

August/ September 2013



Fetcho Family Chiropractic, L.L.C.

AUGUST 24, 2013

BACK TO BASICS

Have you registered online for the 5k/5 mile Back to Basics run/ walk? We're excited for the 5th annual event and we

have been very busy, here at the office, getting ready for it.

With the help from some great sponsors and race participants, **\$10,800 has been given to the City Parks and Recreation for projects!** This race DOES make a

difference in our community. We started this event to create a healthier community ONE race at a time.

All proceeds this year are going toward a trail pathway. Dr. Rich has been meeting with a core group of 'trail members' going over the logistics and making this all happen. We have a plan....we just need your support in making it all happen!

Support the Back to Basic event and support the trails!

(Dizzy the clown will be waiting for all children after the 1 mile!)



AHHHH!!



LOVE CHIROPRACTIC

CHIROPRACTIC FOR KIDS!!!

More and more parents are choosing chiropractic care as their main healthcare choice for their children. **Runny nose?** Get them checked. **Sore throat?** Get them checked. **Not sleeping/eating well?** Get them checked. **Inability to concentrate?** Get them checked. **Bed-wetting problems?** Get them checked. **Colic and asthma?** Get them checked. **Continued health and growth?** Get them checked

Sorry for the repetition, but you get the idea. We encourage chiropractic care for your child's overall wellbeing. Whether they're showing signs of sickness, or you're interested in ongoing health care with proactive wellness checkups we recommend that you give our office a call. We're here to help you and your family achieve your health goals.



How has chiropractic changed your life or your health? Please share your story with others. We have a box in the waiting room for patients to share their experience.

We have been in Bloomfield, Iowa almost 10 years now. Hard to believe we'll be celebrating 10 years in our office in a couple months! Wow! Over the past 10 years, we have continually strived to educate patients and the public about natural options to their healthcare needs...with chiropractic care being our #1 recommendation.

From infants to geriatric, we have seen so many health changes that some tell us are a 'miracle'. While it may seem like a miracle to them, we let them know that our bodies ARE miracle workers. We're so fearfully and wonderfully made! We're designed SO intricately and we can function SO WELL, if we give our bodies what they need to repair, heal and maintain themselves.

With that being said, what do you think a chiropractor would think was the #1 thing you could do for the human body at all ages? Get checked for nerve interference.

What happens when there is nerve interference...even though we may not FEEL it? Things start to break down....you start to get sick...numbness starts....organs stop working like they should, etc. (Decrease in communication and function of the body)

We could go on and on, but you get the drift. Talk to Dr. Rich about ALL of your healthcare concerns. You may be surprised that there are other options out there for you. The more information Dr. Rich knows, the better he is able to improve and help you with your healthcare needs to enable you to achieve great things.

We value each and every one of you and we're always here to keep you on the road to better health!

NUTRITION INFORMATION



The #1 Children's Vitamin Brand in the US contains ingredients that most parents would never intentionally expose their children to, so why aren't more opting for healthier alternatives?

Kids vitamins are supposed to be healthy, right? Well then, what's going on with Flintstones Vitamins, which proudly claims to be "Pediatricians' #1 Choice"?

Produced by the global pharmaceutical corporation Bayer, this wildly successful brand features a shocking list of unhealthy ingredients, including:

- *Aspartame
- *Cupric Oxide
- *Coal tar artificial coloring agents (FD&C Blue #2, Red #40, Yellow #6)
- *Zinc Oxide
- *Sorbitol
- *Ferrous Fumarate
- *Hydrogenated Oil (Soybean)
- *GMO Corn starch

Please talk to Dr. Rich about your children's health. He's able to recommend healthier nutritional options for your children. We offer Standard Process supplements that are organic whole food based nutrition.

Feed your children what they need and deserve.
Because your child's worth it!

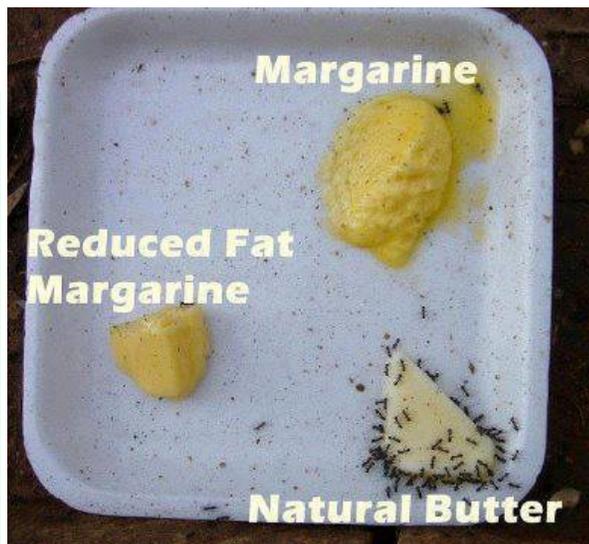


Check out the box in the waiting room!

