

Dietary Supplements Are Not Created Equal

Food supplements were invented because research proved that people's health and well being were deteriorating. Our bodies must use the foods we consume to make the necessary building blocks to generate and maintain our cellular structure. The difference between nutrient-depleted food and nutrient-rich, fresh grains, vegetables, proteins, and fruit can be the difference between being vitally healthy, or desperately ill. Unfortunately, modern food is grown in deficient soil, bathed in pesticides and herbicides and artificially ripened with gas, which kills most of the beneficial nutrients. Therefore, supplementation of vitamins and minerals is extremely beneficial in maintaining or regaining our health!

Picking the right supplements is the key. Did you know that the majority of vitamin supplements in our stores are created by just 14 companies world wide and 100% of their products are synthetic and contain detectable amounts of petroleum-based extraction? Although they are made to internationally accepted standards, they are not natural and therefore not beneficial for our health. Don't give up hope...there is an alternative!

The proprietary blended products provided at Natural Wellness Centre are live, plant grown vitamins and minerals with non-denatured vegetable protein, complex carbohydrates and countless other food constituents in the highest bio-available supplement form in existence. They are authentically natural, nutrient concentrates with their natural food attachments and enzymes. They are consistent with what food represents to the body. That's why they are an excellent nutrient resource for people who want a product finely tuned, not blended; but grown organically and purely.



Natural Wellness Centre

Move Well: Complete Muscle & Joint Assessment

Eat Well: Individualized Nutrition | Diet Plans

Think Well: Improve Self-confidence | Control

Better Health: Enjoy Life with Passion & Purpose

The Natural Wellness Centre offers:

- Diet / Nutritional Evaluations
- Manipulative Therapy
- Weight Loss / Wellness Consulting
- Therapeutic / Rehabilitative Services
- Yoga / Flexibility Classes
- Therapeutic Massage
- Reflexology
- Discover Wellness Classes
- Healthy Food Pantry
- Whole Food Supplements
- Herbs
- dōTERRA Essential Oils
- And More!

Natural Wellness Centre

Dr. James R. Grilliot, Chiropractic Physician

108 W. Main Street, Bremen

740-687-0279 www.nwcdrg.com

Four Essentials

Everyone Needs These Everyday



740-687-0279

108 W. Main Street, Bremen, Ohio

Dr. James R. Grilliot, Chiropractic Physician