

August 2024 Newsletter

Patient APPRECIATION Week 2024

MONDAY AUGUST 26TH THROUGH FRIDAY AUGUST 30TH

NEW PATIENT SPECIAL

***All New Patients will receive their first visit and report of findings for ONLY \$25**

SAVE 15% on All Supplement Purchases all week!

DAILY SPECIALS FOR ALL CURRENT PATIENT VISITS!

You will be entered to win our daily prize with each visit

**Refer a New Patient this week & YOU may WIN our Appreciation Prize*

healthyways

integrated wellness solutions

www.healthywayswellness.com

WHAT IS CUPPING?



Cupping is a type of alternative therapy that involves:

- PLACING CUPS ON THE SKIN TO CREATE SUCTION.
- IMPROVING THE FLOW OF ENERGY IN THE BODY.
- FACILITATING HEALING.
- RELIEVING PAIN AND TRIGGERING THE BODY'S NATURAL HEALING PROCESSES



Cupping Therapy: And its Health Benefits



Cupping therapy, also known as myofascial decompression, is a form of suction therapy that has been used in Eastern medical practices for thousands of years. It can be used to draw bloodflow toward or away from certain areas providing many benefits such as:

- Pain Relief
- Increased Circulation
- Increased Range of Motion
- Reducing Stress
- Detoxification
- Reduced Disability
- Headache Treatment





Michael W. Joyce H.
Daniella Z. Don G.
Rich P. Joe K.
Cherie S. Mike C.
Susan C. Kim N.
Ryan C. John W.
George M. Ron P.
Mark B. Chelsea P.

Welcome New Patients



Kristin M. Garrett B.
Tracy C. Rob R.
Katy C. Thomas N.
Bryan M. Pat H.
Kevin S. Lance C.
Shawn P. Marissa B.

Thank You for your Referrals

CONGRATULATIONS

AUGUST'S PATIENT OF THE MONTH

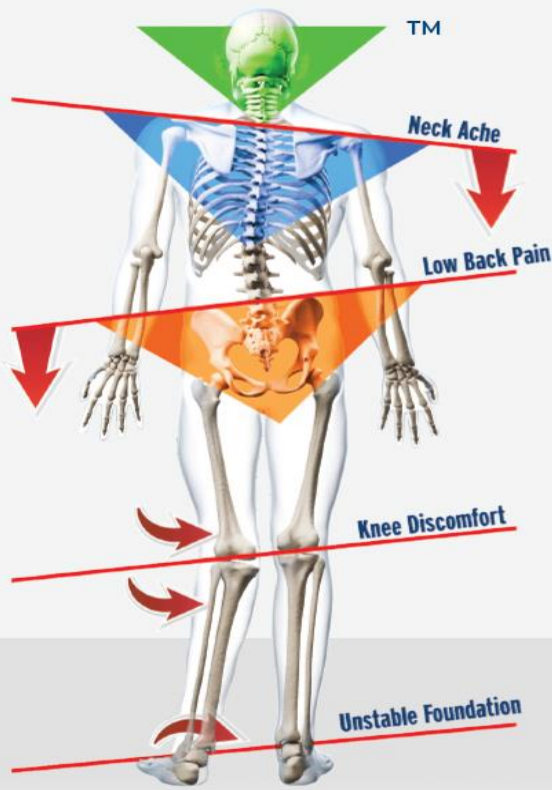
KRISTEN J.

will receive a Gift Certificate to HealthyWays as well as a Restaurant Gift Certificate! As a Thank You for being an exemplary patient! Look for your name here in coming months!

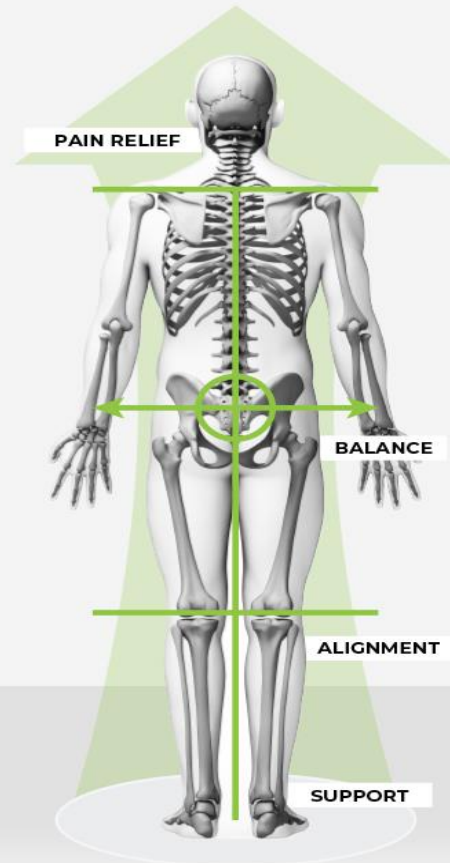


Feel the Difference!

