

The Spinal Column



ALL ABOUT POTENTIAL FAMILY CHIROPRACTIC

"WHERE YOUR BODY'S POTENTIAL IS OUR PRIORITY"

It's Our Birthday and We Are Celebrating!

Thank you for allowing us to serve you and your families for

 **10 YEARS** 

We will be celebrating during the week of March 15 -19.
We want you to join us!

Spin to win!

**Spin our wheel full of wonderful prizes such as
Massages, \$5 off your visit, T-shirts, Mugs,
Keychains, Notepads and more!**

Enter to win!

Family Fun Day at Watiki Water Park in Rapid City

Join us for lunch & birthday cake!

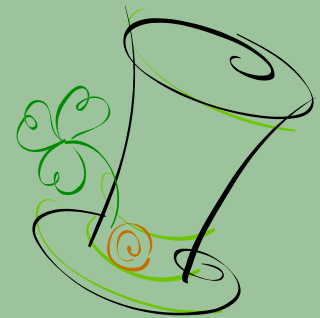
**Wednesday, March 17th 11:30am-1:00pm at
Guadalajara's Mexican Restaurant in Spearfish!**

**Homemade treats and
beverages everyday!**



What's happening?

- *Monthly Lemmon visit
March 3rd 8:30am-4pm
Please call 644-9074 for
appointment*
- ***Dr. Dawn has added hours.**
She will be working every
Tuesday from 12pm – 3pm
starting January 12th*
- *Patient Appreciation Week
March 15-19.
- Spin the wheel of prizes
- Join us for lunch **on us** at
Guadalajara's March 17th*
- *Dr. Scott is headed to Haiti
on a mission trip. He will be
out of the office March 22nd
through the 26th. Dr. Dawn
will be filling in all week.*



Spotlight A Company

Would your company
or office benefit from
an in house
chiropractic screening
and chair massage
clinic?

Contact Nichole at
644-9074 or email
nichole@allaboutpotential.com

Welcome To Our New Patients:

Alyssa W. – Spearfish, SD
Alisa E. – Spearfish, SD
Carolyn H. – Spearfish, SD
Joe B. – Newell, SD
Renee C. – Sioux Falls, SD
Ray M. – Aladdin, WY
Cortney M. – Lemmon, SD
Rachel M. – Spearfish, SD
Scott N. – Spearfish, SD
Derek S. – Northville, SD
Shayla H. – Belle Fourche, SD
Bobbi J. – Sturgis, SD
Angie O. – Spearfish, SD
Haley H. – Spearfish, SD
Joshua M. – Aladdin, WY
Gunnar J. – Belle Fourche, SD
Lacey R. – Belle Fourche, SD
Jeff H. – Upton, WY
Kadin B. – Sturgis, SD
Eva D. – Belle Fourche, SD
Kristin S. – Kennebec, SD
Amanda W. – Spearfish, SD
Josh H. – Spearfish, SD
Forrest C. – Deadwood, SD
Clay M. – Aladdin, WY
Alec S. – Spearfish, SD
Walker S. – Spearfish, SD
Zach S. – Spearfish, SD
Alec B. – Spearfish, SD
Kayla H. – Spearfish, SD
John F. – Spearfish, SD
CJ C. – Belle Fourche, SD
Titus C. – Gillette, WY
Justin T. – Spearfish, SD
Shery P. – Chas, SC
Hannah H. – Spearfish, SD
Sabrina W. – Lead, SD
Brandon B. – St. Onge, SD
Lonnie H. – Spearfish, SD
Jake M. – Belle Fourche, SD
Dawson S. – Spearfish, SD
Joshua S. – Spearfish, SD
Carson G. – Spearfish, SD
Katie M. – Spearfish, SD
Gene K. – Sturgis, SD
Ann H. – Rapid City, SD
Abi F. – Belle Fourche, SD
Dave W. – Gillette, WY
Wes B. – Spearfish, SD

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It's a small world so let's make a difference!

We Must Respond!

