

MCKENZIE LAKE CHIROPRACTIC & MASSAGE THERAPY

MAY & JUNE 2019

SPRING CLEANING!



We all think about Spring Cleaning as cleaning our homes, vehicles and yard. However sometimes we forget that our bodies need it too. And why wait till spring to do a nutritional cleanse?

Over the years I have personally experienced extreme stress like PTSD from multiple childhood traumas, anxiety, depression, adrenal fatigue, hypothyroid, horrible PMS, chronic constipation my entire life... the list goes on. My saving grace has been nutrition, exercise, chiropractic care, and personal development work.

These health experiences drove me to make better choices for my body and mind to which I am grateful. I love sharing my experiences with others and hope they make a difference for you as well.

Something incredibly simple that has been among the most impactful for me has been drinking organic celery juice every morning on an empty stomach. There are profound benefits and all the research is online. The most extraordinary aspects appear to be restoration of proper stomach acids for complete digestion, and a myriad of anti-inflammatory benefits, as well.

Are you having troubles making some improvements to your nutrition and exercise? Please don't hesitate to talk with me about it! You can also visit our website (Resources/Recommendations by Treena) for more "Spring Cleaning" Nutritional advice, including a yummy Heavy Metal Detox Smoothie recipe....

WWW.MCKENZIELAKECHIROPRACTIC.COM/RESOURCES

CLINIC AND PRACTITIONER HOURS:

WE'RE HAPPY TO OFFER EXTENDED AND WEEKEND HOURS TO SERVE OUR COMMUNITY THE BEST WAY WE CAN! HAVE A GREAT AND HEALTHY SPRING! SEE YOU SOON!

	Dr. David Gallant	Dr. Greg Driedger	Massage
Monday	Off	2:00 – 7:00 pm	2:00 – 8:00 pm
Tuesday	2:00 – 7:00 pm	8:00 – 11:00 am	2:00 – 8:00 pm
Wednesday	9:00 am – 1:00 pm	2:00 – 7:00 pm	2:00 – 8:00 pm
Thursday	2:00 – 7:00 pm	8:00 – 11:00 am	2:00 – 8:00 pm
Friday	9:00 am – 1:00 pm	2:00 – 7:00 pm	2:00 – 8:00 pm
Saturday	9:00 am – 12:00 pm	Off	9:00 am – 7:00 pm
Sunday	Off	Off	11:00 am – 4:00 pm

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