Custom Orthotics for Whole-Body Health!



**BEFORE
CUSTOM ORTHOTICS**



**AFTER
CUSTOM ORTHOTICS**

GET SCANNED TODAY!

Take a step towards
better health.



FOOT LEVELERS

FOR ALL THE THINGS YOU DO!

Custom Stabilizing Orthotics
from Foot Levelers

A row of various custom stabilizing orthotics, showing different shapes and colors, designed to provide support and stability to the feet.

Have you tried Shockwave Therapy?

Always seeking to provide patients with modern healing solutions, HealthyWays Integrated Wellness Solutions is pleased to offer Shockwave Therapy, an effective nonsurgical chiropractic care option. This therapy uses bursts of highly pressured acoustic (sound) waves to deliver a powerful force to painful areas of the body.

In addition to relieving chronic pain, this state-of-the-art therapy may also help reduce muscle tension and improve range of motion.

Conditions It May Help

Shockwave Therapy promotes healing and may provide relief from the following:

Achilles tendonitis

Back pain

Bursitis

Fibromyalgia

Osteoarthritis

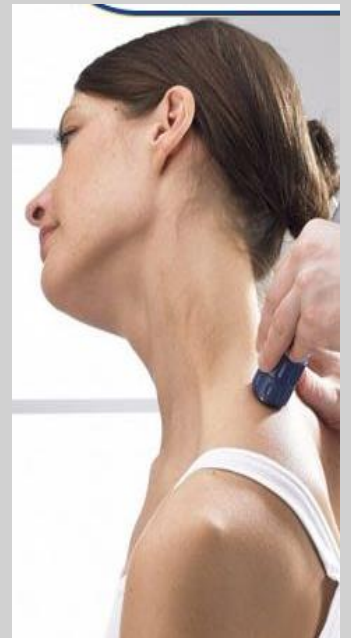
Plantar fasciitis

Rotator cuff

Sports injuries

Tendonitis

Tennis elbow



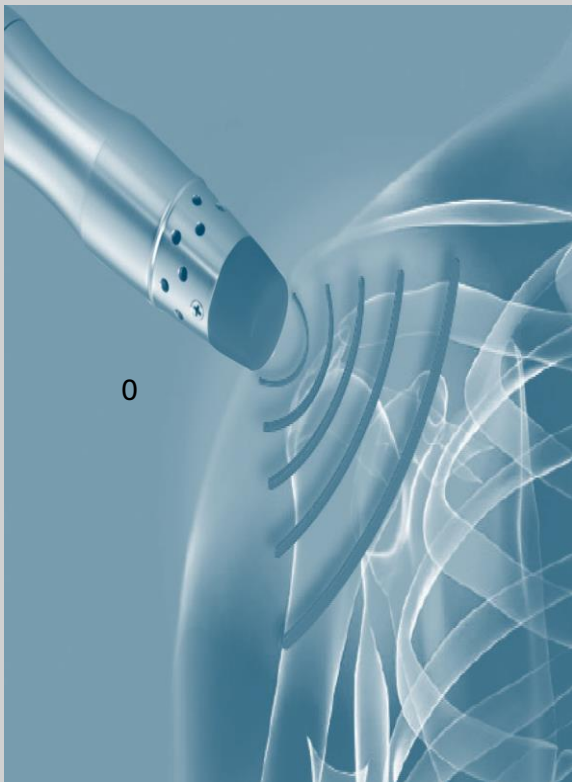
Check out our blog:

[Discover the Benefits of Shockwave Therapy \(healthywayswellness.com\)](https://www.healthywayswellness.com/blog/discover-the-benefits-of-shockwave-therapy)



SHOCKWAVE TESTIMONIAL

Shockwave is AMAZING!
I developed achilles tendonitis/plantar fasciitis working and being active on my feet all day. It was uncomfortable to walk and difficult to manage throughout each day. After the first couple of sessions, I felt significant relief and now at the end of the treatment course, I am totally pain free!! Thank you Dr. Gabrielle!!
-Heather S.



**Stomach Issues No
More...**

**ProbZyme to the
Rescue!**



August Product of the Month



ProbZyme is like your own personal gastroenterologist in a bottle! It can help combat common GI problems such as stomach aches, bloating, heartburn, and diarrhea to name a few. It includes prebiotics to assist in digestion, probiotics to maintain a healthy gut flora, and digestive enzymes for dietary support. Stop suffering and start thriving with ProbZyme.

