

MAY 2025 NEWSLETTER

healthyways
integrated wellness solutions

HAPPY

Mother's Day

ALL LADIES ARE
INVITED TO
SCHEDULE AN
APPOINTMENT FOR
MONDAY MAY
12TH AND RECEIVE
A GIFT TO THANK
YOU FOR ALL YOU

DO!

Save the Date



Welcome New Patients

Danielle W.

Brian M.

Fisher H.

Calvin W.

John Michael S.

Stacey P.

Glen H.

Jesse M.

Kate B.

Kathy W.

Tony C.

Ellen M.

Mary R.

Amber M.

Regis W.

Dennis F.

We truly appreciate everyone who helped HealthyWays Wellness to grow in April!

We also love having the opportunity to welcome more of you to our practice family and watching great health bloom!

Thank You for Your Referrals

Joey K.

Lynne P.

Timothy H.

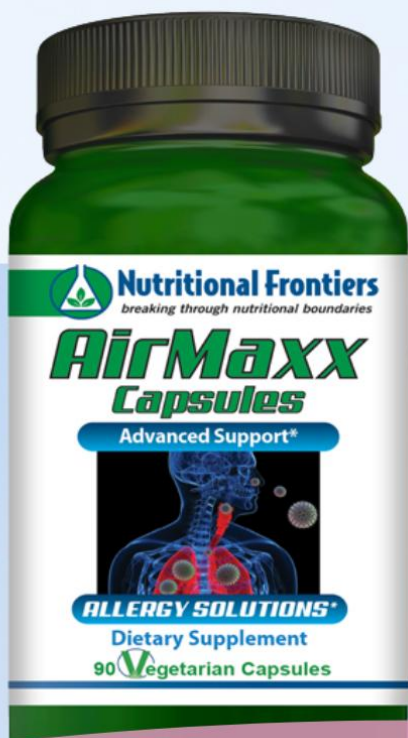
Kathryn M.

Igor H.



It's **ALLERGY SEASON**

**Find Relief from your
symptoms with
AIRMAXX**



ONLY \$39.95

AirMaxx was designed to support healthy respiratory function and reduce allergic response. The ingredients in this supplement were selected with the goal of maintaining histamine levels within normal ranges. People take AirMaxx to help with itchy skin and eyes, congested and runny nose, splotchy, red skin, and discomfort associated with skin irritation and respiratory dysfunction.

Patient of the Month

Congratulations to
Bob K., May's Patient
of the Month!

Bob will receive a Gift
Certificate to our
office as well as a
Restaurant Gift
Certificate to thank
him for being an
exemplary patient!

Look for your name
here in coming month!



MOTHER'S DAY FUN FACTS

- Mother's Day became an official U.S. holiday in 1914, signed into law by President Woodrow Wilson.
- Mother's Day is celebrated in the U.S. on the second Sunday of May, every year.
- There are more than 100 countries around the world that celebrate or recognize Mother's Day on their respective dates.
- Mother's Day is the third most popular holiday in the world besides Christmas and Easter.
- The word for "mother" in languages throughout a vast majority of the world, starts with "m".
- The woman who first proposed Mother's Day in 1870 was the same woman who wrote the lyrics to "The Battle Hymn of the Republic."
- According to the Pew Research Center, more phone calls are made on Mother's Day than on any other day of the year.



THE FEET ARE THE FOUNDATION

3-ARCH & **WHOLE-BODY SUPPORT**



SAVE
15%

ON EACH
PAIR OF
YOUR
CUSTOM
ORTHOTICS!

LIMITED
TIME
OFFER

CALL TO SCHEDULE
(724) 444-6644
**YOUR FOOT
SCAN**



AT
OUR
KIOSK



FOOT LEVELERS CUSTOM MADE ORTHOTICS

SUPPORTING FAMILIES!



