

Did you know?



Spinal Disc Disease can be reversed! That's right, our patented systems that allow for spinal curve correction combined with the patented non-surgical spinal decompression with the SpineMed can actually reverse degenerative disc disease, bulging discs and herniated discs. The SpineMed's unique distraction method and advanced system sensors allow for a painless, gentle stretch to unload damaged discs creating a vacuum force to rehydrate and retract disc bulges and herniations.

The Benefits of supplementing with a "multi-vitamin"

Sadly our soil is depleted to the point where the food-nutrient content is keeping us sick. Years ago one might argue that taking vitamins was unnecessary but today, if you're not, you're losing the health game. I recommend having regular bloodwork (at least twice per year) to evaluate your health and measure the effects of your diet and supplement regimen. The "multi-vitamin" I take is called NutraMetrix Daily Essentials. It is a powder to be mixed with 8 ounces of water taken once daily. It's one of the ways I've managed to avoid sickness for decades. You can find it at allyspinecenter.com

Do You Know the Four Essentials of Life?

Most of our patients are interested in getting and staying healthy. It's important to recognize what health is and where it comes from. It's really about FUNCTION and our bodies' ability to ADAPT to stress. I like to remind people that we all have what it takes to be well. Our INNATE wisdom born into us by GOD knows more in one second than our 'educated' knows in a lifetime. Focus on the 4 Essentials, **Food, Water, Oxygen and Nerve Supply** and you'll be a lot healthier for a lot longer!

May's Provider Spotlight:

One of my most favorite referrals is the great Julie Jones! Julie is an author, producer, has her own T.V. show, and has coached hundreds of people on how they can reach their goals and dreams through her **Stop Waiting, Start Living Coaching**. She is a force of nature but at the same time, a compassionate and empathetic listener. Julie has many gifts and perhaps her superpower is in helping people reframe and retrain their state of consciousness to release themselves from fixed ideas and self-limiting beliefs. Julie has been a coach of mine and I give her my highest recommendation. To get to the next level and to reach your full potential call Julie. She can be reached at 480-570-7382 and www.juliejones.biz