

# GARBAGE OR GARDEN

Which one is your diet made of? How do you know? How do you analyze the quality of what you are consuming, either the food you eat or the supplements you take? Trying to be health conscious about what you are eating, taking and feeding your family is harder than ever. There is so much contradictory information that we don't know whom to believe.

One thing you can believe is that our mass-produced foods of today do not meet our nutritional needs. Mass-produced foods of today are grown in depleted soils, enriched with **CHEMICALS** and then **PROCESSED** and packaged for shelf life not health.

So...what's the bottom line? We need **supplements** to maintain our nutritional status and our overall health. If we can't get complete nutrition in our diet, we need to supplements that offer us optimum nutritional support and are made from real **WHOLE FOODS**.

**Fairfield Spine Center, LLC** offers custom-tailored nutritional management programs specifically to help balance each client's individual chemistry and targeted



to their precise nutritional needs.

Today, due to our:

- ❖ Toxic environment
- ❖ Stress
- ❖ Genetics
- ❖ Past history
- ❖ Poor lifestyle habits and choices
- ❖ Countless other uncontrollable factors

**We need help and nutritional support more than ever.** Keep in mind, what you do today will make a difference in your health tomorrow. We offer comprehensive, goal driven nutrition counseling, programs and **WHOLE FOOD** supplements. Whether you are trying to achieve weight management, detoxification, nutritional support or simply want a multi-supplement

**Fairfield Spine Center, LLC** has the best products offered in the marketplace today.

Balancing a client's individual chemistry and restoring physiological function to optimal levels can improve one's health dramatically. So, how do you begin?

Begin at the **BEGINNING!**



A Brief Consultation, \$30.00 or a Comprehensive Assessment, \$85.00 is the first step.

If you choose the Comprehensive Assessment, you will complete a Symptom Survey Information Sheet and Seven Day Diet Summary. Once the information has been returned to our facility, and with the help of computer automation, we will be able to provide you with a complete synopsis of your survey. Additional testing i.e. hair analysis, saliva or fecal testing may be recommended. Based on you desire(s), a very specific


**Standard Process**

whole food nutritional program will be recommended and would be completed on a 90 day trial basis. After the 90 days, an updated symptom survey would be completed, processed, and a comparison report generated. Your overall progress will be discussed, any questions that you may have pertaining to your program will be addressed and new goals will be identified.

Why do we use and recommend Standard Process?

**Standard Process**

concentrated whole

food supplements can launch  you on your journey to better health and vitality. They are the Foundation of Health and they subscribe to the belief that, "The quality of a whole food supplement is dependent on the quality of the ingredients and manufacturing process." Beginning at the company's 1,000 acres of farmland and continuing through the final stages of their unique processing, Standard Process provides the highest quality **food** supplements available. Their ingredients include the vitamins, minerals, and trace elements that you would expect to find in a multiple-nutrient supplement. However, their ingredients come from naturally grown and highly concentrated whole foods with no chemical additives. Nope, none! No chemicals during the farming and growing and none added during manufacturing. You **should** read the literature and information that we will gladly share. Your body was designed to operate on food and that is just what we offer. The highly concentrated whole foods in supplement form that will help you balance your daily nutritional needs.