



NOVEMBER 2024 NEWSLETTER

HOW CAN YOU WIN A Fresh Thanksgiving Turkey from Jones' Farm?

Refer a New Patient to
Healthyways Wellness
to be Entered to WIN!!!

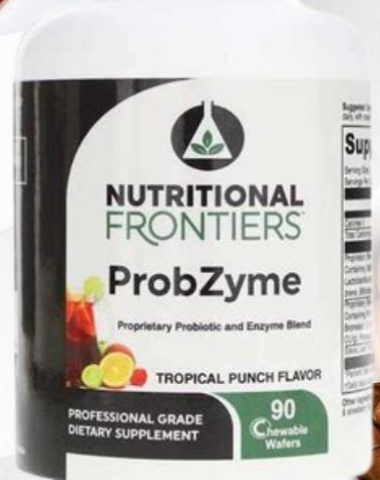
HELP TOM EARN HIS
FEATHERS with each
NEW PATIENT REFERRAL.

The Winning Feather
will be drawn on
November 22nd!



Prob-Zyme

Only \$42.50



Prob-Zyme from Nutritional Frontiers is a dietary supplement containing non-dairy probiotic cultures and digestive enzymes to support a healthy digestive system.. Taking a probiotic supplement on a daily basis may help keep your digestive tract regular, ridding the body of potentially harmful toxins, and supporting overall health and wellness. Prob-Zyme contains a comprehensive blend of non-dairy probiotic cultures and digestive enzymes designed to support digestive tract health and nutrient absorption in people of all ages. This unique formula delivers a broad spectrum of microorganisms to support gastrointestinal (GI) tract health. It also seeks to support the integrity of the digestive tract lining for proper immune function and microbial balance.

- Contains non-dairy probiotics
- Includes a broad spectrum of digestive enzymes to aid in nutrient absorption
- Supports immune system
- Delicious chewable wafers
- Natural fruit flavor
- Low calorie
- Gluten-free

If you need support for digestive function and help maintaining a healthy immune response, try adding a probiotic to your daily nutritional regimen.

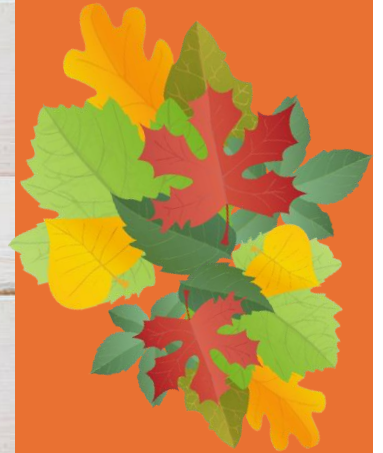
Product Special

Congratulations to Bryan M.

November's Patient of the Month!

We appreciate our practice family & want to acknowledge each of you for your commitment to good health. Bryan has been selected as this month's POM for his commitment to a treatment program & new patient referral. Bryan will receive a HealthyWays and restaurant gift certificate as a Thank You!

Look for your name in coming months!



HAPPY

Thanksgiving

HEALTHYWAYS HOLIDAY OFFICE HOURS

CLOSED

**THURS. NOV. 28TH, FRIDAY NOV. 29TH &
SATURDAY NOV. 30TH**

REOPEN

**MONDAY DECEMBER 2ND
NORMAL BUSINESS
HOURS!**



Welcome New Patients

Michael T.
Sharon C.
Erin B.
Austin G.
Josie F.
Marjorie Z.

Michelle M.
Isabella P.
Theresa S.
Alex T.
Eric P.
Tom P.



Thank You for Your Referrals

Nika L.
Chris G.

Lori P.
Cathy T.

Marjorie Z.



**SPECIAL
OFFER**

**15%
OFF**

ALL
PRODUCTS
&
SUPPLEMENTS

Thanksgiving WEEK

Monday, Tuesday & Wednesday

November 25, 26 & 27



HealthyWays Wellness is pleased to offer

★ Spinal Decompression ★

Spinal decompression works by gently stretching the spine. That changes the force and position of the spine. This change takes pressure off the spinal disks, which are gel-like cushions between the bones in your spine, by creating negative pressure in the disc. As a result, bulging or herniated disks may retract, taking pressure off nerves and other structures in your spine. This in turn, helps promote movement of water, oxygen, and nutrient-rich fluids into the disks so they can heal.

SPINAL DECOMPRESSION IS EFFECTIVE FOR:

- * Bulging, prolapsed, or herniated discs
- * Spinal stenosis
- * Spinal Arthritis
- * Sciatica
- * Facet syndrome
- * Degenerative disc disease
- * Neck pain
- * Pain radiating down the arms or legs
- * "Pinched nerves"
- * Spondylosis



***FIND OUT IF YOU ARE A CANDIDATE FOR
SPINAL DECOMPRESSION THERAPY.***

ASK ABOUT A COMPLIMENTARY CONSULTATION!

THANK YOU FOR SHARING YOUR EXPERIENCE regarding Spinal Decompression & Chiropractic Treatment!

Don scheduled an appointment because of shocking pain down his left leg and in his lower back. He was unable to walk without extreme pain when he first came in. He was in severe pain for two days but had always suffered with low back pain.

He saw the sign and knew from being living in the area that he should come to Healthyways Wellness for treatment.

Don stated that within the first week of treatment with decompression therapy and chiropractic adjustments he felt much better.

He is now living pain free in his lower back and leg and is looking in to receiving decompression therapy on his neck. Don stated that the decompression table is comfortable, as it provides a slight stretching that relieves nerve impingements. He would highly recommend decompression therapy at HealthyWays Wellness!



Don G.



**Decompression Therapy
may be the answer to your
pain and discomfort!
Do not let surgery be your
only hope!
Call HealthyWays Wellness
and Live Pain Free!**



Let's Help

THOSE IN NEED



Socks-Hats-Gloves-Toiletries- etc

HealthyWays Wellness will be collecting
throughout this holiday season for
Light of Life Mission



THANKSGIVING INFOGRAPHIC FACTS

THAT'S ENOUGH
TO MAKE **700**
PUMPKIN PIES!

THE THANKSGIVING
HOLIDAY TRADITION
STARTED IN **1621**
IN PLYMOUTH, MASSACHUSETTS
BY PILGRIMS WHO
WERE CELEBRATING
A GOOD HARVEST



THE LARGEST PUMPKIN
EVER GROWN WEIGHED



TOTAL NUMBER
OF TURKEYS
THAT ARE CONSUMED
ON THANKSGIVING

7.5    
MILLION    

BARRELS OF CRANBERRIES
ARE PRODUCED EACH YEAR

