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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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Hello,
Can you still remember your New Year's Resolution? With New Year's nearly a month past, how are you doing with your resolution.

Resolutions involving health and wellness are some of the most common resolutions. Unfortunately, they are also frequently forgotten about or given up on within days or weeks of being made. Resolutions that give you more life and health can be achieved with a plan for follow-through. Every year, instead of simply trying to lose weight, or deprive oneself of foods and treats, I work with my patients on approaching all aspects of their health.

My patients have found success by breaking down their resolution into smaller more attainable goals that work towards the greater goal. This is best achieved by realizing that, above all, it takes constant spaced repetition to achieve permanent change. [WebMD's article "In One Year, Out The Other"](#), explains it very well.

Wellness and health are a continuum. We need to form new patterns in the body and mind to restore ourselves. This is one aspect of how I approach your treatments when we work towards your goals. In our appointments we design new behavior patterns that build you up and enable you to enjoy rather than breaking you down and focussing on deprivation..

Together we can make your resolutions attainable and lay the groundwork to get you there.

Live Healthy!

Dr. Julie Marchiol, DC, FIAMA
Ascent Health Center 303.343.8800

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.

Free Protein Shake Meal Replacement!

Edurance For Life Protein Mix 100% BioActive Whey Protein with Natural Immunoglobulins

- 40% More Protein
- Low Glycemic Index
- 30% Higher Biological Value than Soy Protein

Daily Essentials For Life - Pharmaceutical Grade multi-vitamins

Offer Expires: March 31, 2009

Receive a second Endurance Food For Life protein mix at no charge, with your purchase of one Endurance Food For Life & one Daily Essentials For Life multi-vitamin.



