

Special Announcement from the new owner!!

As you know, patrons who receive chiropractic adjustments in our office are required to sign a 6 or 12-month agreement. I firmly believe that a corrective care plan and lifetime chiropractic care are the best way to achieve a pain free and healthy life. But our policy has limited many people who have time or financial limitations and they don't ever receive adjustments in our office. Many of these good people have been suffering for years, even decades! This is simply not acceptable. We want **everyone** to enjoy the benefits of chiropractic! So this special announcement is to introduce a new program at the Cafe of Life that will allow **everyone** to enjoy adjustments and better health. **The Cafe will now offer individual adjustments, if a corrective care plan is not feasible.** Patrons will still go through a complete evaluation, including x-rays if needed. The adjustments will not include: the 5-minute, post adjustment massage (unless health insurance covers that service), re-exams, supportive exercise products, etc. However it will provide excellent symptom relief, naturally and without any side effects. Patrons may pay per time, or may purchase 5 or 10 packs at a discount. At any point, if a patron has been receiving individual adjustments and finds the means or the time to complete a corrective care plan, this is recommended and can be arranged.

We invite you to consider those in your circle of friends, neighbors, co-workers or anyone who you think may benefit from chiropractic care, but have hesitated when considering the larger commitment that they would have been asked to make. I hope this special announcement finds you and your family well.

Warmly,

Dr. Shane & Alicia

(The new owners of the Cafe of Life)

Let the front desk if you have any questions or know anyone who would be interested in this!

Café of Life Newsletter

DECEMBER – JANUARY 2011/12 EVENTS

Call us to reserve your space or suggest new classes!
303-444-7744

You can now get CryoTherapy at the Café of Life!

What the heck is
CryoTherapy??

CryoTherapy boosts the effects of workout, diet, massage, chiropractic, and all kinds of therapeutic treatments—results are achieved faster and last longer. During a CryoTherapy treatment, you will be surrounded by dry cold air for just long enough to motivate the brain and to mobilize and activate all regulatory functions. In the treatment, your bodies immune system will be stimulated, the released endorphins will reduce pain sensitivity, and oxygen enriched blood creates favorable conditions for internal organ regeneration, cell renewal, and eliminating dead cells from peripheral tissues. Café of Life customers will receive special pricing on CryoTherapy treatments so stop in the CryoTherapy office or call 303-495-5240 to ask any questions!



Did you know???

- **80% of people in the western world will be disabled by back pain at some point in their lives.**
- **More than 20 million Americans will seek chiropractic care this year.**
- **Back symptoms are the most common cause of disability for individuals under the age of 45.**
- **Approximately 60% of all chiropractic patients are female.**
- **Even though a camel has a hump, their spine is still straight!**
- **Studies show that only 10% of our nervous system perceives pain. The other 90% is for function...the function of your body!**
- **1000 capsules of Tylenol in a lifetime doubles the risk of end stage renal disease...That means if you take 2 Tylenol a week for 10 years, you are already at 1040 capsules!**

Free Yoga with Margo Mondays December 5, 12, and 19 January 9, 16, 23, and 30

Every Monday night, starting at 6:45, Margo Rosingana teaches a flow yoga class right here in our adjusting studio. This class is open to you, your friends, and family. Yoga is a great compliment to your adjustments...all movement is good movement. Please make sure to bring a yoga mat and comfy clothes. If you enjoy free things, yoga, and relaxation then this class is for you!

A Very Big **THANK YOU** to all who made our food drive a huge success.

We donated a total of 101 pounds of groceries to Community Food Share.

Thank you for supporting and helping the community



Road to Recovery with Dr. Cindie Marren Wednesday December 14th and January 25th 1:00

Tuesday January 10 6:45

This class is designed to help your body heal. The doctors will be giving you exercises and information on how you can keep your body on the "road to recovery". Your body deserves to be taken care of the best way possible so please make sure to attend this class to give your body the care it needs. Plan on attending after your first few weeks of care. That way your body will be ready for all of the stretching and strengthening exercises that Dr. Cindie will be giving you.



- **Taking the correct drug, for the correct diagnoses in the correct dose, will kill about 106,000 Americans per year making it the 4th most common cause of death in the US.**