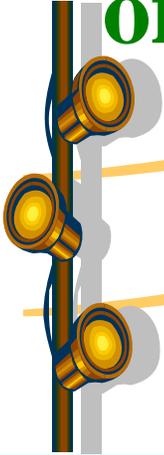


HealthTip

Feeding your hunger for information
about your health...

of the month...

SPOTLIGHT



Let us help you turn your New Year's Resolutions into reality in 2007 by providing you with the abilities and resources to grow your health this year.

Together, we can create a plan you can follow!

Happy New Year

Dear Friends,

We want to get the new year started healthy by wishing all of you a very happy and healthy new year. Something interesting happened in our practice this past year-did you notice?

There were times when the office felt like a pediatrician's office. More children than ever were brought in by their parents. Not because they had back pain but because their parents wanted their children to be as healthy as they could be now, and for the rest of their lives.

Because patterns of nervous system stress tend to run in families, the parents of many of the children you see in our office are looking to grow their kids healthy rather than have them grow up with the kind of health problems that they, or for that matter, their parents, had.

And, so while we have a fabulous success record in helping adults overcome their health problems through natural chiropractic care, we see children to help them grow up healthy!

What about you and your family? Start the new year healthy for everyone in your family rather than wait for them to develop a problem before consulting us. Doesn't it make much more sense to work to grow their health rather than simply try and "fix" them after they have broken down? Of course!

We strongly believe that it is far better to grow healthy kids than repair damaged adults. We can help you grow your kids healthy.

Call our office to schedule appointments to have their nervous systems checked so that they can be healthier for the rest of their lives!

The Bottom Line...The Bottom Line...The Bottom Line...

According to Dr. Steve Hoffman, there is a formula to help change and improve your health. The first step is to envision what ideal health for you would look like. Next would be to acquire the ability to accomplish what you envision. The third step would be to acknowledge how you and those you love the most would benefit. Step four is to acquire the necessary resources to do what needs to be done. Step five is the creation of a plan of action and step six is following it!

This issue of the HealthTip of the Week is brought to you as a public service by...

Anderson Family Chiropractic

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