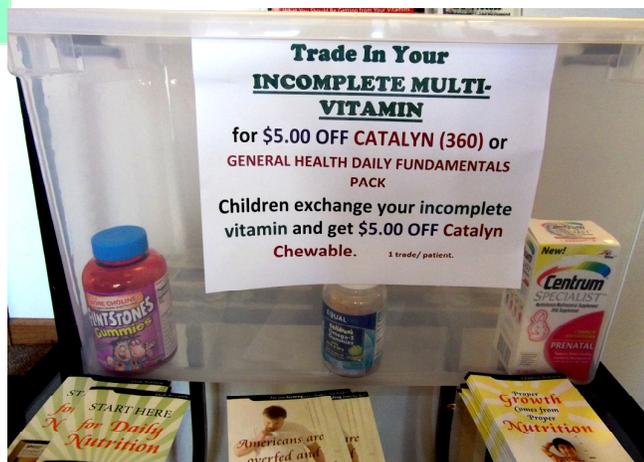
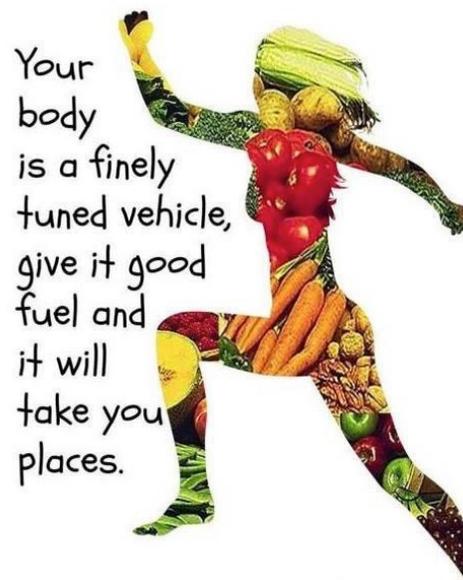
Bring in your current vitamin bottle & 'throw it' in the **tub** for **\$5 off CATALYN (360)** or **\$10 off General Health Daily Fundamentals pack.**

****Used, Full, Empty etc.. Bring it in!****

Children exchange your incomplete multi-vitamin and get **\$5.00 off CATALYN CHEWABLE!**



EAT BUTTER... its good for you. Don't eat Margarine! Even ants know the best choice.



your REFERRAL

is the highest compliment
YOU CAN GIVE US.

We can't thank you all enough for telling others about our office! The best compliment is your referral of your friends/family. We know we say this often, but we can't stress how much we appreciate each and everyone one of you. The more that understand the importance of chiropractic care and nutrition, the more people we're able to help. You make us enjoy what we do each and every day. Thank you for helping us, help others!



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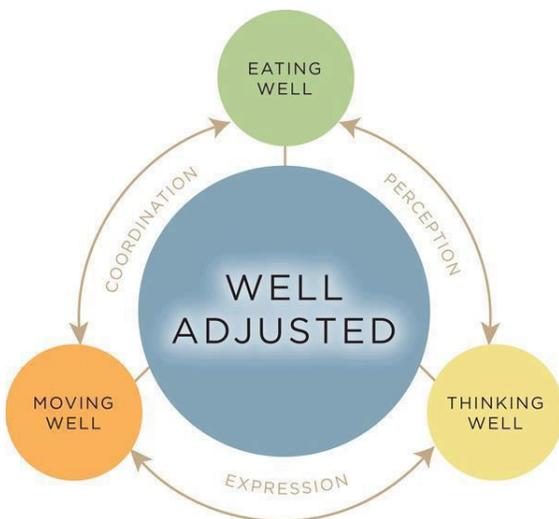
Spanish Classes Starting September 9th!

Katie is preparing for her 2nd year of giving Spanish classes to preschool-high school students. These children have begun to learn a 2nd language through games and fun.

If you'd like more information, please visit Fetchospanish.weebly.com



If you have an email (and you're not already on our list), please let the front desk know. We can send email appointment reminders, our newsletters and any important office information like health talks etc...



Office Hours:

Monday & Thursday 8am-12:30/ 1:30pm-6pm

Wednesday 8am-12:30

Tuesday & Friday 8am-12:30/ 1:30pm-5pm

Saturday by Previously Scheduled Appointment