



**Did you know** your body is constantly healing and repairing itself? Our bodies are fully equipped to heal and regulate in order for us to maintain optimal health throughout our lives. The primary function of our nervous system is to do just that. **The key to maintaining our health lies in our spine.** When the spine is properly aligned and moving correctly, we can enjoy its protection and allow our nervous system to perform its job as the great conductor of the symphony of perfect function in our bodies. For over 25 years we have helped our patients restore their health through advanced chiropractic care and non-surgical spinal decompression.

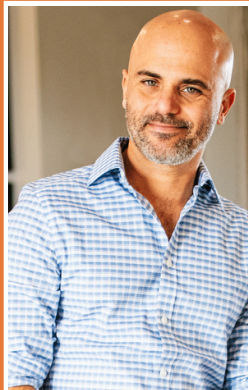
### Nutrition Tip of the Month:

If you are someone who suffers from chronic low-energy, brain-fog, anxiety, depression or even from a chronic cough, you may just be vitamin B deficient. It is a very common problem especially seen in people who drink alcohol regularly, smoke, or are strict vegans or vegetarians as B12 in particular is most easily consumed through animal products. B complex vitamins can help with so many of the body's functions. If you suspect a deficiency get your bloodwork done or ask us to help. I recommend Dr. Mercola's B-Complex and you can order it at a discount on my FullScript portal on my website.

### July's Provider Spotlight

This month we want to highlight a local dermatologist specialist who owns and operates a mobile practice! Meet Dr. Hope Pack of Truly Dermatology. She provides concierge dermatology services right in your own home or office. No need to wait one to two months for an appointment and she can even do biopsies if needed and send them out to a lab for review. I was introduced to her by a local naturopath and used her services myself. I am so glad I did and I whole heartedly recommend you do too! Her rates are reasonable and so are the lab fees. As we approach the real sun and heat now in the Valley, it's a great time to get checked. She can be reached at 480-670-6025 as well as her website: [trulydermatology.com](http://trulydermatology.com).

### What's New at Ally Spine Center?



We are pleased to announce the introduction of Dr. Rafic Alaouie to our clinic. Dr. Alaouie will be seeing patients for chiropractic care as well as for overall health through his Functional Wellness practice. As an accomplished chiropractic physician specializing in longevity medicine and anti-aging strategies, he can be seen in our clinic for consultations starting in July. He will bring with him a level of expertise that fits in well with our corrective care practice and will help patients discover and treat underlying concerns ranging from diabetes to thyroid conditions as well as metabolic issues and weight loss.



**contact:**



**[www.allyspinecenter.com](http://www.allyspinecenter.com)**



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