

The Whole Story

Wholistic Wellness Clinic, PC

Fall/Winter 2006

Patient of the Month

We are always touched to hear how Wholistic Wellness has impacted your health and your life. We thought you might enjoy hearing some of those stories as well. Each month, we will be spotlighting a Patient of the Month so that our clients also can hear other people's stories of health and wellness. If you ever have a difficult time explaining to others how Wholistic Wellness has helped you, share some of these stories with them. Through the words of others, we can each help those we love see that there is a way to feel better that doesn't involve prescription medicine or surgery. If you would be interested in sharing your story, please let us know. This month's Patient of the Month is **Karen Volesky**, 64, of Cedar Rapids, who came to Wholistic Wellness because she was sick and tired of being sick and tired. She recalls being even too tired to drive herself to her first appointment. Since coming to Wholistic Wellness in 2002, Karen has increased energy, strength and vitality. Her overall quality of life has improved remarkably. Please read more about Karen's experience in the "book" in our office – or on our web site at www.wholisticwellness.com. ■

Acupuncture Corner

Fall is typically when lung issues and large intestine issues surface. Since these areas are requesting lots of support and energy, it's important to keep them in balance. Drink plenty of water because both organ systems require a lot of water for their health. Eat plenty of fruits and vegetable to keep the large intestine clean and working properly. Also, wear a hat and scarf to keep wind and cold out of the lungs. If you find yourself getting a cough or upset stomach, acupuncture can help. Call the office as soon as you feel yourself feeling unwell and set up an appointment. Don't wait or you will allow the virus or bacteria to set in, making it more difficult to treat without medical intervention.

Catch it early, rest, consider nutritional supplements as well as acupuncture and an adjustment, and you'll be back on track in no time. ■

News about the HPV vaccine

- Before having the girls in your life vaccinated for the HPV virus, please read this important newsletter from Dr. Christine Northrup. Dr. Cooper is adamant that her daughters will not receive this vaccine for cervical cancer.
- If you have questions or want more information, please contact Dr. Cooper or visit www.gogshot.com. Dr. Northrup's newsletter is available by visiting www.drnorthrup.com/eletter-current_a.php

Wellness Packages At Special Rates

- Spoil yourself or someone you love with an end-of-the-year gift of a Wellness Package. These packages offer a huge savings! Each package may only be used by one person and expire December 31, 2007. Call the office for more information:

- • **ASERTS with Ioncleanse:** Buy 10 at \$500 — save \$250
- • **IonCleanse:** 10 at \$350 — save \$150
- • **Acupuncture:** 10 at \$400 — save \$50-\$150
- • **Lyposage:** 10 at \$750 — save \$250 *Massage to eliminate cellulite!*
- • **Facial Revitalizing Acupuncture:** 10 at \$1,000 — save \$125
- • **Chiropractic Wellness Adjustments:** 12 at \$400 — save \$33 an adjustment; buy 6 get the 7th free!
- • **Reflexology:** 5 at \$250 — save \$50
- • **Fuel Fitness Body Transformation:** 12 weeks at \$450. Focusing on fat loss, money back guarantee!
- • **Personal Training Sessions:** \$50/month — 6 month min. ■

Take a Nap

- From summer to fall, the Earth's energy drops from 8.8 Hz to 5.0 Hz. By Winter Solstice, Dec. 21, it will drop to 3.3 Hz. That is why you may be feeling more tired lately. Give your body plenty of rest. Take a nap. It will do you good. ■

Ready for Cold/Flu Season?

- As we head into the cold and flu season, consider having the following supplements on hand:

- **MONOLAURIN:** Contains lauricidin, a natural anti-viral that helps the body kill viruses;
- **TOTAL VIREX:** Another great anti-viral;
- **NUTRICILLAN:** Natural antibiotic;
- **VIREX:** Liquid anti-viral that is great for children;
- **COLLOIDAL SILVER:** Liquid anti-microbial that kills bacteria, virus and fungus;
- **CONGAPLEX:** One of Dr. Cooper's favorites. This is great for strep, boosts the immune system and helps the body fight congestion. Dr. Cooper's children take one of these before school every day.
- **IMMUPLEX:** Multi-immune booster. Dr. Cooper takes this one daily;
- **ANTRONEX:** Natural antihistamine that contains yakitron, a japanese herb. Helps with runny nose and watery eyes without making your head feel funny. Another great one for kids.
- **FLU-IMMUNE:** Helps rid symptoms at the first signs of the flu.

- Jump-start your immune system fast with a chiropractic adjustment. One every four to eight weeks and at the first sign of illness is recommended. Follow an adjustment up with good nutrition, nutritional supplements, and plenty of water. ■

Office Hours

- Dr. Cooper will be out of the office Nov. 16 through the Thanksgiving break. Dr. Voorhees will be in the office. ■



**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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Looking for Balance?

If you are looking for balance in your life, consider attending Dr. Cooper's workshop at Unity Center of Cedar Rapids, Sunday, Oct. 29, 1-3 p.m. (Cost: \$25/person). Dr. Cooper will demonstrate techniques to lower stress and live each day more fully. She will help you uncover core emotions and belief systems that may be sabotaging your life and keeping you from the success you desire. Unity is located at 3791 Blairs Ferry Road NE.

Children, adults benefit from Eye Lights

If your child is having difficulty reading, focusing in school, or retaining information, you may want to consider Eye Lights. Eye Lights work by stimulating the weaker side of the brain, allowing it to become stronger and ultimately improving overall mental and physical performance. Not only are children with learning disabilities wearing them in order to be more attentive and focused, athletes are wearing them to increase their performance or to push through a plateau. Eye Lights also are effective in dealing with stress, depression or neurological disorders. They can be used by anyone since all of us have one side of the brain that functions at a higher level than the other. Ask us how Eye Lights can help you or those you love. ■