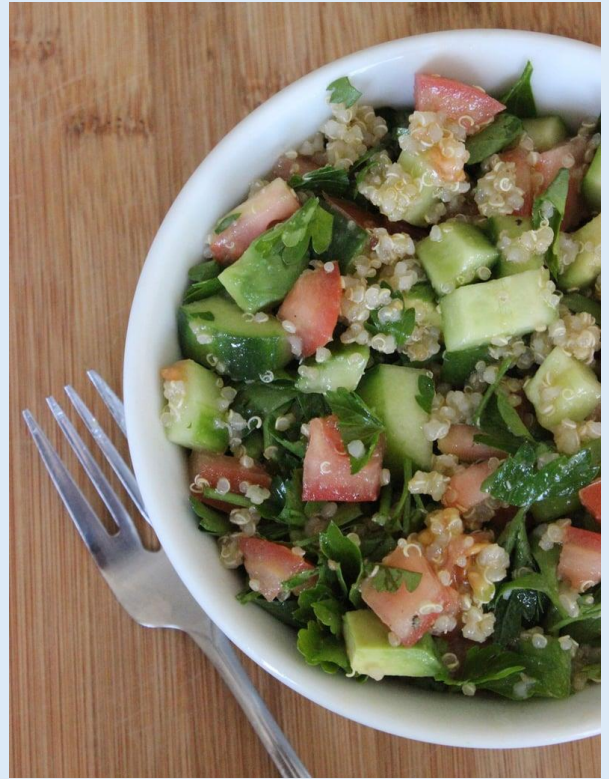
only \$42.50

It's high in fiber, iron, and vitamin C, so you can see all the healthy reasons to love this simple quinoa salad. Think of it as a bulked-up tabbouleh, since detoxifying parsley lays the base of the greens, while a scoop of quinoa and diced avocado provide over 60 percent of your daily recommended fiber. With hydrating cucumbers and refreshing tomatoes added to the mix, this salad would be a lovely light lunch to pack for work.

Quinoa Salad

INGREDIENTS

- 1/2 cup quinoa
- 1 cup water
- 1 bunch flat-leaf parsley, washed and chopped, thick stems removed
- 4 persian cucumbers, peeled in strips, seeded, and diced
- 2 medium tomatoes, diced
- 1 ripe and slightly firm avocado, diced
- 2 or 3 tablespoons extra-virgin olive oil
- Salt and pepper, to taste



INSTRUCTIONS

1. In a small saucepan, bring water and salt to a boil.
2. Stir in quinoa, cover, and lower the heat to simmer. Cook for 15 minutes.
3. Put quinoa into a medium-size mixing bowl, and cool.
4. Add parsley, cucumbers, tomatoes, avocado, and oil to quinoa. Mix, and season to taste with salt and pepper.

Top 10 Foods That Assist with Pain and Inflammation

At HealthyWays Integrated Wellness Solutions, we believe in a holistic approach to wellness that goes beyond just performing adjustments.



One of the best ways to manage pain and inflammation is through your diet. Here are our top 10 foods to help you feel your best:

- 1. Fatty Fish:** Wild salmon, mackerel, and sardines are packed with omega-3 fatty acids, which have powerful anti-inflammatory properties. They may help reduce joint pain and stiffness.
- 2. Berries:** Blueberries, strawberries, and raspberries are rich in antioxidants that fight inflammation. They're also delicious and easy to add to your diet.
- 3. Turmeric:** This golden spice contains curcumin, a compound known for its anti-inflammatory effects. Add it to soups, stews, or smoothies for a health boost.
- 4. Ginger:** Ginger has been used for centuries for its medicinal properties. It may help reduce muscle pain and soreness.
- 5. Green Tea:** Packed with antioxidants, green tea is a great anti-inflammatory drink. Enjoy a cup or two daily to reap its benefits.
- 6. Leafy Greens:** Spinach, kale, and Swiss chard contain vitamins and minerals that combat inflammation. Incorporate them into salads, smoothies, or sautéed dishes.
- 7. Nuts:** Almonds and walnuts are excellent sources of healthy fats that help reduce inflammation. They make a great snack or addition to meals.
- 8. Olive Oil:** Extra virgin olive oil contains oleocanthal, a compound with similar effects to anti-inflammatory drugs. Use it as a salad dressing or cooking oil.
- 9. Tomatoes:** Rich in lycopene, tomatoes can help reduce inflammation. Enjoy them fresh, in sauces, or roasted.
- 10. Dark Chocolate:** In moderation, dark chocolate may be beneficial due to its antioxidants-just be sure to choose varieties with at least 70% cocoa. Incorporating these foods into your diet could help you manage pain and inflammation naturally. For more personalized advice and to ensure your nervous system is functioning optimally, book a visit with us. We're here to support your journey to better health!