

# JULY 2025 NEWSLETTER

# CHIROPALOOZA

SAVE THE DATE

30<sup>th</sup>  
Anniversary Celebration

**Saturday September 13th**

**11am-2pm**

*Dr. Joe has been a chiropractor in Gibsonia for 30 years, beginning his practice in September 1995!*

**WEEKLY**

**PATIENT SPECIALS**

**NEW PATIENT SPECIAL**

**ALL MONTH LONG**

**SATURDAY  
FOOD FUN**

**• PRIZES •**

**SPECIALS**





**Kim P.**                      **Francisco B.**

**Linnea T.**                      **Nick S.**

**Everly S.**                      **Kim M.**

**Ruby L.**                      **Alaina M.**

**Michelle M.**                      **Scott R.**

**Rose Ann A.**                      **Lisa F.**

**William M.**                      **Jeff G.**

**Ron C.**



**Thank You**  
*for your referrals*

**David C.**                      **Lance C.**

**Julie S.**                      **Tara M.**

**Tom B.**

**Linnea T.**

**Sally C.**



## Google Review from Christine B.

I suffered from neck and lower back issues as well as severe vertigo symptoms for the past year. Numerous medical scans and doctor visits identified no cause for my symptoms and therefore no therapy. I decided to give HealthyWays a try, and I have been very pleased with the care that I have received. Dr. Gabrielle conducted a very thorough exam and has identified the cause. The team at HealthyWays work together to provide treatment and I am very pleased with the results. I have not felt this good in over a year, and I am able to finally to do most activities that I had not been able to do. While my treatment is a work in progress, so far I have had so much relief within the past 6 weeks. The Healthy Ways team truly cares about their patients and I would definitely recommend them to anyone who has not had success with standard medical treatment.

**Thank You Christine B., We love being able to help you live your best life!**



# CLINICAL GRADE TOPICAL PAIN RELIEF PRODUCTS

## BENEFITS OF CBD

15% OFF

- **Pain Relief** One of the main benefits of CBD topical is to get you out of physical discomforts such as regular body pain, exercise-induced pain, muscle aches, joint pain, and skin inflammation.
- **Anti-Inflammatory Effects** Inflammation is the body's natural response to injury or infection. CBD has anti-inflammatory qualities it can reduce the swelling, redness, and discomfort.
- **Stress Relief** One can both physically and mentally be affected due to stress. A gentle massage with CBD topicals induces calmness and relaxation.
- **Easy to Use** An advantage of using CBD topicals is their simplicity and ease of use. Whether you're at home, at work, or traveling, using CBD topicals is as simple as rubbing the product onto the desired area.
- **Skin Health** CBD topicals deliver some significant benefits for skin health. That's why CBD topicals are a popular choice for people who seek natural skincare solutions. there may be potential for topical cannabis to improve conditions such as acne, psoriasis, and eczema as well as promote skin's natural cell regeneration and tissue repair.
- **Muscle Recovery** Many athletes and fitness enthusiasts use cannabidiol-infused skin products to support muscle recovery and lessen post-workout soreness.
- **Improved Sleep** Both the quality and quantity of sleep can be improved by cannabidiol. It can indirectly help you fall asleep quickly. There are quite a few effects of CBD topicals that can positively affect our sleep duration and sleep quality.



**CBD topicals deliver natural relief for pain, inflammation, and skin issues without causing any major side effects. They are easy to use, noninvasive, and support targeted relief. If you're struggling with muscle pain, joint pain, or any exercise-induced pain, you can certainly benefit from using CBD topicals.**



Available Now

at **HealthyWays**

# NON-SURGICAL DECOMPRESSION

Our expert team works tirelessly to ensure your well-being, using the latest technology and personalized treatment plans. This advanced method of care can help you regain comfort and mobility without the risks associated with invasive procedures.

## WHY CHOOSE DECOMPRESSION?

A Non-Surgical Solution for Back and Neck Pain

Facet  
Syndrome

Herniated/Bulging  
Discs

Degenerative Disc  
Disease

Spinal Stenosis

Sciatica



## Results You Can See

*Many of our patients have experienced significant pain relief and improved quality of life following spinal decompression therapy. From individuals with long-standing disc issues to those dealing with recent injuries, we've seen remarkable progress in mobility & comfort levels.*





# STEP INTO SUMMER COMFORT



CUSTOM FLIP FLOPS FOR 3-ARCH & WHOLE-BODY  
SUPPORT ON EVERY ADVENTURE!

FOOT LEVELERS

## Sandalthotics®



EMBRACE SUNNY ADVENTURES WITH CUSTOM  
3 ARCH SUPPORT FOR YOUR ENTIRE BODY!

LIMITED  
TIME  
OFFER

SAVE

# 15%

on EACH PAIR  
of your  
Custom  
Orthotics!



Call to Schedule  
(724) 444-6644

## YOUR FOOT SCAN



**CONGRATULATIONS!**  
**LANCE C.**

Congratulations to our HealthyWays' July Patient of the Month! We are pleased to present Lance with a gift certificate to our office as well as a restaurant gift card to thank him for being exemplary patient. Look for your name here in coming months!



