

Welcome!



Welcome to the first edition of Barron Chiropractic's Hands On Health newsletter! The goal of this monthly letter is to share with you important news and information regarding YOUR health. We hope that you will be able to use our health letter as an important resource in living a healthy lifestyle.

Each month we will be updating you on recent and upcoming events, informing you of the latest research on chiropractic, nutrition, etc., as well as giving health tips to implement in your daily life. Please feel free to share this with family and friends that are looking to increase their quality of health. If there is something you would like to see in our health letter, never hesitate to share your comments.

Yours in health,
Dr. Barron

Exciting News at Barron Chiropractic!

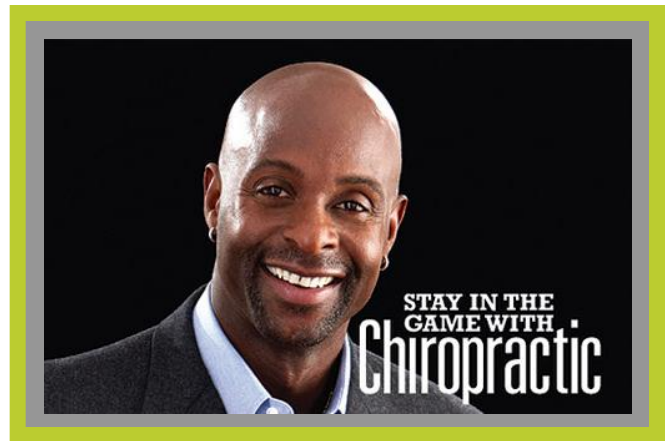
In recent weeks, we've had some exciting things happen here at Barron Chiropractic! First, we'd like to congratulate our office manager, Brandi Waack, on her recent marriage! In addition, Brandi is happy to announce that she is expecting twin girls in late November or early December!

Next, we've added a couple of new faces to our team. First, we have a massage therapist joining our practice September 9th! Diana Thompson is a graduate of the Healing Arts Center in St. Louis, MO, and comes from a family of chiropractors. We are very excited to have Diana join Barron Chiropractic! Diana would like to invite all practice members to a great offer...

From September 9th-30th, new clients get a one hour massage for only \$45!

Call Diana @ 314-707-9046 for an appointment.

Finally, Tarah Barron, Dr. Barron's wife, is now our marketing and business manager! With degrees in both Marketing and Fashion Merchandising, Tarah has been working as a buyer for a department store the past few years, and is excited to make the career change into the world of chiropractic. She will also be covering the front office duties while Brandi is out with her new little ones!



"I did a lot of things to stay in the game, but regular visits to my chiropractor were among the most important."

*NFL Football Legend and "Dancing with the Stars" Celebrity
- Jerry Rice*

Jerry Rice's 13 trips to the Pro Bowl and 38 career records helped the San Francisco 49er great gain entry to the Hall of Fame, but according to the three-time Super Bowl champion, it also takes a chiropractor. "Chiropractic care helped me stay healthy and succeed in the league for as long as I did," explains the legendary wide receiver.

Rice has included chiropractic care in his training throughout his 21 seasons in the NFL. After his retirement from the NFL in 2005, Rice once again turned to chiropractic, but this time, instead of shaking defensive players and avoiding vicious tackles, he was shaking his hips while competing on the popular TV show, "Dancing with the Stars." "Again, chiropractic care made the difference -- and kept me dancing and in the competition."

As a spokesperson for the Foundation for Chiropractic Progress, Rice has been sharing his experiences in hopes of spreading the word about the important role chiropractic care can play in people's lives -- no matter what their profession or level of athleticism. "I have been blessed with a long and healthy career as a professional athlete, and as I move forward into the next stage of my life, chiropractic care will continue to be an important part of my game plan," concludes Rice.

For more information please visit www.yes2chiropractic.com

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DID YOU KNOW?

Giraffes have only 7 vertebrae in their neck, the same as humans!

PURIFICATION PROGRAM SUCCESS!

Over the last few months, we have had a group of patients go through the Standard Process purification/weight management program. The Standard Process program has a significantly positive effect on the biochemistry of the body, while ridding the body of toxins. The Standard Process Purification Program is not a diet. It is a program that helps you live a healthier life by purifying, nourishing, and maintaining a healthy body and weight.



Congrats to the participants who lost a total of 174 lbs in just 21 days!!



Here are a few success stories:

- "I lost 27 pounds and 4 inches off my waist. I have more energy and feel great."
- "I lost 20 pounds and my cholesterol went from 208 to 141!"
- "My joints feel so much better, and on top of that I lost 12 pounds!"
- "My desire for bad foods has diminished greatly, and I have more energy for longer periods of time."

IMPORTANT DATES

September

9/6- Office closed. Have a great Labor Day!
9/20-9/24- Office closed for vacation

October

10/16-10/17- Dr. B in Chicago for Nutrition Response Testing seminar
10/30- Sponsorship booth at Maplewood Halloween 5K run.



IMPORTANCE OF SLEEP

Did you know that the hormones that you produce when sleeping help to inhibit tumor growth, stimulate your immune system, and have antioxidant properties?

Barron Chiropractic carries the Chiroflow water-based pillow- a hypoallergenic pillow that is clinically proven to decrease neck pain, improve your sleep quality, help you fall asleep faster, and wake up less during the night. Getting adequate sleep is one of the most important things you can do for your overall health, so having a supportive pillow is key to letting your body rest, recover, recuperate, and prepare for the next day! So, for the month of September, we will be giving a \$10 discount making the Chiroflow pillow only \$42.00!



QUOTE OF THE MONTH

"The doctor of the future will give no medicine but will interest the patient in the care of the human frame, in diet, and in the cause and prevention of disease."

Thomas Edison