



# Red River Wellness Newsletter

## New Maintenance Products Phase 3 & 4



14 packets per box

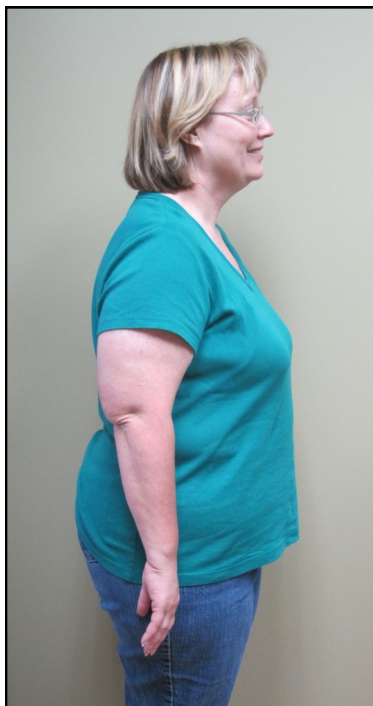
**\$45 per box**

*(Not allowed on phase 1 or 2)*

On a daily basis, combined with a healthy nutrition plan, Ideal Complete can be an excellent tool to help maintain body weight, by having a complete, nutritious meal ready in seconds when our hectic lifestyle prevents us from planning and preparing our meals adequately. It provides a meal option with controlled portions, containing 25 essential vitamins and minerals. It is low in carbohydrates, low in fat and contains 26 grams of protein.



## *Loser of the Month*



**Ronda H. 27Weeks... 62lbs & 68inches**



I hope you had a wonderful Easter Holiday. We are excited about Spring and a new talk entitled "Staying Young the first 100 Years". I'm presenting it every other Monday from 5:30-6:00 and inviting all patients and dieters to give it a listen if it fits in with their schedules. I do believe it's valuable information you're not going to hear anywhere else about how to prevent the downward slide of a person's health as they age. People are spending billions of dollars on cosmetic procedures in our culture and unknowingly neglecting to take care of something that's far more important that will literally determine weather they spend their retirement years doing what they love versus facing a permanent disability. I certainly hope you will take the time to check it out. As a token of appreciation we'll be buying everyone a sub sandwich who attends so the foods on me!

Well, we took Friday's off for a year and I came to the conclusion that it was just not something I wanted to continue. There are too many people that we miss serving and who need to be seen on Fridays so we are opened up again from 8-12am. We're also expanding our hours to serve you by starting at 8:00am instead of 9:00 and coming back after lunch at 2:00pm. I truly believe it will provide more options for you and your family to get the kind of care you need, when it's available for you. Ideally, we will could bring in another doctor in the future to cover the hours we are currently unavailable but we'll keep you abreast! Here's wishing and praying we don't have another flood fight on our hands and instead have a nice steady warm up to a beautiful Spring and Summer.

Yours for better health!  
Dr. Mike Jorgensen

### Mini Italian Frittatas

**Ingredients:**

- 1 cup egg beaters
- 1/2 cup roasted asparagus
- 1/2 cup chopped extra lean turkey bacon
- 1/2 Tbsp parsley

**Directions:**

1. In a sauce pan, sauté asparagus and turkey bacon.
2. Stir together with egg beaters and parsley.
3. Pour mixture into a mini muffin pan and bake at 375 for 8-10 minutes.



**"The nervous system holds the key to the body's incredible potential to heal itself."**

## *5 things people don't realize chiropractic care can help...*

- 1. Feet and hands.** If it's a joint that can move, it can lose motion, which means as a chiropractor we can restore it. Two examples are carpal tunnel syndrome and bunions. Adjusting the feet can help relieve pain from bunions, prevent them from getting worse, and if caught soon enough also visual correct them.
- 2. Relieve headaches.** Those who have headaches know how much they can impact the quality of your life. But, the medication provided to help with the pain can be very damaging to the body (especially the liver) and only treats the symptoms not the problem. Depending on the cause of the headache a chiropractor can help minimize the number and intensity.
- 3. Help with pregnancy pains.** As a woman progresses though the pregnancy process and her belly gets larger the center of gravity drastically changes which can caused severe low back pain. Once she gives birth the pain will stop, but why live with the discomfort for several months? Chiropractic care can help relieve discomfort due to pregnancy and make the birthing processes easier.
- 4. Help with sleep.** In our busy world, many people have difficulty falling asleep or staying asleep. This is due to an imbalance in the nervous system. A chiropractor can help balance the nervous system out so that you can sleep better at night.
- 5. Improve digestion and help with GI problems.** The nervous system is like the mother board of a computer, it controls the functions of every other organ in the body. Like a computer, if the nervous system isn't working effectively then the associated organs won't work effectively either. In this case, if the nervous system associated with any of the GI organs is affected so will digestion. Note: This is not to say that chiropractors can treat or improve all GI problems. To find out if a chiropractor can help your specific situation you should first consult one.