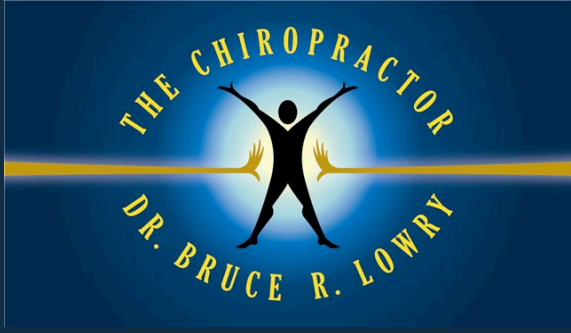


Wellness for Life!



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American Fork, UT  
84003

Phone:

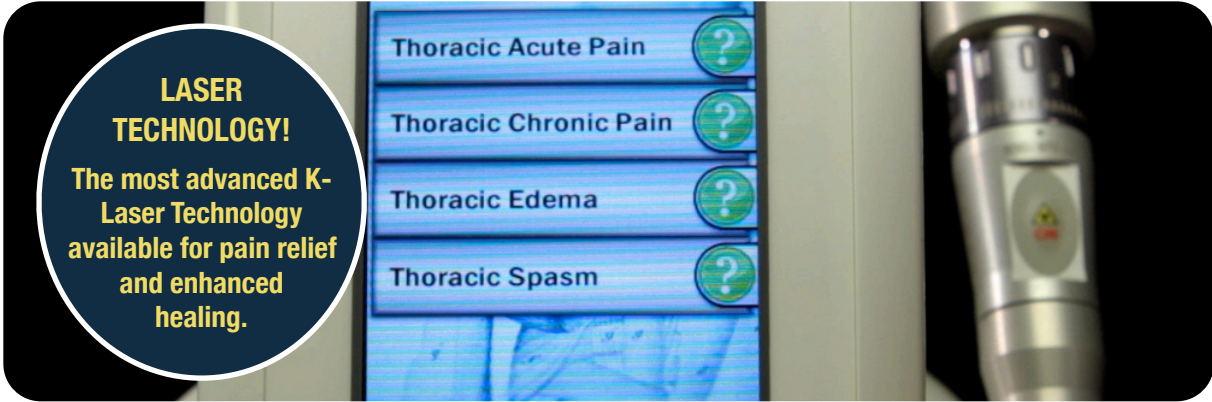
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**DYNAMIC HEALTH  
CARE  
WELLNESS CENTER**  
November 2011

[www.thechiro.net](http://www.thechiro.net)



Bruce R. Lowry, DC  
*Relationships built on trust, care and results!*



**PAIN RELIEF! PAIN RELIEF! PAIN RELIEF!**  
We are proud to introduce the most advanced Laser technology for the relief of PAIN available in the market.

## Experience the Intuition

The range of applications of Class IV laser therapy is nearly boundless and ever expanding. Our clinically driven software platform currently guides us to 55 pre-set protocols that have been intuitively organized by anatomy, size, and chronicity. No other laser exists that can offer you the ease-of-use and robustness of technology that is the K-Laser. Schedule your appointment today. Special Packages available for multiple sessions.

**\*SPECIAL November 2011 Buy one Laser treatment and receive a second treatment at Half Price.**

*\*Special for New Patients Only*

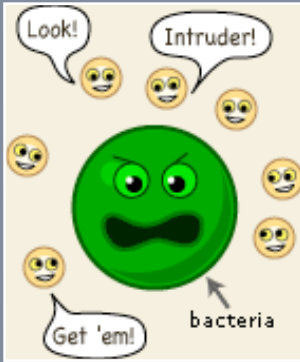
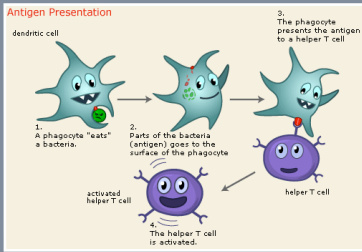
**Call**

**801-756-3888 today.**



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# WINTERIZE NOW



Your Immune System is a wonderful innate system designed to assist you in maintaining Wellness.

Do You Suffer From. . .

- SINUS PROBLEMS
- RESPIRATORY ISSUES
- COUGHS, COLDS AND FLU
- HEADACHES AND FEVERS

We Have Natural Solutions designed just for you. And only available through Professional Providers. Start with simple program to boost the immune system.

**Winterize Now** With flu and cold season here its time to build the immune system to prevent down time and keep our families well. The Chiropractor offers several programs designed to build and fortify your body's own defense system (see specials below).

## The Immune System

The immune system is one of nature's more fascinating inventions. With ease, it protects us against billions of bacteria, viruses, and other parasites. Most of us never reflect upon the fact that while we hang out with our friends, watch TV, or go to school, inside our bodies; our immune system is constantly on the alert, attacking at the first sign of an invasion by harmful organisms.

