*Valentine's
Day*

**SPECIAL
OFFER**

**SPECIAL GIFT WITH YOUR SCHEDULED APPOINTMENT ON
FEBRUARY 14TH**

**\$20
OFF**

**CARDIAC INFLAMMATION
TEST FEBRUARY 14TH ONLY**



*Call to Schedule
& Prepay
for your
CIT
Test to Save!*

(724) 444-6644

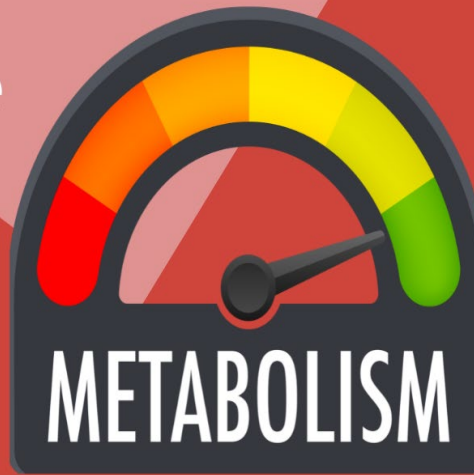
Know Your

**Resting
Metabolism
Rate**

SAVE
\$20

this month

**Schedule
a RMR
Test
TODAY**



Product Specials



GET CLEAN - GET LEAN

15% OFF
this month!



Nutritional Frontiers Clean & Lean Kit is a three-phase, 30-day program that provides a holistic approach to reduce oxidative stress, optimize nutrition, and regenerate mitochondrial strength. The program is perfect to optimize health and can easily be implemented into your fitness or weight loss plan

*It's time to
achieve your*



**Reach
Your
Health
Goals**

15% OFF

**Boost YOUR WEIGHT
LOSS NATURALLY!**

Tri Lean Forte

Tri-Lean Forte is Our Specially formulated Natural Supplement Combination that works together for many natural benefits including weight loss, appetite suppressant and energy boost. If you are looking to lose a few to many pounds, our Tri Lean Supplements will help get the job done!

Get yours today!



PLEASE TAKE NOTE

*The office
will be*

CLOSED

Friday February 23rd

*"Where there is love,
there is life."*

- Mahatma Gandhi

**Congratulations
to **Todd S.****

February Patient of the Month!

**We are pleased to name Todd as our
patient of the month! He will be
awarded a restaurant and
HealthyWays Gift Certificate to
thank him for being an exemplary
patient. Look for your name here
in coming months.**

WELCOME

NEW PATIENTS

Joann R.

Diane C.

Scott W.

Jim B.

Patrick H.

Lisa A.

Lori P.

Sandy N.

Marta H.

Chuck S.

Alicia Z.

Marcy H.

Stacy O.

Juliet M.

Aly P.

Marcy M.

Cathy T.

Thank You for Your Referrals

Ruthie R.

Gail M.

Stacy O.

Igor H.

Grey O.

Michelle G.

Wendie B.

*You may have
noticed a new face
around the office!
Please join us in
Welcoming
Amy...*



Amy is HealthyWays' Front Desk Specialist and Patient Coordinator

Meet Amy Seelman, our Front Desk Specialist and Patient Coordinator. With a Bachelor of Science in Educational Leadership from Wright State University, Amy brings a unique blend of warmth and dedication to our chiropractic practice. Originally from Columbus, Ohio, she moved here to care for her Grandma and enjoys spending time with her two rescue dogs, Kaiya and Gunner. Amy's passion for football and commitment to creating a loving environment for her pets reflect her balanced and caring approach to life. As part of our team, Amy ensures a welcoming experience for every patient.



Another one of HealthyWays' 355 **Google** Reviews!
Thank you, Bradyn, for sharing what HealthyWays Wellness has
meant to you!



Bradyn M

I went in with back pain for the past 3 years, after my program I was able to do things like golf and play basketball again without needing a few days to recover. Everyone in the office is great and genuinely care for each and every patient. I highly recommend for any preventative care you look for or if you have any current issues you're looking to fix.

**Auto
Accident?**

**HealthyWays
is here to get
you on the
road to
recovery!**

If your car was injured then
you most likely are too!



receiving chiropractic care promptly after a
car accident can help prevent minor
injuries from worsening into serious and
chronic conditions ...





How about making a Healthy Valentine Meal

Skillet Roasted Chicken

There's nothing more romantic than a whole roast chicken for Valentine's Day dinner.

Ingredients

- 2 small red onions, cut 1/2-inch-thick
- 1 small acorn squash cut into 1 1/2-inch-thick wedges
- 1 small bulb fennel, cut 1/2-inch-thick
- 1 tbsp. olive oil
- 12 sprigs fresh thyme
- Kosher salt and pepper
- 1 3 1/2-pound whole chicken
- 2 sprigs fresh rosemary



- Step 1** Heat oven to 425°F. In large cast-iron skillet, toss vegetables with oil, 4 sprigs thyme, and 1/2 teaspoon each salt and pepper.
- Step 2** Season chicken inside and out with 1 1/2 teaspoon salt and 1/2 teaspoon pepper. Fold wingtips back and underneath chicken.
- Step 3** Place chicken on top of vegetables, breast side up; stuff rosemary and remaining thyme inside cavity and loosely tie legs together with kitchen twine. Roast 40 minutes.
- Step 4** Spoon and baste any pan juices over chicken and continue roasting until golden brown and instant-read thermometer inserted in thickest part of thigh registers 155°F to 165°F, 15 to 20 minutes more.
- Step 5** Transfer vegetables to platter, then carefully tilt chicken to empty any juices from cavity and transfer to cutting board. Let rest at least 10 minutes before carving. Skim fat from juices in skillet to serve over chicken if desired. Serve chicken with vegetables.

The background of the entire page is a dense pattern of pink hearts of various sizes and shades, from light pink to deep magenta, creating a romantic and festive atmosphere.

4 Fun Valentine Facts

The first Heart-shaped chocolate boxes appeared for Valentine's Day in 1861.

As spending on Valentine's gifts continued to rise, chocolate company Cadbury had the innovative idea to offer their chocolates in heart-shaped boxes in 1861. The logic went that, in addition to a sweet gift, the recipient would also end up with a reusable decorative box. Fortunately for Cadbury, the new boxes were a hit. Unfortunately, the brand hadn't patented the idea and the design was soon imitated by any chocolate-maker with a head for business.

Valentine's Day rakes in billions of dollars per year.

Money can't buy love, but it sure can express it. At least, that's what Americans seem to think. In 2021, Valentine's Day spending hit \$21.8 billion, which, due to the pandemic, was far less than the \$27.4 billion spent on heart-shaped gifts, red roses, romantic dinners, and more in 2020.

Candy is the most common Valentine's Day gift.

If you're wondering what gift to expect this Valentine's Day, odds are that sugar is involved. Candy is by far the most popular token of affection, followed by cards and flowers. If it's jewelry you're after, don't get your hopes up:

Valentine's Day is a popular time to pop the question

Some people make out of Valentine's Day with the ultimate jewelry gift: an engagement ring. In fact, a staggering 6 million people get engaged on the date every year. It's the second most popular day to drop to one knee after Christmas.

Valentine's Day caps off a time of year sometimes called "engagement season." Each year, a full 40 percent of the year's engagements go down between November and February.