

JANUARY 2025 NEWSLETTER

WISHING YOU A
HEALTHY & HAPPY
NEW YEAR

Welcome
2025

Thank You for the Awesome Google Review, Gary M.! **HealthyWays Wellness is thrilled to have the opportunity to help you and others live a pain free life!**

I was experiencing pain shooting in my head and neck for a few weeks and honestly, I questioned myself about 4 times if I needed to go to the ER because of the pain. Being almost 55, you start getting pains in places never before pained. And if it hurts on a way you're not used to it hurting, your mind takes over and you think the worst. And my neck clicked constantly when I moved it. And I didn't have a great range of motion moving my neck. I never went to a chiropractor and I'm not sure what led me to that decision, but I started looking at local chiropractors. Trust me there are many in this area. I saw Healthyways & something drew me to them. I think it was their picture of everyone. So I sent a message to inquire about appointments. Lisa called me within an hour. Thinking I'd have to wait for an appointment like usual, Lisa got me in the next day. My first visit was amazing. Everyone was so nice. Amy greeted me at the door with her amazing smile, each & every visit. Lisa met with me to go over what the company was about and provided an overview of the facility. Then I met my life savers, Dr. Gabrielle and Dr. Francesca. They saw immediately where I was having issues. Dr. Gabrielle was the one who adjusted me during that first visit, it was an amazing difference in my pain level and discomfort I was experiencing. We chose a plan to help me strengthen the muscles that were tightening up and that led me to meeting Heather. Heather put me on an exercise regime to help me stretch and strengthen the muscles I was getting all raveled up. By 5 sessions, I was back to feeling 15 years younger. I use what Heather taught me still in my routine if I find my neck and back acting up to help alleviate any pain and I learned a lot from her. She's super nice too. Dr. Gabrielle knew where the pain points were each visit. I really enjoyed going to see them. Everyone was so nice. Dr. Joe should be very proud of his daughters and the practice he's built up. They are amazing professionals, and I would highly recommend anyone to go see them if looking for a chiropractor. They truly care.

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 Supplement will help get the job done!

Get yours today!

only
19.95



Congratulations Erin O.

JANUARY'S PATIENT OF THE MONTH

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

Thank You!

Look for your name in coming months!

**Happy
New
Year
2025**

**Welcome
New Patients**

Francesco G.
Cameron W.
Mary Ann G.

Kristy K.
JT J.
Nicolas R.

Bella S.
Renee B.
Paul H.

**Thank You
for your referrals**

Doran P.
Angela J.

Casey G.
Melanie C.

Josie D.
Matt K.



ARE THE FOODS YOU ARE EATING MAKING YOU SICK?

DO YOU SUFFER FROM:

HEADACHES - MIGRAINES -
INDIGESTION - BLOATING -
GASTROINTESTINAL
DISTRESS - JOINT
INFLAMMATION - SKIN
ISSUES - FATIGUE -
DEPRESSION/ANXIETY -
FREQUENT ILLNESS -
SUGAR CRAVINGS

Save
\$50
on the FIT Test

HealthyWays is offering Food Sensitivity Testing that measures sensitivities up to 176 different foods, coloring and additives using a simple Food Inflammation Test!

Schedule Your Personal FIT Test
Start Feeling Your Best!

FOODS WE TEST

FRUITS

Apple	Avocado	Banana
Blueberry	Cantaloupe	Cherry
Cranberry	White Seedless	Grape
Berry	Grapefruit	Honeydew
Melon	Lemon	Lime
Green Olive	White Onion	
Peach	Pear	Pineapple
Plum	Pomegranate	Raspberry
Strawberry	Watermelon	Orange

GRAINS

Barley Millet
Oat Quinoa
Rice Rye
Gluten Wheat
Whole Wheat

ADDITIVES

Aspartame
Benzoic Acid
BHA MSG
Polysorbate 80
Red # 3 - 40
Yellow #6
Saccharin

VEGETABLES

Artichokes	Asparagus	Beets	Broccoli			
Butternut Squash	Cabbage	Carob	Carrot	Cauliflower	Celery	Collard
Greens	Corn	Cucumber	Lettuce	Green Pepper	Green Peas	Chick Peas
Sweet Potato	White Potato	Pumpkin	Spinach	Tomato	Zucchini	

DAIRY

Casein
Cow's Milk
Goat's Milk
Egg Yolk
Egg White
Whey

MEATS

Beef Bacon Chicken
Duck Lamb Pork Turkey

SPICES

Basil	Cinnamon	Garlic	
Ginger	Hops	Mustard	Oregano
Paprika	Black Pepper	Chili Pepper	
Peppermint	Rosemary	Turmeric	Vanilla

BEANS

Cocoa Coffee Navy Beans Lentils
Kidney Beans Pinto Beans Soybeans

FISH

SHELLFISH Clam Crab Lobster Scallops Shrimp

MICROBES Yeast Candida

EXTRACTS, SEEDS & MISC.

Agave	Canola Oil	Red Wine	Mushroom
Spirulina	Sugarcane	Black Tea	Dill Seed
Flax Seed	Sesame Seed	Sunflower Seed	

Codfish Flounder
Halibut Salmon
Sea Bass Snapper
Trout Tuna
Swordfish

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!

HealthyWays is excited to offer our new, revolutionary service –

Non-Surgical Spinal Decompression.

If you've been told that neck or back surgery is in your future, we want you to know that there is another path and we're here to help.

**DECOMPRESSION
WORKSHOP
COMING IN FEBRUARY**



Our Non-Surgical Spinal Decompression is designed to help dealing with conditions such as bulging, herniated, or degenerative discs, find relief without resorting to drugs or surgery.

This treatment aims to relieve pain by gently stretching the spine. The theory behind spinal decompression therapy is that by creating negative pressure a vacuum is created that pulls fluid back into the disc which then relieves pressure on the nerves.

Decompression to the RESCUE!
**FIND OUT MORE AT OUR
WORKSHOP!**

Let's Help
THOSE IN NEED



Socks-Hats-Gloves-Toiletries- etc
HealthyWays Wellness will be
collecting through
January 19, 2025 for
Light of Life Mission

AUTO ACCIDENT?

No matter how minor, your body may be injured too!



Here are some reasons why you should see a chiropractor following an auto accident:

long-term pain relief

Increases ROM and biomechanical performance

Helps you return to pre-injury status

Improves nervous system function that equals increased natural immunity

CHIROPRACTIC ADDRESSES THE UNDERLYING CONDITION, NOT JUST THE SYMPTOMS.

THE MUSCULOSKELETAL SYSTEM WILL BE AFFECTED.



- spinal injury
- whiplash injury
- biomechanical dysfunction
- decreased range of motion
- improper scar tissue formation if left untreated

Be certain to let us know if you have been involved in an accident so that we can help you on the road to recovery!

FYI

Some slight pricing adjustments coming in February.

As you are all aware, the cost of goods & services has risen over the past year or so.

We see it in the grocery stores, the gas pump and just about everywhere else.

Our clinic has not been one to raise fees every year but, regrettably, this year there will be a slight increase. As always, our top priority is providing the best care to our patients, in the most economical way. We are here to answer all your questions or concerns 724-444-6644.