The immune system is very complex. It's made up of several types of cells and proteins that have different jobs to do in fighting foreign invaders. The first part of the immune system that meets

invaders such as bacteria is a group of proteins called the *complement system*. These proteins flow freely in the blood and can quickly reach the site of an invasion where they can react directly with *antigens* - molecules that the body recognizes as foreign substances. When activated, the complement proteins can...

- TRIGGER INFLAMMATION
- ATTRACT EATER CELLS SUCH AS MACROPHAGES TO THE AREA
- COAT INTRUDERS SO THAT EATER CELLS ARE MORE LIKELY TO DEVOUR THEM
- KILL INTRUDERS

## Start with prevention

**NOW:** The Chiropractor/ Dynamic Health Care and Wellness Center. Call and order your prevention program today!

**801-756-3888**



**November Special** Buy two sets of the three products and get **50% off the second set!**

## Dr. Lowry's Special Winter Immune Boosting Protocol.

The prevention basic tool kit. Give your immune system a boost by adding these three products to your daily regiment for the next 30 days. This is a program that can be affective for the entire family. Vitamin D3, Elixer Vita and Zinc Stop. Ask the receptionist for the recommend protocol and others protocols designed to assist your body in fighting those other pesky winter health challenges.

**REMEMBER:** "THE CHIROPRACTOR" for all your dietary supplement needs for winter or any season of the year.

# IT'S TIME TO... PAMPER YOURSELF

People use massage for a variety of health-related purposes, including to relieve pain, rehabilitate sports injuries, reduce stress, increase relaxation, address anxiety and depression. and aid general wellness.

*So if you want to...*

- RELIEVE PAIN
- REHABILITATE SPORTS INJURES
- REDUCE STRESS
- INCREASE RELAXATION
- ADDRESS ANXIETY
- ASSIST IN RELIEVING DEPRESSION
- AID GENERAL WELLNESS

Massage not only provides an opportunity for rest and relaxation but massage therapy is a wonderful therapy to assist the body in boosting the immune system. The holiday season is such a wonderful time of the year but also can create extra stress and anxiety. *So if you want to boost your immune system and reduce stress and anxiety call and schedule your One Hour Massage today.*

**Call 801-756-3888**

**\*\$35 Special - NO limit per-client. Purchased massages must be used within 60 Days of Purchase! No Refunds.**



**\*One Hour  
Massage for just  
\$35  
Reg. price \$65**

# MASSAGE MASSAGE MASSAGE



## History of Massage

Massage therapy dates back thousands of years. References to massage appear in writings from ancient China, Japan, India, Arabic nations, Egypt Greece (Hippocrates defined medicine as "the art of rubbing") and Rome. According to the 2007 National Health Interview Survey, and estimated 18 million U.S. adults had received massage last year.

# DR. LOWRY'S FIT-N-TRIM WEIGHT LOSS PROGRAM



## LOSE 3-7 POUNDS PER WEEK

A NATURAL AND EFFECT WEIGHT-LOSS METHOD WITH LONG LASTING RESULTS  
ONE-ON-ONE SUPPORT

Developed by:

- Dr. Tran Tien, Chanh, PhD, MD  
Doctor Recommended
- Easy 4-Step Protocol
- Maintains Muscle Mass and Energy Levels while Burning Fat
- Cellulite Treatment



### EXCEPTIONAL SELECTION OF PRODUCT CHOICES:

- Drinks
- Breakfasts
- Entrees
- Deserts
- Puddings & Gelatins
- Soy Snacks
- Bars
- Ready-to-Serve

## MORE THAN "50 GOURMET" PRODUCTS TO CHOOSE FROM

Our line of "gourmet" products is what makes our weight-loss method so successful.

Ideal Protein products contain a unique formulation of superior-quality ingredients. Enjoy an unparalleled variety of flavors and textures that incorporate five different sources of protein. Since product quality is always our top priority, our products are made in our ISO 9001 certified laboratories in accordance with Health Canada's pharmaceutical and food standards. Because of the high content of the eight essential amino acids contained in the Ideal Protein products (i.e.

high scores on the chemical index) our products provide proteins with an unprecedented high biological value.

Ideal Protein's unmatched variety of instant, easy-to-prepare and ready-to-serve products are skillfully developed to ensure a perfect dietary and nutritional balance.



Try them... they're delicious!

**NEW PARTICIPANTS START WEEKLY  
START NOW - CALL: 801-756-3888**

FOUR PHASE PROGRAM FOR LIFE	PHASE I	PHASE II	PHASE III	PHASE IV
	<p><b>To Be Followed Until 90% of Your Weight-Loss Goal is Achieved.</b> Goal oriented with daily diary and weekly weigh-in and support.</p>	<p><b>To Be Followed Until Your Weight Loss Goal is Achieved.</b> (Minimum of 2 weeks)</p>	<p><b>To Be Followed For 14 Days.</b> A Gradual Reintroduction of Healthy Fats and Carbohydrates in the <b>Morning Only.</b></p>	<p><b>Maintenance CONGRATULATIONS</b> you are now on a program that can assist you in maintaining you're ideal weight for the rest of your life!</p>