

LIFE CHIROPRACTIC

Live Every Moment



ARE YOUR KIDS READY?

SCHOOL SUPPLY DRIVE

Join us in supporting children in need this school year. We are teaming up with Crayons to Calculators, a program that brings school supplies to children in need in the St. Vrain Valley School District.

We are offering a special to patients who want to donate:

For existing patients— Bring in School Supplies with a receipt and get 150% of the value of your donation off your next adjustment.

For NEW patients— Bring in \$15 in school supplies, with a receipt and receive a FREE Exam (a \$120 value).

The last day to bring in supplies is August 10, 2009.

Monthly Events

Tuesday



August 18, 2009

Wellness Workshop - 7pm

Dr. John Wendt and Dr. Jared Allomong will present an introduction to the clinic and the explain the science behind the philosophy the office, give demos and have some time for Q&A. This is a great event to bring family and friends to who you would like to introduce into chiropractic care.

The next Wellness Workshop is Sept. 14.

Wednesday

September 23, 2009

Why Can't I Lose Weight? 7-8:30



Class through Longmont Rec. Center - Presented by Dr. Jared Allomong. Call the Rec. Center to sign up 303-651-8404

Thursday

September 24, 2009

Detoxification - Have You Taken Out the Trash Lately?

Class through Longmont Rec. Center - Presented by Dr. John Wendt. Call the Rec. Center to sign up 303-651-8404

DETOXIFY YOUR BODY BY DR. JOHN WENDT

Detoxification can seem to be a long and arduous process if you let it.

Going on a cleanse diet is a commitment, but the results will make the effort worthwhile. Detoxification, helps your body remove natural toxins and maintain healthy weight.

Daily exposure to toxins includes but is not limited to pollutants, pesticides, chemicals and natural cellular waste products. These exposures can lead to conditions such as stuffy head, fatigue or difficulty sleeping, digestion and other GI problems, food cravings and

weight gain, reduced mental clarity, low libido and more. The detoxification program emphasizes whole foods, particularly fruits and vegetables, while limiting high-calorie refined foods and saturated fats. Nourishing yourself with nutrient-rich foods will provide the complex combination of vitamins, minerals, and antioxidants that are needed to protect the body and promote optimal health.

Lets embark on this healing journey and remove some of the excess weight, improve energy, and

TAKE OUT THE TRASH!

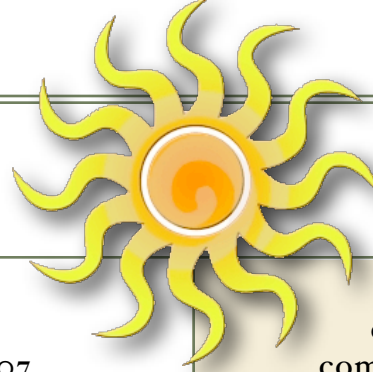
"Always bear in mind that your own resolution to succeed is more important than any other one thing."

~ Abraham Lincoln



Be Safe in the Sun

By Dr. Jared Allomong



Summer fun is here and hopefully we are all getting outside to take advantage of the activities summer has to offer.

Living in Colorado with such little moisture can often create a problem with the sun. The most serious risk of sun exposure is the development of malignant melanoma, a dangerous form of skin cancer. Millions of cases of skin cancer are reported each year and that number is growing.

Obviously, sun protection is needed, but what do you buy? Many sunscreens only

protect against UVB rays. It was only in August 2007 that the FDA imposed regulations on sunscreen manufacturers concerning UVA radiation, a sun ray that according to recent research may be more dangerous than UVB radiation.

My recommendation for sunscreen use is to buy sunscreen that is designed to block both UVB radiation, which causes sunburns, as well as UVA radiation. Using at least SPF 30 to 45 is the safest protection from sun. Avoid all sunscreens with

oxybenzone and octinoxate two common ingredients in many popular brands.

Most importantly visit the Environmental Working Group's website (www.ewg.org). Their website outlines every aspect of this issue and provides details of active ingredients and possible negative health effects. Also, they list the safest sunscreens to use and where to find them.

Enjoy your summer in the Sun!

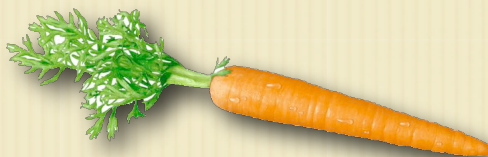
PRODUCT SPECIALS

Interested in Losing Weight?

We have a new product in our office called **Core4** that is designed to help you lose weight quickly, easily and safely. Just sprinkle the tasteless "Cheat" onto your food which acts as an insoluble fiber and will capture up to 25% of the calories from your food and passes them through your digestive tract. *The best part is that you don't have to change a thing!* You can eat and exercise as you normally would. The average results with this product have been 7.7 lbs. of weight loss in their 4-week study. You can learn more about Cheat and other products online either through our website or at:

cnillifechiro.com

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Look for us on FaceBook.



"My sleep patterns and the length of time I am sleeping have both improved. My emotional distress has started to diminish and my body feels healthier as a whole. I feel lucky to have stumbled on such an excellent chiropractor!"

Megan R.
-Patient of Dr. John Wendt

"I've been to a number of chiropractors and healing-practitioners in various fields over the years, but no one stands up to Dr. Jared's abilities. His kind and gentle demeanor is incredible."

Kim W.
-Patient of Dr. Jared Allomong