

The Whole Story

Wholistic Wellness Clinic, PC

Summer 2006

Do You Stand a Chance? Maximized vs. Minimized Living

Current statistics show more than one out of two people die early or are prematurely stricken with degenerative illnesses, such as heart disease, cancer, Alzheimer's/ dementia, diabetes, and/or severe arthritis. Additionally, those aren't even the top killers. Research shows it's even more likely you'll be hurt or die by prescription or over the counter medications. America is fairing poorer and poorer when compared to other nations. In recent weeks, the health of United States citizens was compared to that of England's. Those in England were found to be far healthier in every single category of health, despite that the U.S. spends twice as much per person on "health" care. English lifestyle, including smoking, drinking, and diet, are worse than Americans. So why are we sicker? The truth is our health care system clearly doesn't actually provide any "health," but rather promotes sickness. So here's your question: Do you want to be part of the U.S. "health" care system? If your answer is no, we can help. Cooperate with the design of your body. Healthy posture, structural integrity of the spine and nervous system, the right quality and quantity of nutrients, stress management, and cardiovascular and muscle function obtained through regular physical activity. Nurture a nontoxic internal environment for your cells. Key toxins that interfere with normal function are medications, refined foods, sugar, additives, colorings, preservatives, alcohol, and smoke.

Facial Renewal Spa Day, June 7

A Facial Renewal Spa Day is set for Wednesday, June 7. We do have a waiting list. This day includes Facial Acupuncture, IonCleanse, and Reflexology with Julie Bushman, our newest member to the Wholistic Wellness team. Julie is a Licensed Massage Therapist who graduated from Eastwind School in Iowa City. We are very excited to have these new services available for you. We plan on hosting one spa day a month over the summer so call to reserve your spot, 365-1141. ■

Drs. Cooper and Voorhees Continue NET Training

Dr. Cooper and Dr. Voorhees just completed another NeuroEmotional Technique Seminar and continue to have new and cutting edge techniques to help with your health care. Our ultimate goal is to help our patients, our families and our staff to attain and keep their wellness. ■

Remember the H2O

As we enter the summer months, we need to remember to hydrate our bodies with nourishing WATER. Remember: We are over 80 percent water and, therefore, our body needs this for optimum health. I recommend a quart of water for every 50 pounds of body weight. Also, remember to eat fresh fruits and vegetables daily. If you are not getting that into your body, consider taking a supplement called Green Food. It is an all-natural source of fruits and vegetables. ■

Wuji Rock Tea

We are now carrying a new individually packaged great tasting tea. Enjoy the refreshing and healthy tea, rich in antioxidants, studies have shown drinking green tea helps manage and lose weight, lower cholesterol, control blood sugar, lower the risk of heart disease, and lower the risk of cancer. Try it today in peach, raspberry, lemon, plain and coffee flavors. ■

Help for Allergy Sufferers

We have had some amazing results this spring with an allergy elimination technique. This was one of the worst springs recorded for pollen counts and we had several patients get through the season with this technique and nutritional supplements. If you'd like more information, please contact the office.

"I just want you to know how much you and your staff have helped me to feel better and make healthy changes in my life. I feel great. My headaches and sinus infections are gone. My ASERT appointments have eliminated my allergies. This spring I haven't experienced any allergy symptoms or sinus infections. —Steph K. ■

Summer is Heart Time

Summer is when the heart is requesting the most amount of energy from the Universe. The energy of the Earth is going up to 8.0 htz, up from 5.5 htz in the spring. The days are longer and we are up and moving more. If you have not exercised in a long time, it may be smart to have your blood pressure, cholesterol and blood sugars checked at our office. Let us help you get your health back on track. This is a great time to have acupuncture if you have any heart-related illness because the energy will pull at the heart first. ■



**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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