

August 25, 2008



The Living Letter

Living Well Chiropractic (615)826-5554

Special Interest Articles:

- Patient Appreciation Day!
- What If...

END OF SUMMER, BACK TO SCHOOL BLUES? ... WE'RE THROWING A PARTY!!

Please help us celebrate a great summer by bringing your loved ones and coming to our Patient Appreciation Day!! **Wednesday August 27th** we will be adjusting, celebrating, AND giving new patients **FREE** examinations, consultations, and a full set of x-rays!!

There will be free treats and beach style fun so show up and get your power turned on luau style!!

If you have seen miracles in your life over the past year (by getting your body back to functioning and healing the way God intended) please bring someone you know who deserves to live a healthy life too!

You can sign up anyone you know to reserve a time at the front desk....And if your friends would like some more information first just let us know and Dr. Ben would be glad to give them a call!

WHAT DO I DO IF.....

As patients here at Living Well, I'm sure you have learned all about the healing power of being adjusted. You know that drugs are not the answer, they don't fix the problem they only mask the symptoms and in fact they often create more extremely serious problems in your body.

Now imagine you wake up one morning with a sore throat or fever.

Imagine your child is due for their shots. Imagine a doctor tells your best friend that they have to have surgery to live. What will you say? What should you do?

Next month's workshop will help answer all these questions and more. Your friends and family need to understand that the true healing power of the body has

already been placed BY GOD in the central nervous system and simply needs NO INTERFERENCE to work. Please, help someone you know by bringing them with you to the office Monday, Sept 22 at 6:45. We will have a Q and A (with increased seating ☺) to find answers to some of life's most difficult situations. *Hope to see you all there!!*

I have a body by God. I need food by God.

“Body By God” Recipe of the Month

GREEK PINWHEELS

INGREDIENTS:

- 1 c fat-free cream cheese, softened
- 1 tsp dried oregano
- 1 c reduced fat basil- and tomato-flavored feta cheese, crumbled
- 1 can (2 oz) chopped olives, drained

2 98-inch0 whole-wheat tortillas

4 oz sliced turkey breast

1 cup baby spinach leaves

DIRECTIONS:

In a medium mixing bowl combine cream cheese, oregano, reduced-fat feta cheese and olives with fork

Evenly spread half the cheese mix on tortilla. Top with half the turkey breast and half of the spinach leaves

Roll up tightly, cover in plastic wrap and refrigerate until firm enough to slice, about 15 minutes

Remove plastic wrap and slice each tortilla into 6 pieces. Serve and enjoy!!

Patient Miracles

Here are just a few of the incredible miracles we have seen in our patients lives over the past couple months!!

“Zolofit free after 5 years”

“Have had asthma since birth and no longer need to use my inhaler”

“After seven treatments all my lower back pain was gone! No more stiffness in my neck or pain in my toes. Plus my balance has improved.”

“Carpal Tunnel for years is completely gone!”

“More energy and motivation, less all over pain and eating healthier.”

AND MANY MORE!!!!

“No more ear infections!”

ADJUSTING Your Adjustment Time 😊

“God needs no help to heal, just no interference”

Just in case you haven't already noticed....we are continuing to grow! That's great news because it means we are able to transform more lives. But we need your help! In order to maximize our office hours **please make sure all your appointments are scheduled and updated correctly with the front desk.** And remember; if you are going to miss an appointment please call us

ahead of time so you can get rescheduled for another time or day. If you miss multiple adjustments without making them up you may miss out on the maximum correction for your spine!!

Just one more thing, if you are looking for the best time to schedule an appointment, let us help out. **MORNINGS, MORNINGS, MORNINGS!!!** From about 9-10am we are almost never busy. And in order to accommodate those

patients working in Nashville in the evening, it would be helpful if some of our afternoon patients could switch to a morning time. As a reminder our hours are

M,W,F: 8:30-11, 3:30-6:30

T: 3:30-6

S: 8:45-9:30

