

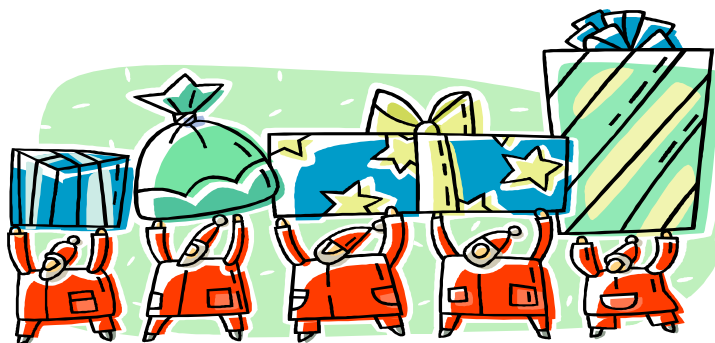
January 2011

Renaissance Family Chiropractic PLLC 2824 Grand Ave Suite 102, Everett, WA 98201
425-257-0177

In the month of January the chiropractic office will be open Saturday January 7th and Saturday January 21st. Our New Patient Class will be on January 17th at 7pm in the massage suite. Please call the office to RSVP.

Adopt a Family

Thank you to everyone that donated to our family. It was a complete success this year and our family was very grateful for all of your generosity. Don, Lauren, Rose and Sue congrats to the raffle winners and thanks to all who participated.



Detox/Weight loss Class

Start the New Year with more energy, better sleep and a thinner waist line. In only 21 days of your life you can get your health back on track with Standard Process's Purification Weight Loss Program. On January 7th at 1pm and January 17th at 7pm, Amy will be hosting a free and informative class to tell you just how you can lose those holiday pounds without having to buy a gym membership.



Foot Zone

Zone Therapy is precise, directed pressure to the various zones of the feet. The practitioner observes the foot and interprets the messages it conveys through discoloration, texture and tenderness. When a signal point is triggered within a certain zone, a message goes to the tissue or organ effected. Through a reflex arc in the spinal cord and then to the brain. People of all ages and all conditions of health can enjoy improved health and vitality through Zone Therapy.

Foot Zone benefits include: * renewing cell systems * hormone balance * rejuvenating life energy * digestion

* bringing the body into balance * Increased lymph flow * assessment of the body's current state of health

* Improved blood circulation and function of the autonomic nervous system

Remember that this time of year most of our patients insurance coverage changes. Bring in your new insurance card on your next visit so Amy can verify your coverage and new benefits.