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Chiropractic for Kids

Good health starts early. Ask Dr. Julie how Chiropractic plays an important role in kid's development.

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Our Gift to You!!



During your next visit, be sure to take home a new Ascent BPA-Free water bottle. Great for the gym, the car, the office and anywhere, these bottles are the best of the non-toxic materials we could find.

Issue: 18 12.16.08

Hello,
Having problems thinking of that perfect gift for a friend or family member? Well, here's an idea:

I was recently directed to a website called [The Story of Stuff](#). The site explains production and consumption, and the resulting effects on our health and environment at home and worldwide. I happened to review the animation just as the season of giving ramped up to a feverish pace. In light of this, I started thinking about what I value most and it truly is my health and that of my children. I don't think I often enough expound upon how much having health and having you as a patient really means to my life.

With that in mind, I came up with some ideas from Ascent that you can choose as your holiday *non-consumption* gift.

Here are some gift ideas available at our office that can provide a lifetime of health for you and your family and friends.

- [Family Health Plans](#): Our goal is to keep your spine and nervous system healthy year round to be to enjoy less illness and greater energy.
- [Individual Health Plans](#): The adage "If it isn't broken, then why bother..." promotes sickness care rather than wellness care. By investing in your health or that of family or friends, you are giving them a gift that will have returns far into the future.
- [Yoga or Pilates packages](#): We all need a boost especially come January. By planning now, you will stay on course or get back on track before the new year begins.
- [Massage](#): Who doesn't love this? Beyond pure relaxation, a deep tissue or lymphatic massage dispels toxins and further promotes long term health.

The Story of Stuff touches on political and social issues and I respect that there are many different views out there. Regardless of your view, consider how much enjoyment and appreciation you can experience by sharing gifts that can be done for or with each other.

Live Healthy!

Dr. Julie Marchiol, DC, FIAMA

Ascent Health Center 303.343.8800

LifeTime Care Plans:

LifeTime Care Plans are a terrific way to plan wellness into your life and into your budget. Available for individuals or the entire family LifeTime Care Plans help you stay well rather than struggle to get well.

Take advantage of 10% off all LifeTime Care Plans and also receive two free massages.

Why is Ascent different than other Chiropractic clinics?

Chiropractic + Acupuncture + NET + Nutrition

Could you imagine making four different appointments to bring together the disciplines of [Chiropractic](#), [Acupuncture](#), [NET](#) and [Nutrition](#)? Better yet, try getting each of your practitioners to communicate and share their findings.

Good news, you don't have to! Dr. Julie is pleased to provide each of these disciplines to her patients during each and every appointment.

10% off Gifts of Health & Wellness!!

Give a gift that feels good!

**Yoga Pilates Acupuncture
Massage Detoxification**

The best gifts are the gifts of health and wellness. Gifts of wellness services are the best way to let friends and loved ones know you care.

Offer Expires: January 31, 2009

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