

- **Build-A-Bag Program**
- **New Testing Offered**
- **Massage special of the month!**
- **Read about our Weight loss program!**
- **Look for our coupons on the back page!**

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# Turkey Month

VOLUME 1, ISSUE 2

NOVEMBER 2011

## Giving something back!

Crosby Chiropractic is always here to help people! This month we are giving everyone a chance to give back! Working with a community outreach group called Street Smart Ministry, we have decided to give back this holiday season with our new "BUILD-A-BAG" program!

Everyone benefits from giving to the community this way, and we need your help!

We all know what a great family day Thanksgiving should be, so we are asking our patients to band together and build bags for those in our community with need this Thanksgiving Day.

Each bag will consist of a turkey, stuffing, corn, green beans, potatoes, sweet potatoes, a

others, we can also help you! If you donate one meal (as described) to Street Smart Ministry, we will waive your co-pay for that one day. If you would like to donate either a turkey or all the sides, (and we do ask that it be **all** of the items on our list,) we will waive 1/2 of your co-pay for that day. This offer is extended to all New Patients you refer to us as well. They can come in for their first visit and their copay can be waived in exchange for a full Thanksgiving meal!

Giving a little or a lot, **you** can help those less fortunate, and **we** help you! We will have a freezer on site for turkeys so they may be dropped off at our office all month! Our goal is to feed 30 families on Thanksgiving day!

Gobble till ya



We wish everyone a Happy Thanksgiving and Happy Holidays!!  
Gobble Gobble!!

pie and cool whip.

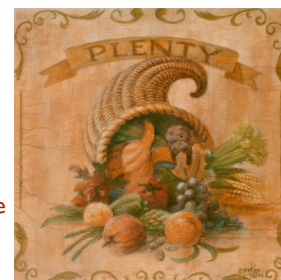
If you help us reach out to help

## Crosby Chiropractic NEWS

The month of October was a great month! Lots of patients purchased "Got Pink" T-shirts (\$120 worth) and also back supports (\$80!) Our office also raised about \$50 from new patient appointments. We had a grand total of approximately \$250, and all of the proceeds

from this month will go to help with Breast Cancer Awareness Research! We are still accepting donations for the mesh back supports. This month however proceeds will go towards the

purchase of food items for the build-a-bag program and will help feed local St Charles County families this Thanksgiving. For more information contact our office at (636)928-5588.



# Look Great This Holiday Season!

*Eight weeks = 20 lbs!*



Join our Ideal Protein Group Today!

Want to learn more about becoming more healthy? Join our monthly book club!

Donate a turkey and get 1/2 off your Copay!

Everyone knows how hard it is to stay on a diet plan, and it is always more difficult during the holiday season! Our first group on the Ideal Protein program is doing great and is looking forward to a lighter, healthier, happy holiday season!

Five patients over 5 weeks have lost a total of 95 inches and 49 pounds!

One of our patients has lost a total of 28 pounds and 30 inches!

Another patient has lost 15 inches and has gone down a few pants sizes!

One patient has not needed to start on medicine for diabetes as

her blood sugar levels have dropped!

Are you ready to join? If so talk to one of our doctors on your, next visit about Ideal Protein. Why wait to make this a New Years Resolu-



**"Your Last Diet"**

## Workshops Available

- Wednesday, November 2nd @ 11:30 A.M.
- Wednesday, November 2nd @ 6:30 P.M.
- Wednesday, November 16th @ 6:30 P.M.

## WHY WEIGHT????

Please call (636)928-5588 to reserve your spot!



tion? You could be 20 pounds less and feeling terrific by New Years!

During your journey to healthier living, you will have a Nutritional coach and the option of a Wednesday group to talk to about the different challenges you may come across.

There are also group or individual weigh-ins based on your preference. Ask Kim for details!

There are many great food choices in our program, and it is all ready for you, or you can sample our products now, and commit to your health in January!

# Relaxing is a way of life!

Looking for a relaxing afternoon? Vicky, our massage therapist, is offering a great deal for this month!!

For the entire month of November, we are offering patients a

great price of \$25.00 for a half hour massage!

If you are looking for a great gift for that special someone this is a great time to purchase a gift

certificate. Slots are always filling up fast ,so call us soon!

(636) 928-5588

See the back page for your coupon!

**Call us soon spots are filling up fast!**

**636-928-5588**

# GI Effects Stool Profiles

## Why use stool testing?

Gastrointestinal (GI) function is important for general health.