DESIGNED WITH **3 ARCH & WHOLE-BODY SUPPORT!**



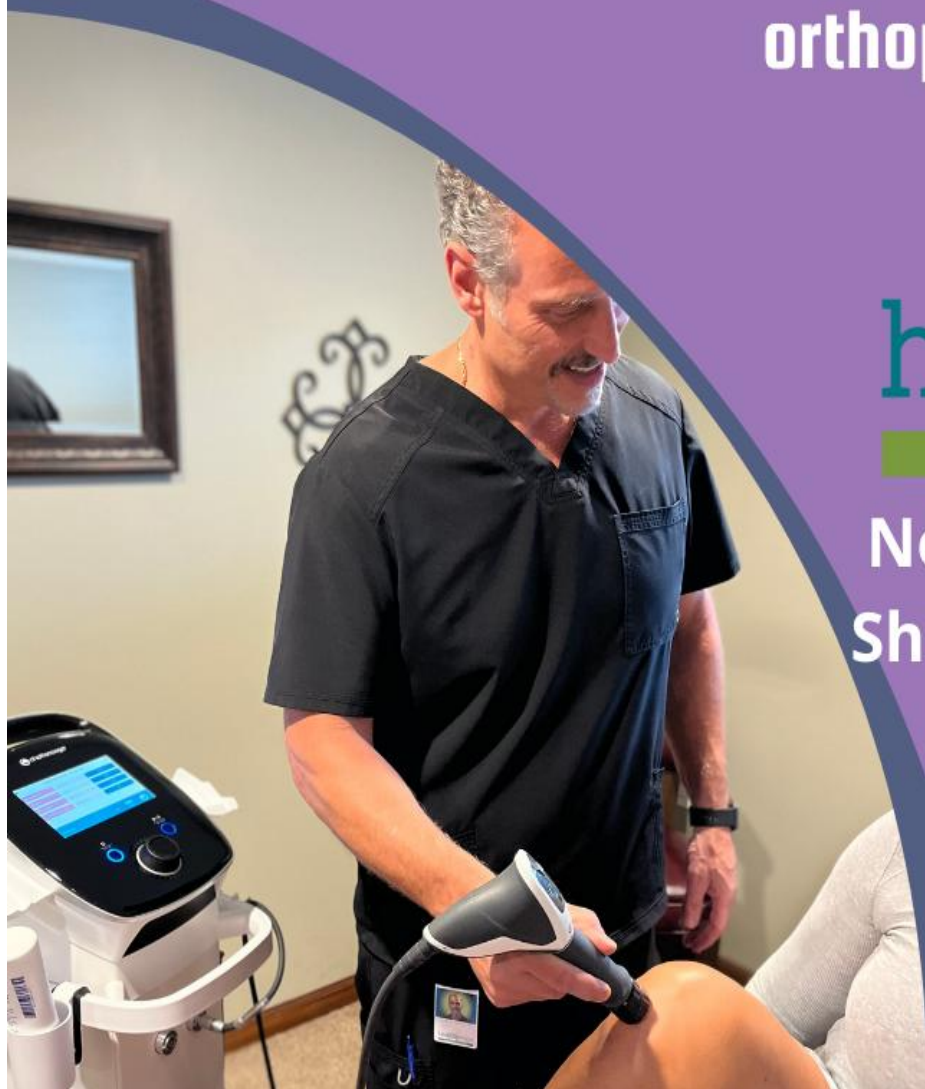
Have You Asked About Our ShockWave Treatments?

ShockWave can be used in conjunction with chiropractic to relieve pain & promote healing of injured tendons, ligaments, and other soft tissues by stimulating the body's natural healing process.

Ask us if we can add ShockWave to your treatment program!

SHOCKWAVE THERAPY

Is designed to activate connective tissue from the surface level to difficult-to-reach areas addressing pain and inflammation in orthopaedic conditions.



**Now Scheduling for
Shockwave Therapy!**



Find us on 

***CHECK OUT
OUR HEALTHYWAYS
WELLNESS FACEBOOK
AND/OR INSTAGRAM
PAGE***

**We are always
posting important
information, office
news and special
events**



Follow
HealthyWays
Wellness on social
media and when
you are in the office
be sure to do a
Check In on your
Facebook App!

As always, we
appreciate you
leaving us a review!

I've only had 2 appointments so far but this place has been great so far! I was referred by a friend and was not let down. They did a detailed assessment to treat my foot pain and are actively working on treatment. The customer service is excellent and the staff is very welcoming. I can tell they truly care about getting their patients better. Which has not been my experience at the numerous other doctors I've seen.

