

# The Whole Story

Wholistic Wellness Clinic, PC

Winter 2007

## HPV Vaccine

A lot of pressure is on parents right now to have their daughters receive the vaccination against HPV virus that causes cervical cancer. I strongly encourage you to educate yourself before taking this step. A good web site for information is [www.gogshot.com](http://www.gogshot.com). As you'll read, death is one of the adverse reactions to this vaccine. For the record, my own daughters will not be receiving this vaccine. If you have any questions about this or other vaccines, please feel free to contact me. ■

## Dr. Cooper to present at Beyond Rubies

Dr. Cooper will present a workshop at Beyond Rubies 2007, Thursday, March 15, from 2:30-3:45 p.m., in Iowa Room C&D, Iowa Hall, at Kirkwood Community College. Dr. Cooper will demonstrate how you can "talk" to your body and discover the stressors slowing you down or making you sick. Find the problem, fix the core issue, and enjoy life again. The early-bird registration deadline for the two-day conference (March 15-16) is Feb. 14. For more information, visit [www.kirkwood.edu/rubies](http://www.kirkwood.edu/rubies) or call 319.398.1022. ■

## Dr. Cooper presented in Kavi, Hawaii

Dr. Cooper presented Six Steps to Wellness, Feb. 6, in Kavi, Hawaii. "A tough job, but someone had to do it!" she jokes. ■

## Mother's Wellness Class, April 28

If you've ever wanted a better relationship with your mom — or just want to be okay with the one you have — this class is for you. Join us April 28, from 9 a.m. to Noon, at Corporate Center 200 in Marion. The cost is \$99. The class will assist you in being the best "you" you can be — mother or daughter! Upgrade to a wellness spa day at Wholistic Wellness for \$199 (includes adjustment, ASERT, IonCleanse, acupuncture, and a half-hour massage or reflexology. Must be done in one day — a \$75 savings!) ■

## Acupuncture Corner

During this time of year, the kidney and bladder are requesting more energy from the body. If you are deficient in these areas, you will experience one or more of the following: backaches, bladder and kidney infections, hair loss, knee pain, fatigue, and low energy. Consider acupuncture if you are experiencing any of these symptoms. The energy levels right now are only at 3.0 hz in the earth so many are feeling fatigued. It's important to rest during this time. In March, we'll bump back up to 5.5 hz. With the days getting a little longer, it'll be warm before you know it! ■

## Flu Immune now in stock

We have a shipment of 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. ■

## Wellness Seminar, April 18

As we move toward spring, wouldn't it be great to get your health on the right track? As a thank you to our patients, Wholistic Wellness will be offering a free Wellness Seminar, April 18, from 6-8 p.m. Learn the six steps to wellness and attain that goal of health. Bring a friend, too! ■

## Stay Warm

It's important to keep your ears and mouth covered when it's cold out. If you start to feel unwell, make an appointment at the earliest stages. We have several nutritional supplements and homeopathies that can help. Also, chiropractic adjustments and acupuncture can get you back on the road to health. Keep the following on hand:

- **Monolaurin:** a natural anti-viral
- **Nutricillan:** a natural antibiotic
- **Virex:** this liquid helps with viruses in children
- **Total Bac-t:** another liquid for children with bacterial infections
- **Congaplex:** for colds, fever, strep and congestion
- **Antronex:** for runny noses and watery eyes
- **Immuplex:** helps to boost the immune system (take 2/day) ■



**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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