



Helping You Live Better

## Newsletter - April 2019

### Letter from the Doctor

Dear Patients and Friends,

As many of you know, our Excel team went to a huge chiropractic convention in Vegas at the end of February. You can imagine there were MANY vendors with their newest gadgets, software systems, lotions and potions. I generally keep my blinders on when going through the vendor area so as not to get overwhelmed with all the "stuff"!

I say that, to say this.... There was a booth that caught all our eyes. Big posters of brightly colored fruits and vegetables! And, because they had icy cold samples of a green drink for all to try. We were hungry, thirsty and tired. This booth was at the right place, at the right time even though I am not usually into "green drinks". I have tried many! Most I would never carry at our office due to taste, cost, ingredients or the company's values or motives. As we sipped on this green concoction, we all looked at each other in surprise with how good it tasted. Like apple! We then asked for seconds. This green stuff was pretty darn good and energizing. We talked to one of the developers present at the booth. She was a registered dietician, her brother-in-law a chiropractor, his brother an athlete who lived on protein drinks, green drinks and anti-inflammatory aids due to his intense exercise. They were unhappy with what was currently available for detoxification, anti-inflammation and nourishment for their patients.



We have a population right now suffering from toxicities and inflammation due to our stressed culture and SAD = Standard American Diet. (We at Excel know this well, hence, Claire works in our office to help people with that).

They put their heads together and came up with ingredients that are organic, anti-inflammatory, detoxifying and nourishing for our bodies. It tastes great, is GI friendly and the cost is not too expensive for what you are getting. They are health care providers helping other health care providers improve the nutritional status of their patients. The company name is Nutragen. I love their products, ingredients and philosophy about nutrition. We will be carrying their products and have samples to try. We are also going to pull together a few folks who might want to do the Nutragen 7 day detox with us. We already sent out a separate email about this last week. If you missed it and are interested, let us know. We can re-send it. Visit the [Nutragen](#) website if you want to learn more about their products, ingredients and 7 day cleanse system. You will see cost for each supplement on their website, too. We will get a better price than what you can buy it for online however.

Stay tuned...  
Helping You Live Better,  
Dr. Brown



## Patient Testimonial



## Office News

4/6 Dr Spencer closed

4/13 Dr Brown closed

4/19- 4/20 Dr Spencer is out of the office  
volunteering for a Taekwondo tournament  
adjusting the participants!

4/20 Dr Brown closed - have a wonderful Easter  
weekend!

4/27 Dr Spencer is out of the office attending  
continuing education class

4/30 - 5/5 Dr Spencer on vacation with his family



## Happy Birthday Claire! - May 5th



## Nutrition Corner

Pure Omega Plus!

Omega 3 Fish oil - Vitamin D - Turmeric

Pure Omega Plus™ promotes:

- Inflammation Control



- Healthy Cholesterol Levels
- Healthy Bone & Joints
- Healthy Skin & Hair
- Healthy Brain

Available now at our office

Pure Omega Plus™ combines the benefits of Omega-3 fish oil (triglyceride form) with CURCUPURE™ (certified organic turmeric), ASTALIFE™ (Astaxanthin) a naturally occurring carotenoid from algae, and VITAMIN D3. For more information visit [NutraGen](https://www.nutra-gen.com)



Our reconstruction should be finishing up this month!

