

The Whole Story

Wholistic Wellness Clinic, PC

March/April 2005

News from the Coop

Soon we'll be hearing robins chirping, lawnmowers buzzing, rain falling — all sure signs that Spring is here. As we move into warmer weather, remember that it's still important to keep your ears and bodies covered. Wind and cold invasion are very real and can give you that extra nudge toward a full-blown spring cold. Wind and cold enter through holes in the body, and if you get a little antsy for summer and don't dress appropriately, they can find their way in you. Spring also is the auditing cycle, meaning your body will do a "clean up" and go through a memory cycle. You may be going along great, and then "boom" — stomach troubles, headaches, backaches and the like start poking around. Just as you would tune-up your car on a regular basis, don't forget to give your body a regular chiropractic adjustment — or consider acupuncture. Your body audits four times a year, during each equinox: March 21, June 21, Sept. 21, and Dec. 21. Two to three weeks before and/or after these dates, the body goes through this memory cycle. Acupuncture can help balance the meridians during this time so you don't have to go through this cycle again and again. The energy of the earth will be changing on March 21, going from 3.0 HZ up to 5.5 HZ, meaning more energy and longer days. March and April are gallbladder/liver months. These meridians regenerate at this time so if the energy in those areas of your body is not adequate, you may experience such problems as headaches, indigestion, joint pain, sprains, pains, and difficulty sleeping. Again, acupuncture works great to relieve these symptoms. If you'd like more information, please call our office.

In health,
Dr. Terri Cooper

Ready for allergy season?

Along with that beautiful green grass and gorgeous flowers comes a not so welcome sign of spring: Allergies. If you suffer from allergies, consider Standard Process® whole food supplements such as Allerplex® and Antronex. ® Allerplex is formulated to support the body's immune

system response to seasonal, environmental and dietary stresses. Antronex has been shown to help maintain a healthy liver. It is a natural antihistamine and is great for your runny nose, watery eyes and does not make you sleepy. Talk with Dr. Cooper for more information about how these and other supplements might help. ■

Upcoming E.R.T. Group Sessions

If you're struggling with weight, money, or guilt, consider attending one of Dr. Cooper's powerful Emotional Release Technique (E.R.T.) Group Sessions. Group E.R. T. 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. The cost is \$25 per session. If you're interested, call the office at 365-1141.

• What's in Your Emotional Refrigerator?

If weight is an issue in your life, maybe it's time to take a look at what's eating you. Consider attending our next Emotional Release Technique (E.R.T.) Group Session, March 7. The session is titled, "What's in Your Emotional Refrigerator?" This is our second weight-loss meeting and 90 percent of the participants for the first one have signed up!

• Money Talks

The topic for the March 14 E.R.T. Group Session will be "Money Talks: Explore your relationship with money." If you want to get at the core issues surrounding money in your life, consider attending this powerful meeting.

• Guilty Plea

Learn to let go of guilt, once and for all, through this E.R.T. Group Session. This session is scheduled for April 11.

Watch for the next
newsletter announcing
new extended hours!!

Powerful NET Beach Retreats Offered

If you've ever experienced NeuroEmotional Technique (NET) at the clinic, you undoubtedly know how powerful it can be. Dr. Cooper is now taking NET out of the office — and out of Iowa, in fact! If you're ready for a life-changing experience, consider joining Dr. Cooper in beautiful Florida for a NET beach retreat. The most recent one was offered Feb. 2 – 7. If you're interested in learning more, email Dr. Cooper at Tcoopdc@aol.com. ■

Dr. Vorhees to Serve Externship

We're excited to announce Dr. Robin Vorhees will be joining our staff for an externship! Dr. Vorhees is a chiropractic physician and acupuncturist from Ankeny. She has been a chiropractor for four years, has acupuncture certification, and has attended NeuroEmotional Technique training. Please help us welcome Dr. Vorhees! ■



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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