

# The Whole Story

Wholistic Wellness Clinic, PC

January/February 2005

## News from the Coop

Welcome to my new newsletter!

It goes hand-in-hand with my New Year's resolution: To help people better understand the importance of the mind/body connection to their health care. Too often when people are feeling poorly, they go to their doctor in hopes that he or she will wave a magic wand, or at the very least, provide a magic pill that will help them feel better. I believe a more wholistic approach to wellness is necessary. Typically, you see that word spelled "holistic" rather than "wholistic." The latter more accurately reflects what we do at Wholistic Wellness Clinic. We look at the whole person (not the "hole") and then craft a treatment plan. First, the body must be in perfect alignment. Enter Chiropractic. Once the structural component is in place, we look at addressing other issues. How is your nutrition? Do you need nutritional supplements to help compensate for what your body is lacking? Are you in chronic pain? Perhaps acupuncture is in order. I'm especially excited about the promise of NeuroEmotional Technique (NET). Through NET, people can identify and release emotional events, real or imagined that are stuck in their bodies, resulting in depression, anxiety attacks, and phobias. NET truly helps us to see the impact the mind can have on the body — both in making us ill and in making us well. Experience NET in private, individual sessions, or consider attending one of our monthly Emotional Release Technique (E.R.T.) group sessions (see story this newsletter). Both demonstrate the power of the mind/body connection.

In health,  
Dr. Terri Cooper

## E.R.T. Group Sessions underway

Now through June, Dr. Cooper will facilitate group Emotional Release Technique (E.R.T.) sessions. These sessions allow participants to get to the core issues that are causing problems, and then clear those blocked emotions — as a group. This isn't individual NET done in a group setting so participants don't have to share their individual stories. The dynamics and energy of the group experience are extremely powerful! Join the February 7th E.R.T. session by calling Wholistic Wellness at 365-1141. The cost is \$25 per session. ■

## WELCOME Dr. Robin Voorhees

While Dr. Cooper is facilitating a NET beach retreat, Feb. 2 – 7, Dr. Robin Voorhees will be filling in at Wholistic Wellness. Dr. Voorhees is a chiropractic physician and acupuncturist from Ankeny. Dr. Voorhees will join Dr. Cooper the week before to meet patients and to help ensure the office runs smoothly during Dr. Cooper's absence. (Want to know more about Dr. Cooper's NET beach retreats? Email her at Tcoopdc@aol.com). ■

## Flu Immune now in stock

We have received a shipment of a new product called Flu Immune. It's recommended for the relief of flu-related symptoms such as aches, pains, fever, and chills. This product can be used at the onset of symptoms and as a preventative. Flu immune contains the ingredient that is the No. 1 homeopathic medicine for flu in the United States, Canada and France. Recent clinical studies indicate that 63 percent of patients treated with this ingredient showed a clear improvement within 48 hours. Flu immune used in combination with ER 911 works to stimulate your body's immune system and provides a broader scope of relief. ■

## Supplements Savings Club set to save you money

With the new year, we started the Supplements Savings Club at Wholistic Wellness. Join the club for \$25 and for one year, you'll receive 10 percent off the nutritional purchases you make on Mondays. Place your order in person, over the phone, or via email. Pay with a credit card and pick them up at your earliest convenience. The response to this club has been great! Let us know if you need more information. ■

## Weighty Issues: What's in Your Emotional Refrigerator?

Do you continually sabotage your efforts by overeating and avoiding exercise? Rather than opening up that refrigerator door, consider opening up to the core reasons that cause you to eat in times of trouble. Join Dr. Terri Cooper at this E.R.T. group session, February 21st. ■



Wholistic  
WELLNESS  
CLINIC, PC

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Established January 2005 for clients, employees, and friends of Wholistic Wellness Clinic, PC.

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