Google Review by Jesse M.

Thank You for all our amazing
Google and Facebook Reviews!
We love hearing and sharing
stories of how HealthyWays
Wellness has improved your
life! We are Winning the Fight
Against Pain!

SCAN QR
CODE TO
VISIT GOOGLE
REVIEW SITE



**Summer
office hours**

Effective May 23rd through August 29th

**FRIDAY APPOINTMENT
HOURS**

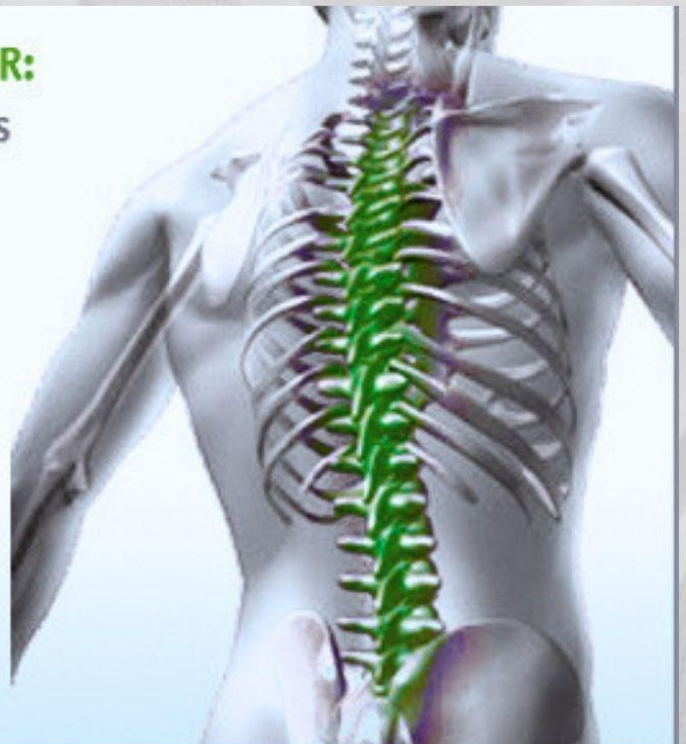
7 AM til 3 PM

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 discs, which are gel-like cushions between the bones in your spine, by creating negative pressure in the disc. As a result, bulging or herniated discs 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 discs 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!**

Mother's Day Brunch Assorted Muffins

PREP TIME 15 minutes
COOK TIME 20 minutes
TOTAL TIME 35 minutes

Ingredients

2 eggs
1 cup of milk
1/2 cup of vegetable oil
3 cups of flour
1 cup of sugar
4 tsp. of baking powder
1 tsp. salt
1/3 cup brown sugar
1/3 cup flour
1/2 tsp. cinnamon
2 TBL. cold butter



Flavorings for muffins:

Blueberry Lemon Muffins - 3/4 cups fresh blueberries, 1 tsp grated lemon rind, and 1 tsp. lemon juice

Raspberry Orange Muffins - 3/4 cups raspberries, 1 tsp grated orange rind, and 1 tsp. orange juice

Banana Muffins - Two very ripe bananas

Cinnamon Muffins - one tsp cinnamon

Lemon Poppyseed - 1 tsp grated lemon rind, and 1 tsp. lemon juice, 1/2 tsp. poppyseeds

Instructions

Preheat the oven to 400° and either grease muffin tins or use paper cups or fluted muffin cups.

Using the two bowl method, place the dry ingredients (flour, sugar, baking powder, and salt) in one bowl and mix. Place the liquid ingredients (egg, milk, and oil) in another bowl.

Combine both and stir until lumpy.

Divide the batter evenly and put in four small bowls.

Add the ingredients to make four different flavors of muffins.

Make the brown sugar topping. Add brown sugar, flour, and cinnamon. Cut the cold butter into tiny pieces and using a fork, mix together.

Sprinkle a light amount of topping on top of each muffin.

Place dough in muffin tins and bake for 18 - 20 minutes.

Serve warm with butter.