

A NEW YEAR

Clairpointe Family Chiropractic's Quarterly Newsletter

New Year, New You!

The year 2020 will go down as one of the most challenging ones that we have had in our lives. Many patients in our Clairpointe Family have had to completely redesign their lives around working from home while teaching their kids. In this transformation, we must put our personal health back up near the top of our priority list. Exercising, eating good food, drinking plenty of water, taking high-quality supplements, as well as getting our regular chiropractic care is more important now than it ever has been.

In 2021 Clairpointe Family Chiropractic is ready and willing to serve your health needs and will be expanding to bring another young chiropractor to our team. We will be offering a new fitness challenge in January, continue to offer educational webinars throughout the year and putting more effort than ever into keeping our patients healthy, happy, and with a strong immune system.

Are You Taking the Right Supplements?

Saturday, January 9th at 10:30am we will be hosting a nutritional supplement webinar with our Ortho Molecular supplement rep Matt Daratony. Dr. Shoe and Matt will be going over the importance of high-quality supplements and what supplements they feel will help you during this season. You will also get the opportunity to ask any questions you may have and learn more on what supplements may best fit your needs. Check you emails for an invitation to join our webinar and please feel free to invite a family member or friend who might be interested in learning more about supplements.

Those who join the nutritional supplement webinar will receive **20% off** their next supplement order with Fullscript.

DATES TO REMEMBER

NUTRITIONAL SUPPLEMENT WEBINAR

Saturday, January 9th, 2021 at 10:30

FITNESS CHALLENGE

January 11th - February 9th, 2021

VALENTINES CHIRO KIDS CRAFT AND CONTEST

February 1st - 14th, 2021

PATIENT APPRECIATION WEEK

March 15th - 19th, 2021





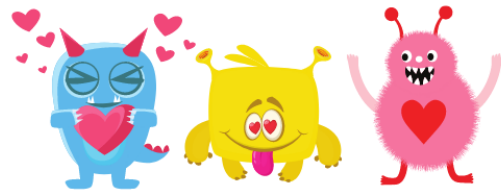
Immune Supporting Supplements

Taking immune supporting supplements during this season will help fight any colds, flus, and/or viruses that may come your way. Four supplements that we recommend taking to help support your immune function are Zinc, Sago C, Viracid, and Vitamin K2 w/ D3. Zinc enhances your immune response so it can beat the bacteria or virus before it gets into your system. Sago C is a high potency Vitamin C made from the sago palm tree in a powdered form that you can mix in water, juice or coffee. Viracid boosts immune defenses by providing nutrients such as L-lysine vitamins A and C, pantothenic acid, B12, and zinc. Vitamin D supports the immune function while Vitamin K helps your body absorb it faster. Taking these important immune supporting supplements will prepare you and your family for the upcoming season.



January's Fitness Challenge

January 11th, 2021 we are starting a fitness challenge for the new year. We will have two different fitness levels you can choose from, beginner and active. These challenges will run for 30 days and will help you kick off a healthy new year. You can get a copy of the fitness challenges at the front desk, on our Facebook page, Instagram, or our website at www.clairpointe.com.



Chiro Kids Valentine's Craft and Contest!

This February we will be decorating silly monster Valentine's Day boxes and cards. After you create your craft at home, have Mom or Dad take a picture and post to Clairpointe's Facebook page or Instagram and the most creative box and card will win a prize! All entries must be in by **February 14th**. Good Luck!

All Kids Crafts to Go have instructional videos on our website to guide you through your craft. Go to www.clairpointe.com - Videos - Chiro Kids Craft Videos!



Celebrating You All Week Long!

Patient Appreciation Week is happening **March 15th - 19th!** This is a fun week of treats, raffles and letting our patients know how much we appreciate them!

This week only, we are running a special for your family members, friends and/or co-workers who you feel would benefit from chiropractic care. This includes a complimentary spinal screening, x-rays and follow up report at our expense, a \$170 value! Appointments are limited, so call to reserve a spot today! (313) 886-8030
(Excludes Medicare)