By Dr. Scott Hourigan



Has anyone wondered what's going on in Haiti? It seems as though the fateful media has already shifted our attention to other matters, even though there is an enormous need in Haiti. Since that fateful day, January 12, I have been wondering, "what can I do"? I have been given the opportunity to be a team leader on a medical response team that will be leaving in just a few short weeks. Myself and 9 others will travel to Port au Prince on March 21 and provide medical care and counseling to the people of Haiti. Included in these nine people are medical doctors, nurses, physical therapists, EMT's and other health professionals.

I have been told the pictures on CNN are accurate, and the devastation and need in Haiti is great! Not only are many brick and mortar structures scarred, battered and demolished, but the lives of people have been shattered by the resulting loss of jobs and educational opportunities. Not only were school buildings destroyed, but it is estimated that 8,000 teachers' lives were lost, and all of the colleges and advanced training schools in the earthquake area are now nonexistent. Even before the earthquake, unemployment in Haiti was at an alarming 70% and the literacy level at 50%. The earthquake now throws the potential for this country into question, unless the people of Christ respond!

Our Haitian brothers and sisters need us to walk alongside them. They need us to show love, understanding and compassion.

When we return, we will be able to give you first hand knowledge of what is going on in Haiti; but you may be wondering, what can I do? If you feel led to give or donate, let myself know and we will take what we can with us. We have been told the need is great. Here are just a few things we could use besides prayer:

Band-aids

Tweezers

Benadryl

Antifungal Cream

Triple Antibiotic Ointment

Hydrocortisone Cream

Pepto Bismol

Scissors

Alcohol Swabs

Tylenol

Sudafed

Imodium

Suture Kit

It is estimated that the supplies we need to take with us will cost close to \$2,000. If you would like to give a monetary donation for supplies that would be helpful as well. *I thank you in advance for your prayers and support and can't wait to lend a helping hand to those in desperate need. God Bless!*

Specials, Promotions and Just Plain Fun!

Congratulations Jenna Lamb!

Jenna had the closest guess in the February contest! The correct number of candy hearts was 2,022 and Jenny guessed 2,021!



Enjoy your 30 minute massage Jenny



Supplement of the month

Mention the newsletter and receive
10% off the supplement of the month!

Resveratrol

Poor cellular and cardiovascular health is becoming a worldwide epidemic. An unhealthy diet of processed, high-calorie, high-fat foods, pollution, smoking and sedentary lifestyles all contribute to poor cell and heart health. Scientists revealed The French Paradox, which states that even though the French drink, smoke and eat high-fat foods they have some of the lowest incidences of poor cardiovascular and cellular health. Scientists attribute this to the large amounts of red wine that the French consume, or more importantly, an extract found in red wine, resveratrol. Resveratrol is an ingredient with incredible clinical research revealing that it supports cardiovascular and normal cell health. Because wine is so highly processed, the actual amount of resveratrol is quite low. One would have to drink at least three bottles of red wine a day to experience the effects of resveratrol extract. Additionally, the content of resveratrol in red wine is inconsistent and varies by type of wine, region and processing techniques. Resveratrol extract or more specifically, Resveravine®, which is a more concentrated form of resveratrol, ensures that the body reaps all of the benefits of resveratrol, without the ill effects from three bottles of wine.*

Benefits of Resveratrol

- Increases energy
- Combats aging
- Improves memory and mental focus
- Maintains healthy cholesterol levels
- Regulates enzymes and hormones
- Reduces the occurrence and damage of defective cells
- Promotes prostate health
- Aids in weight control
- Supports immune functions
- Maintains cardiovascular health
- Promotes healthy blood sugar levels
- Provides strong antioxidant protection
- Success in children with ADHD



*These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure or prevent any disease.*



nutraMetrix®
ADVANCED NUTRACEUTICALS

Standard Process
Whole Food Supplements Since 1929

NUTRI-WEST

Juice
PLUS+

Office Hours:

Mon.	8am-5pm
Tues.	8am-9am 1:30pm-6pm
Wed.	8am-5pm
Thurs.	8am-5pm
Fri.	8am-Noon

Dr. Scott's Days

Mon., Tues., Thurs., Fri.

Dr. Dawn's Days

Tues. PM, Wed. and
Thurs. PM

Massage Hours:

Tracy

Mon.	9am-6pm
Tues.	1pm-6pm
Wed.	9am-4pm
Thurs.	9am-6pm

Marcy

Wed. 4:15pm-6:15pm