

GENTLE · NATURAL · EFFECTIVE
Chiropractic
Nutrition

Nutrition is the key to your recovery



Eat Healthy



Supplement your diet where necessary



Drink lots of water



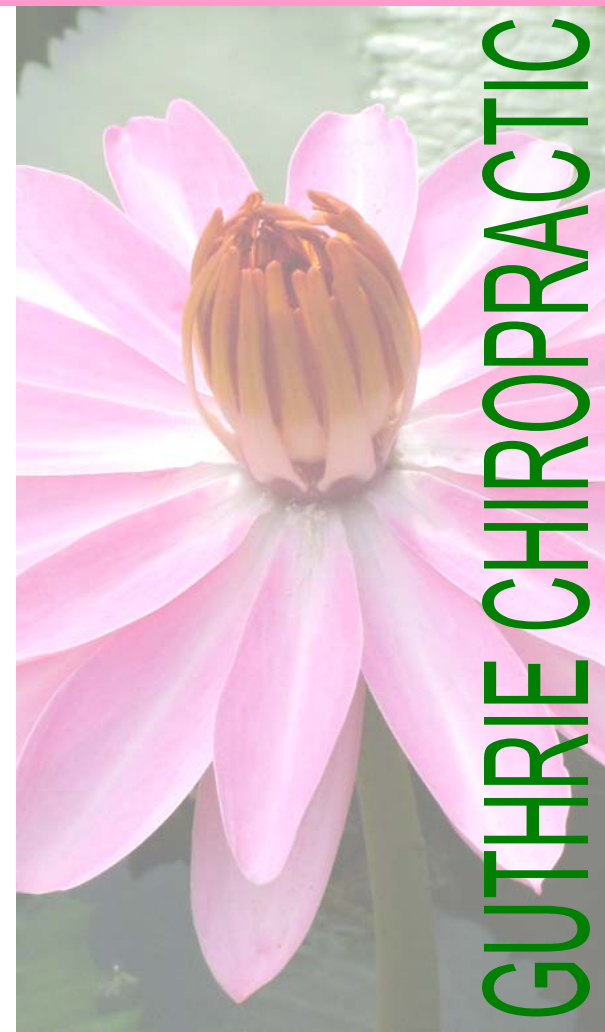
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Office Hours
Monday - Thursday
8:00am - 7:00pm

Massage available evenings and weekends too.



GUTHRIE CHIROPRACTIC

Thank you for sharing
our brochure with others.

How do I find out what my nutritional needs are?

There are a couple of tests that Dr. Guthrie uses to determine the status of your body's stores of essential nutrients. One involves the analysis of key blood tests and the other is a comprehensive questionnaire that compares your diet, medications, health history, genetic predisposition, etc with a data base of over 5,000 relevant factors related to nutrition. This tool helps him determine if you are likely to be suffering from nutrient deficiencies and gives us a clear plan for targeting those key nutrients. This can save you a great deal of money; not having to guess which products will be useful. Ask the receptionist for a Nutritional Health Questionnaire and then schedule a consultation with Dr. Guthrie to discuss the results.



What does nutrition have to do with chiropractic care?

When the body is properly nourished it will retain the effects from an adjustment longer and allow for a more rapid rate of healing.

Nutrition Matters



How does Dr. Guthrie recommend I get all of my nutritional needs met?

It is very important to eat a balanced diet with an emphasis on vegetables. But sometimes we just are not able to get enough nutrients from all of the good foods we eat. That is when

Dr. Guthrie recommends supplements by Biotics Research. He feels that they are a superior company with superior products.

Biotics Research has over 30 years of experience in the industry with a staff of researchers who excel at finding natural source solutions to promote optimum health. They have the highest quality control standard certification - the same level as the most stringently tested pharmaceutical drugs, and State of the art testing (on-site) for every stage of production.

HELPING YOU MAINTAIN A HEALTHY AND ACTIVE LIFESTYLE.
GUTHRIE CHIROPRACTIC