



Helping You Live Better

## Newsletter - March 2020

### Letter from *Dr. Brown*

Happy March everyone!

This month I thought I'd let BJ Palmer speak.

For those of you who do not know who he is, BJ is the son of DD Palmer, the founder of Chiropractic! BJ founded Palmer Chiropractic College in Iowa. Both incredibly intelligent and prominent men in our profession's history.

Read his powerful words below -

Dr. Brown



A slip on the snowy sidewalk in winter is a small thing. It happens to millions.

A fall from a ladder in summer is a small thing. It also happens to millions.

The slip or fall produces a subluxation. The subluxation is a small thing.

The subluxation produces pressure on a nerve. That pressure is a small thing.

That decreased flowing produces a dis-eased body and brain.

That is a big thing to that man.

Multiply that sick man by a thousand, and you control the physical and mental welfare of a city.

Multiply that man by one hundred thirty million, and you forecast and can prophesy the physical and mental status of a nation.

So the slip or fall, the subluxation, pressure, flow of mental images and dis-ease are big enough to control the thoughts and actions of a nation.

Now comes a man. And one man is a small thing.

This man gives an adjustment. The adjustment is a small thing. The adjustment replaces the subluxation. That is a small thing.

The adjusted subluxation releases pressure upon nerves. That is a small thing.

The released pressure restores health to a man. This is a big thing to that man.

Multiply that well man by a thousand, and you step up the physical and mental welfare of a city.

Multiply that well man by a million, and you increase the efficiency of a state.

Multiply that man by a hundred thirty million, and you have produced a healthy, wealthy, and better race for posterity.

So, the adjustment of the subluxation to release pressure upon nerves, to restore mental impulse flow, to restore health, is big enough to rebuild the thoughts and actions of the world.

The idea that knows the cause, that can correct the cause of dis-ease, is one of the biggest ideas known. Without it, nations fall; with it, nations rise.

This idea is the biggest I know of.



# HAPPY ST. PATRICK'S DAY

## Upcoming Events

3/3 **Happy Birthday Sara!** ~ Laura and Mary will be going with WUFF to Madison (see below)

3/7 Dr. Brown open 8am - 10am ~ Stacey open for massage 7:30am - 12pm

3/9 **Happy Birthday Dr. Brown!**

3/10 Guest Speaker Roxanne DeFord 10am - 11am (see below)

3/19 **Happy Birthday Caroline!**

3/24-26 Dr. Brown and Mary in TX for Parker Chiropractic College tour

3/24 Dr. Karl adjusting 11:30am - 4pm

3/25 MASSAGE ONLY

3/26 Dr. Karl adjusting 9am - 5:30pm



**Clearinghouse Rule 19-079** relates to the immunization of students. By opposing this rule you help retain your freedom of choice.

For more information on this vaccine rule please visit: <https://wisconsinunitedforfreedom.org/cr-19-079>



## Is it Time to De-Stress Your Life?

Frustrated? Tired all the time? Overwhelmed? Want to de-stress?

Join Us - Tuesday March 3rd 10am - 11am

Learn tips on how to UN - frustrate, RE-gain energy, DE-stress, have fun and eat healthy snacks!

Presented by Roxanne DeFord  
Certified Holistic Health Coach  
@ Excel Family Chiropractic

- Call today to reserve your seat ~ This is a free event!



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