

# Amplify Your Health



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**New!!  
Children's Yoga  
(ages 7-12)**

**Reserve a space for your children by email or call 303.343.8800**

QUICK LINKS

NEW!!

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- [Rolfing](#)
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[www.AscentHealthCenter.com](http://www.AscentHealthCenter.com)

Chiropractic for Kids

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

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Ascent, providing the foundation for a healthy life

Hello!

As a Chiropractor and the mother of two children, I've been able to witness the benefits that wellness-care provides for my adult patients as well as for their children. Over the past 10 years of my practice, I have noticed a significant reduction in the episodes of ear aches, colds, coughs and other illnesses.

Many patients who used to succumb to illness on a frequent basis have been able to continue their work or school with little interference from illness. When a cold does come on, it is short-lived and does not usually fall into the 3-month cycle of only feeling okay. Along with continued wellness, parents often realize that with a healthier diet and regular chiropractic visits that their children have improved behavior and attention in school.

Feel free to talk with me about your family's wellness plan during your next visit.

Live Healthy!

Dr. Julie Marchiol, DC, FIAMA

PS: Kid's Yoga is back!! [\(click here for details!\)](#)

Ascent Health Center  
303.343.8800

Make it a Great School Year Helping Children Reach Their Potential

Article contributed by Dr. Meaghan Cromer, Atlanta, GA

Children may have some of the most resilient spines, but they still should be checked regularly to make sure they are growing straight, strong, balanced and free from nerve pressure. This school year provides another great opportunity for our children to thrive; so let's make sure their nerve system is functioning at 100 percent.

Do you visit the Chiropractor and leave your children at home? Chiropractic is necessary and beneficial for children of all ages. Starting at a very young age, your children should be checked by a chiropractor for impaired nerve function. Proper alignment is essential for ensuring normal function as they grow, learn to crawl, sit, and walk. It becomes even more necessary for school aged children as they begin to carry back packs, sit for extended periods, and play on the playground. Young athletes in contact sports or informal recreation such as wrestling with siblings should also be checked for subluxations. Chiropractic care allows children to develop to their highest potential and have better nerve function, which affects all systems of the body, including brain function, behavior and the ability to concentrate. So this school year make your trip to the chiropractor a family affair.

Hear what other parents are saying about Chiropractic: One mom whose son was a very easily agitated boy with Attention Deficit Disorder reports "I asked my son how he felt before and after the adjustments and he said when he is adjusted it takes the noise out of his head and he feels happier." The teacher of a child with learning disabilities wanted to know what the mother was doing to improve his behavior. She told the teacher that she had been taking him to a Chiropractor. Other parents report fewer absences due to stronger immune systems and the ability to fight off infections more effectively.

Tips for Ensuring a Healthy School Year

- Provide healthful nutrition. Pack a lunch for your child so that you know he or she is getting all the food groups.
- Try to reduce exposure to toxins and use natural products when possible.
- Make sure that your child is getting enough rest so that he or she will stay energized and focused throughout the day.
- Try [Children's Yoga](#) or include an exercise in your daily routines.
- Bring your children to your chiropractor for a spinal check-up.



Don't miss out on your **2008 Health Savings Account benefits**

Thankfully, many health insurance companies enable their policy holders to plan for health and wellness with a Health Savings Account or Flexible Savings Account. These are pre-tax dollars from your paycheck that you've arranged to set aside for your health and wellness care.

Be sure to use the remainder of your 2008 benefits since balances usually don't carry over to the next year. You can also talk with the doctor during your next appointment to budget for your 2009 health and wellness care.

**EVERYONE WINS!**

New patients receive a free 1/2 hour massage and a yoga or pilates class.

Current patients may enjoy a free 1 hour massage with each new patient appointment of your family and friends!

This offer is valid with the referral of a new patient and can be redeemed following the new patient's appointment. The new patient must notify Ascent of the referral during or in advance of their initial appointment.

Offer expires 10/31/08. Call or visit for more details. 303.343.8800

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