This includes balancing beneficial microbial flora in the gut to enhance health benefits. GI health is key in digestion, nutrient usage, and ridding the

body of waste and pathogens. Poor digestion and malabsorption can

lead to immune dysfunction, nutritional insufficiencies, and various disease states. Poor GI function can also lead to food allergies and other toxicities.

Your intestinal tract contains significant amounts of bacteria, some beneficial, some neutral, and some that can be harmful. It is essential to know

the microbial balance of your GI tract, especially if you have chronic health problems. Health enhancing intestinal

bacteria serve to prevent the over-growth

of potentially harmful bacteria in the gut.

**A True Picture Of The Gut Environment, With An Easy-To-Use Single Specimen Collection...**

## Why should you use the Metamatrix GI Effects Stool Profiles?

- Requires only one, single sample collection
- Greater accuracy due to advanced technology DNA analysis
- Evaluates balance of microbes shown to contribute to weight gain

- Identifies drug resistance genes
- To maintain good health

## Test for:

- Inflammation
- Immune function and gluten sensitivity
- Yeast
- Parasites
- Bacteria
- Pathogens
- Pharmaceutical and botanical sensitivities
- Cancer-preventative short chain fatty acids
- Pancreatic function
- Markers for digestion and absorption

**Ask our doctors today about getting tested today!**

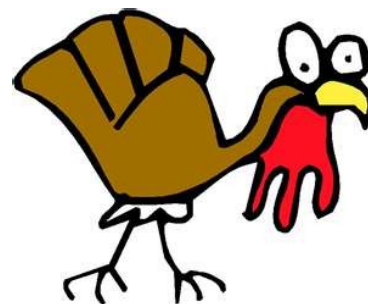
## Conditions and diseases related to GI disorders:

- Autism spectrum disorders
- Food sensitivities
- Irritable bowel syndrome
- Crohn's disease
- Ulcerative colitis
- Mal-digestion from history of celiac or other autoimmune disorders
- Abdominal pain
- Arthritis/joint pain
- Headaches/migraines

## Symptoms related to GI disorders:

- Diarrhea or constipation
- Noticeable change in stool
- Bloating/gas
- Unexplained weight loss/gain
- Blood, mucus, or pus in stool
- Hives/skin rash/eczema
- Difficulty breathing
- Swollen tongue/lips
- Acid reflux/heartburn
- Chills/fever
- Chronic fatigue
- Cramping

**Help us give back!  
"Build a Bag"  
Today!!**



## PRESENTING DR. MARY SCHAFER



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Growing up in the southwest corner of Michigan, Mary Schafer was very active within her community. She was a member of her church youth group and local 4-H club and participated on the softball, cheerleading and track and field teams. Mary graduated from Lawton High School with honors of Co-Valedictorian. She attended Western Michigan University where she studied Biomedical Sciences with interest in Chemistry and Philosophy. Upon beginning her chiropractic education at Logan University, Mary received her B.S. degree in Life and Human Science.

Mary has completed eight months of her chiropractic internship within Logan's Health Centers before beginning the last eight months of her internship with Crosby Chiropractic and Acupuncture Centre back in September. Along with completing her studies for her Doctor of Chiropractic degree, Mary is also working on earning her Masters in Sports Science and Rehabilitation from Logan University. After she graduates in April, 2012, Mary plans to return home to begin the next phase of her chiropractic career.

**Dedicated to getting you  
well and keeping you well!**



We are offering some of our patients an opportunity to meet with Mary Schafer, intern while she is under the supervision of Jenny Crosby, DC. We believe this can be a great way for some of our patients to get the care they need at an affordable price along with helping Mary Schafer with her final area of schooling!

We are willing to offer a \$30 cash initial visit. If you, or someone you know, is having a time of hardship and yet need chiropractic care, you (or they) can come in, meet with Dr Crosby and Mary and we can discuss how we can get you healthy in an affordable way! Please print this page and bring it in with you after calling and scheduling with our staff at (636)928-5588.

## November COUPONS

**Mesh Chair/Car  
Back Brace**  
**\$5.00 each**

100% of the proceeds goes to  
our "Build-A-Bag" program!  
Exp: 11/18/2011

**New Patients and  
Existing Patients**  
**50% off Co-pay**

**When you bring in a turkey  
or all the "fixings" for our  
"Build-A-Bag" program!**  
Exp: 11/18/2011

**November Massage  
coupon!**

3 60 Minute Massage Package  
for **\$149.99**  
(\$195.00 value)  
Exp: 11/30/2011