



Helping You Live Better

Newsletter - March 2019

Letter from the Doctor

Dear Patients and Friends,

I love going to chiropractic conventions.

We all get busy in our corners of the world, heads down, working away, not keeping up with the latest research.

Stats I became aware of recently while at our convention in Vegas was about lost days at work. It used to be, the number 1 cause of missed work days was lower back pain. It held the number 1 spot for many years! In 2013, depression and anxiety took over as number 1 cause!



I truly believe it too. I see more and more people of all ages on anti-depressants/anti-anxiety meds.

Why would that be, you ask?

The research is showing it is a deficiency in omega 3s. Our standard American diet (SAD) is laden with omega 6s which causes an imbalance between the omega 3s and 6s. A normal ratio of 3s to 6s is between 1:1 and 1:4. Studies show our current culture runs 1:16 and up! No wonder we are depressed, inflamed, our joints hurt, our memory is going, heart disease and cancer numbers continue to rise, just to name a few of the symptoms. Omega 3s do so much for us!

Here is fun news! We have a way to measure your omega 3s to 6s ratio by a pinprick blood test at our office. It's quick, simple and only costs \$95 for the test and results. Once you know your omega 3 levels you can start taking the right course of action to improve it without guessing what to do. What are you waiting for? Inflammation causes heart disease, cancer, strokes to name just a few of the heavy hitters.

Want to get off addictive anti-depressant meds? Call us today to arrange a time to take this simple test that is packed with great information about your health.

Helping You Live Better,
Dr. Brown



Patient Testimonial

Here is a brief synopsis from a 3-page essay written by a 13 year old client who came to us for nutritional services:

"In April of 2017 I thought I was starting a cold or something because I wasn't sleeping, so we went to the doctor. He said I was constipated and shouldn't worry. Then several days later, I was having severe stomach pains. They said I was overreacting and nothing was wrong. Still the pain persisted and I went back to the doctor with my father and he demanded to know what was going on. They did an appendectomy and removed a cyst from my ovary the next day. I initially felt better, but then it went downhill after that in the Summer of 2017.

I was throwing up daily and had a hard time breathing. They put me on an antidepressant and an inhaler. I was still super depressed and didn't enjoy life. I never got better and suffered depression, lack of energy, and labored breathing. None of the doctors we went to could figure out what was wrong and kept suggesting different medications. At this point I was very angry and frustrated.

My parents researched alternatives and asked around what they should do. We were referred to this "nutritionist" in a chiropractic office. I remember the first day I was so closed off, I didn't want to talk to anyone, but Claire made me feel welcomed and asked me if I was happy - I said, "No". She said "you're a human being, you can be whatever you feel like, whether it's happy, sad, or mad. So let's figure this out together". I started crying and told her everything.

This changed my life. Claire tested me to see what was going on, put me on supplements, and eventually got me off my antidepressant and inhaler. I started getting better, and I'm still healing. I look forward to seeing Claire. She changed my life. I'm stronger and happier. This experience changed me in every way. "

If you or a loved one are experiencing unknown symptoms that cannot be explained, there is a way to find out what's happening in your body. Nutrition Response Testing looks at the root cause of your symptoms and offers a simple solution to aid in your recovery by using whole food and/or herbal supplements. It's easy, quick and accurate, and provides a comprehensive, easy to follow, protocol to get your health back on track. Call us today for more information, or to make an appointment.



Office News



Happy Birthday
Dr. Brown

You Are
One Of A Kind!

We Love You!

3/9 Dr Brown closed - Happy Birthday Dr. Brown! Remember to wish our wonderful doctor a happy birthday when you're in

3/16 Dr Spencer closed

3/23 Dr Spencer closed while taking Continuing Education classes

3/25-3/30 Dr Brown is taking a much needed family vacation!

We are under construction! How exciting to see the office growing! We will be finishing up within the next few weeks, thank you for your patience!

