

# COMING SOON!!!

**HEALTHYWAYS PATIENT APPRECIATION WEEK**

# SUMMER **BBQ** AUGUST 21-26TH



**REFER A NEW PATIENT  
AUGUST 21ST  
THROUGH 25TH AND  
THEY WILL GET A NEW  
PATIENT VISIT WITH A  
\$25 DONATION**

We thank you in advance for your support and look forward to be a blessing to all during Patient Appreciation Week!

**SCHEDULE SATURDAY AUGUST 26TH  
9AM TIL 2PM FOR OUR ANNUAL  
PATIENT APPRECIATION DAY!\***



**\*\$10 Donation for your Adjustment and BBQ**

**Donations going to  
OPERATION TROOP APPRECIATION**

OPERATION TROOP APPRECIATION'S mission is to build and sustain the morale and well being of the military community, past and present, with the assurance that the American public supports and appreciates their selfless service and daily sacrifices.

Operation Troop Appreciation is dedicated to the active and veteran members of our Armed Forces who serve and sacrifice for our country. By providing them with items that contribute to their morale and well being, we present a united front to our deployed military by supporting them as individuals, for every one of them

- Memorializes our nation's past
- Sacrifices to maintain our nation's culture and freedoms
- Ensures the safety and freedom of our nation's future generations



# July's Product of the Month

**15%  
OFF**

**GET YOUR  
HIGH QUALITY  
MULTI  
VITAMIN AND  
MINERAL  
SUPPLEMENT  
SPECIFICALLY  
DESIGNED TO  
MEET YOUR  
NEEDS THIS  
MONTH!**



# 8 Reasons To Take A Multivitamin

1. **Healthy aging:** As we age, our nutritional needs increase. At the same time, it gets harder for the body to absorb nutrients. Medications can further deplete our body of nutrients. A multivitamin can offset these deficiencies.
2. **Good for your heart:** Studies show that taking a high-quality multivitamin may reduce cardiovascular disease. Vitamins B1, B2, B6, K1, Niacin (B3), CoQ10 and magnesium, all play a role in cardiovascular health.
3. **Reduces cancer risk:** Vitamin use has been associated with a decreased risk of some cancers. A recent study of 14,000 men aged 50 and older found that daily multivitamin supplementation “significantly reduced the risk of total cancer.”
4. **Boosts immunity:** Vitamin C is a strong antioxidant known for strengthening the immune system. Vitamins D and E boost immunity, too. These vitamins can also help reduce allergy symptoms.
5. **Supports eye health:** Vitamins A, C, E, Niacin (B3), and selenium support eye health. Lutein and Zeaxanthin also protect the eyes from harmful light waves.
6. **Water-soluble vitamins:** Excess fat-soluble vitamins (A, D, E, and K) are stored in the body. Water-soluble vitamins (B and C) are not. Excess water-soluble vitamins simply travel through the body. This means it’s necessary to take these essential vitamins on a daily basis.
7. **Healthy hair and skin:** New research says look for Vitamins B3 (Niacin), biotin, and Vitamin C for fuller hair. For healthy skin, look for Vitamins A, C, E, and CoQ10.
8. **Feel better:** Thanks in large part to the Vitamin B family, taking a multivitamin is associated with a boost in energy levels, feelings of well being, as well as a decrease in stress and anxiety. This alone, makes it worth staying compliant with a multivitamin routine.



# Welcome New Patients

Joe F.

Kayla N.

Matthew D.

Taylor T.

Jessica K.

Susan G.

Brayden N.

Hannah B.

Amanda F.



# Thank You for your Referrals

Cindy S.

John F.

Amber M.

Katelyn D.

James S.

Jessica J.

Ken G.

Kayla N.

Kim L.

John F.



Your hips don't lie!

If you're in pain, give us a call!

Thank you Alyssa E. for your recent **HealthyWays Wellness GOOGLE REVIEW!**

Dr. Joe and the entire staff has been amazing and helped me significantly with my hip issues. I feel so much better after doing their program and I can't thank them enough. 10/10 recommend this place to anyone!

# ON SALE NOW!

## CUSTOM Orthotic Sandals, Shoes & Inserts



People with chronic pain and those recovering from injuries find relief when treated with Foot Levelers Custom Orthotics. See how our orthotics have helped their low back pain, knee pain, plantar fasciitis and even neck and shoulder pain.,

Foot Levelers Stabilizing Orthotics can help!



### CHECK OUT ALL THE ORTHOTICS AVAILABLE AT HEALTHYWAYS

## COMPLIMENTARY FOOT SCAN & CONSULTATION

\*\*\*SALE ENDS AUGUST 31ST\*\*\*

# IT IS TIME TO REFER YOUR FAMILY & FRIENDS!



Dr. Gabrielle is  
**ACCEPTING**  
**NEW PATIENTS!**

## Meet Dr. Gabrielle Pettinato

Growing up as the daughter of a chiropractor, Dr. Gabrielle noticed her friends say they're not feeling well. Or they had to stay home from school because they were sick. "I never had that issue, because my family took a more holistic approach to health."

Since the age of 16, Dr. Gabrielle has been working with her father. "I enjoyed watching people get better and see not only their physical health improve, but also their mental health." She decided to follow in her father's footsteps and become a chiropractor.

Dr. Gabrielle attended **Palmer College of Chiropractic** in Davenport, Iowa, and graduated in February 2022. When she started in the clinic aspect of schooling, she had so many younger patients excited to get adjusted, and she would explain what she did as she adjusted them. Dr. Gabrielle found it fulfilling when a few of the kids she worked with became interested in one day becoming chiropractors.

"I like to greet everyone like they're coming into a family." For Dr. Gabrielle, it's important to help everyone feel comfortable, because she knows that doctor visits can be scary, particularly as some patients may not know much about **chiropractic**. "I always try to be as open as possible with patients and give them reasons why I'm doing what I'm doing."