

SERVICES

Chiropractic

Acupuncture

Massage

Physiotherapy

Applied Kinesiology

Myofascial Release Technique

Detoxification Programs

NeuroEmotional Technique
Mind/Body Balancing

Supplements/Homeopathy

Weight Management

WHOLISTIC WELLNESS is a fee-for-service practice. We will provide the insurance forms you need to submit to your insurance provider, if you choose. For specific service fees, please inquire at our front desk.



**WHOLISTIC
WELLNESS**
CLINIC, PC

Healing...
the
Natural
Way

**WHOLISTIC
WELLNESS**
CLINIC, PC

319.365.1141

Doctor of Chiropractic
Certified Chiropractic Sports Physician
Licensed Acupuncturist
Certified NeuroEmotional Technique

1500 Center Street NE
Cedar Rapids, IA 52402
TCoopdc@aol.com
www.WholisticWellness.com

► ► ► Rebalance ► Restore ► Revitalize

About Dr. Terri Cooper

I've been a chiropractic physician since 1991. For years, I focused solely on chiropractic care and, specifically, on sports injuries. I mastered the art of chiropractic manipulation and saw miracles daily from the adjustment. The power of a chiropractic adjustment humbles me to this day.

Later, I studied acupuncture and received my Diplomate from the NCCAOM. Acupuncture took my practice to another level. It allowed me to help people with their musculoskeletal complaints as well as internal disease problems, like ulcers, irritable bowel, and fibromyalgia. I also learned about whole food supplements and offered nutritional counseling, too. But I still felt I could be of more help to my patients, many of whom came to my office with depression, anxiety attacks, and phobias. I didn't want to send them away with just a name of a therapist or counselor. I wanted to offer something of benefit to them.

In 2000, I discovered NeuroEmotional Technique (NET). It felt like I found the missing piece of the puzzle.

Not only did it rejuvenate my career, it helped me immensely in my personal life. In my mind, the miracle of NET is that, within minutes, you can get to core issues that are causing emotional and physical "dis-ease." You can deal with it, be done with it, and move on with your life.

With the NET piece in place, I changed the name of my practice from Chiro-Sports to Wholistic Wellness. To me, the name change reflects my philosophy: Treat the whole person. I feel I've returned to what chiropractic care was in the beginning: It was always a concept of looking at the triad — structural, emotional, and biochemical — and watching the body heal itself. I want my patients to know that, while there is a time and a place for all health care practitioners, all of our bodies have the capability of healing from within. It's my honor and privilege to assist in that process.

AT WHOLISTIC WELLNESS, we look at the whole person. We offer a wonderful blend of modalities to assist you in being at your best — body, mind and spirit.

Chiropractic Care

We believe that disease results from a lack of normal nerve function. It is our passion to correct the spine through specific chiropractic adjustments, thus allowing the nervous system to function at its optimum potential and our patients to enjoy maximum health.



NeuroEmotional Technique (NET)

Maybe you suffer from depression, anxiety attacks, or phobias. Or maybe you feel like something within

You is keeping you from the best you.

NeuroEmotional Technique (NET) can help get to the heart

of these issues. Our bodies hold on to unresolved emotions, such as fear, anger, and grief. Ultimately, when our body doesn't "let go" of what was originally a healthy response, our nervous system is short circuited, negatively affecting our beliefs, our behaviors, and even our physical body. Through NET, our practitioners help you identify and release stuck emotional events, real or imagined, that are locked in your body. The result is a new level of health and confidence. For more information about NET, go to www.netmindbody.com.



Nutritional Supplements

In the world we live, most everyone needs at least a quality nutritional supplement. Our practitioners help you determine what your body is lacking. We carry whole food and pharmaceutical

grade supplements, which work on the cellular level of the body. The nutrition provided is the best you can consume. For example, our Vitamin C supplement is the equivalent of eating an entire orange — not just part of the orange (the ascorbic acid). We sell Standard Process whole

I am a changed person! I am totally off the antidepressant I had been on for the past two years! I feel better than I have in a long, long time! — Jo

food supplements. For more information, visit www.standardprocess.com.

Wholistic Wellness also offers:

- ▲ Massages: Stone massage, Lymphatic Drainage and Swedish massage
- ▲ Physiotherapy
- ▲ Applied Kinesiology
- ▲ Detoxification Programs
- ▲ Chakra Balancing
- ▲ Weight Management
- ▲ Myofascial Release

Acupuncture

The Chinese practice of inserting fine needles into specific points of the body can help cure disease and relieve pain. By allowing the body's energy (Qi) to flow openly, acupuncture helps the body to heal. Acupuncture also is effective in helping people in other areas, such as weight loss and smoking cessation. www.ama.edu



I walked into the office hunched over with pain from my migraine, but the minute the needles were in place, I started to feel better. By the time I was in my car, I was 90% pain free, and by evening the pain was gone. Acupuncture works! — Nicole