

JEEPERS CREEPERS!

Clairpointe Family Chiropractic's Quarterly Newsletter

Dates To Remember:

**PATIENT
APPRECIATION WEEK:
OCT 11TH - 17TH**

**STAFF PUMPKIN
CONTEST:
OCT 18TH - 29TH**

**FOOD DRIVE:
NOV 1ST - 19TH**

**CLAIRPOINTE'S
BIRTHDAY
CELEBRATION:
DEC 13TH - 17TH**

**CLAIRPOINTE'S
BIRTHDAY:
DEC 21ST**

**HOLIDAY TREATS:
DEC 22ND AND 23RD**

Fall Defense Plan

By. Dr. Gary Shoemaker

Every living thing is born with Innate Intelligence that keeps it healthy and protects it from harm. This Innate, as it is called, resides in the brain and courses through the entire body via the nervous system. In humans, the nervous system is inside of the spinal column and can be interfered with by vertebral subluxations that are corrected by chiropractors.

If we want to be healthy, we must first have a strong nervous system so that our Innate can keep our immune system at full function, fighting off bad bacteria, viruses, and disease. The first step for any person to be healthy is to get adjusted on a regular basis. We must then practice the "Chiropractic Lifestyle" which is also to eat good food, drink plenty of water, exercise regularly, and take high-quality nutritional supplements.

The Spring and Fall weather changes can weaken our immune system so we need to get extra adjustments and take targeted supplements to give our innate the best possible chance to keep us healthy. We have always promoted our "Cold and Flu Kit" and now we offer another effective tool in our "Immune Power Pack".

Cold and Flu Kit - \$39

Your best defense when you are feeling run down or when you feel a cold/flu coming is taking Sago C and Zinc to enhance and protect your immune system. Sago C is the most powerful Vitamin C available and comes in a convenient powdered form so that it easily mixes into your morning juice. Zinc Lozenges is specifically designed to eliminate a sore or scratchy throat in as little as 24 hours.

Immune Power Pack - \$57

When dealing with cold/flu/viruses, taking Viracid, Vitamin K2 w/ D3, and Zinc Lozenges is the perfect combination to shield and strengthen your immune system. Viracid viral symptoms in its tracks, Vitamin D3 is a great immune booster and is especially effective when combined with K2, and Zinc is a powerful anti-viral.





Patient Appreciation Week

We think our patients are **Spooktacular!** During the week of October 11th - 15th, we are celebrating you all week long! During this week we will have scratch-offs to win prizes, play games, and much more!

Also this week we would like to extend our appreciation to your family members, friends, and co-workers by gifting them a complimentary spinal screening, x-rays, and follow-up report at our expense! **A \$170 Value.** Appointments are limited, so call our office to reserve a spot today! (313) 886-8030 (This offer excludes anyone covered by Medicare Health Insurance program.)



Staff Pumpkin Contest

It's that time of year again! During the week of October 18th - 29th the staff will be decorating pumpkins and Clairpointe patients vote for their favorite. Whichever staff member has the most votes wins a prize!



Chiro Kids Craft-To-Go

This October we are making Accordion Halloween Spiders! Everything you need to make this craft will be in the bag for you to create at home. Pick up your Chiro Kids Craft-To-Go at the front desk today and don't forget to share your spider on Clairpointe's Instagram or Facebook!



Happy Birthday Clairpointe

Clairpointe Family Chiropractic's birthday is **December 21st!** We are celebrating 70 years of chiropractic care in the Grosse Pointes and surrounding cities. The week of December 13th - 17th, we will have a chiropractic quiz for our patients to participate in, along with a chance to win a raffle prize!



November's Food Drive

We will be collecting donations once again for our annual food drive starting November 1st - 19th.

Dr. Shoe and Lori will be donating the turkeys for the baskets. In recognition of your generosity, each item you bring in will enter you in a raffle for a prize!

Items needed are:

- Boxed Mashed Potatoes
- Stuffing
- Rolls
- Butter
- Canned Vegetables
- Canned Gravy
- Canned Sweet Potatoes
- Canned Pumpkin
- Cranberry Sauce
- Pies or Cakes