# Summer office hours

**Effective May 23rd through August 29th**  
**FRIDAY APPOINTMENT HOURS**  
**7 AM til 3 PM**





# 4<sup>th</sup> of July FACTS



**CONTINENTAL CONGRESS  
VOTED IN FAVOUR OF  
INDEPENDENCE FROM GREAT  
BRITAIN ON JULY 2, 1776**



**CONEY ISLAND, NEW  
YORK HOSTS THE  
FAMOUS NATHAN'S  
HOT DOGS EATING  
CONTEST EVERY  
YEAR TO MARK JULY  
FOURTH  
CELEBRATIONS.**

**NEW ENGLAND  
FOLLOWS THE  
TRADITION OF EATING  
SALMON ON THE 4TH  
JULY**



**MASSACHUSETTS  
WAS THE FIRST  
STATE TO DECLARE  
FOURTH OF JULY AN  
OFFICIAL STATE  
HOLIDAY IN 1781**



**NEW YORK CITY HOSTS  
THE BIGGEST  
INDEPENDENCE DAY  
FIREWORKS SHOW!**



**THE ORIGINAL AMERICAN  
FLAG HAD 13 STARS AND  
STRIPE**



**THE NATIONAL ARCHIVES  
MUSEUM, WASHINGTON DC  
HOUSES THE DECLARATION OF  
INDEPENDENCE.**



**POET FRANCIS SCOTT KEY  
WROTE THE NATIONAL  
ANTHEM OF THE UNITED  
STATES ON SEPTEMBER 14,  
1814**





# Summer Detox Salad with Citrus Basil Vinaigrette

[joyfulhealthyeats.com](http://joyfulhealthyeats.com)

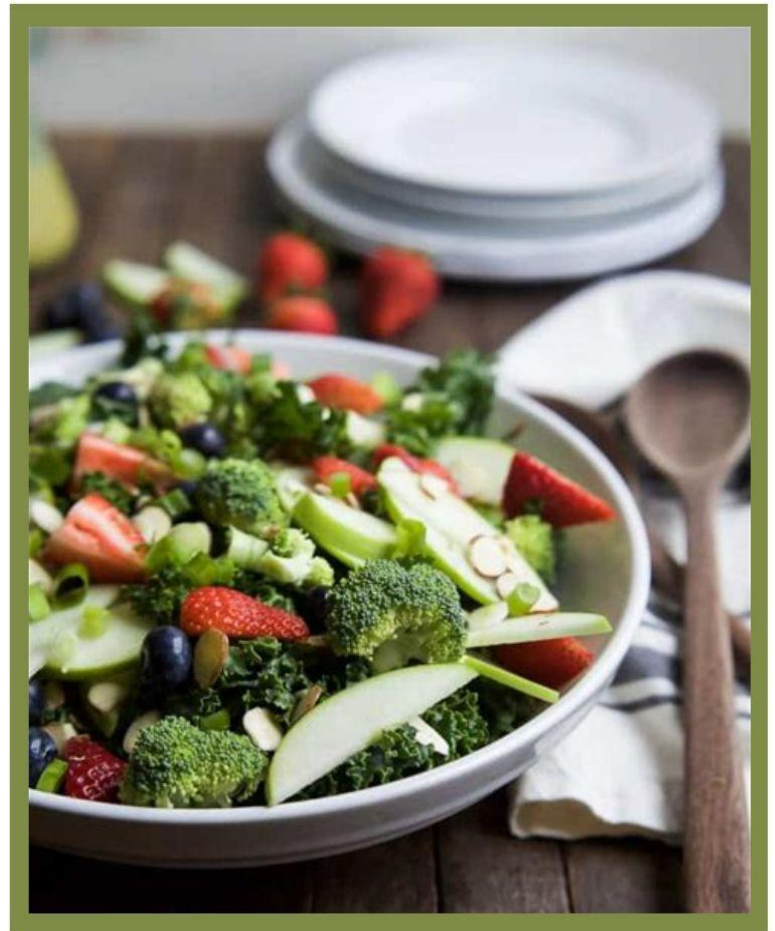
15 min · 386 calories · 4 servings

## Ingredients

- 4 cups of kale leaves, massaged
- 1 cup strawberries, quartered
- 1/2 cup fresh blueberries
- 1 cup broccoli florets
- 1 granny smith apple, sliced
- 2 green onions, sliced
- 1/4 cup sliced almonds

## Citrus Basil Vinaigrette:

- 1/4 cup lemon juice
- 1/4 cup orange juice
- 2 tablespoons honey
- 2 tablespoons Dijon mustard
- 1/4 cup fresh basil leaves, chopped
- Salt and freshly ground black pepper
- 1/2 cup canola oil



## Instructions

In a small food processor add lemon juice, orange juice, dijon mustard, basil leaves, pepper, and canola oil. Blend until smooth. Set aside.

To a large bowl add, kale, strawberries, blueberries, broccoli, apples, green onions, and almonds.

Serve salad with dressing on the side.