

# Amplify Your Health



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[www.AscentHealthCenter.com](http://www.AscentHealthCenter.com)

Stop by as we participate  
in the Lowry Town  
Center's

**Spook-Tacular Hunt**  
October 24th  
4:30-6:30



## Sign up now!!

### Nutrition Boot Camp Hybrid

A comprehensive program  
including:

- Nutrition coaching
- Personal Training  
by our NSCA trainer
- Body scan evaluation
- Nutrition Starter Pack

Two convenient  
sessions:

M, W, F at 6:30p  
or  
T, R, Sat 10:00a

Call 303.343.8800 or [email](#)  
Ascent with questions or to  
reserve your space.

Issue: 29

10.21.09

Greetings!

As always Organic is Best! Use the following food selection tips to eat your best:

Buying Organic:

- Seek Organic. Organic groceries' PLU (A 5-digit product coding system for food. Not to be confused by the 12-digit UPC.) code begins with a number "9". Product codes beginning with numbers other than "9" are not organic. Don't fall for the misconception that everything at Whole Foods, Vitamin Cottage Natural Grocers or Sunflower Market is organic. They all have a great selection, but not all items are organic.
- Berries and Apples are the most important fruits to select from the organic isle since non-organic farming of these fruits tend to involve high amounts of pesticides.
- Look for the USDA Organic symbol on your groceries. This symbol guarantees that the food item is organic according to the US Department of Agriculture. Don't be misled by products displaying the word "Natural" on their packaging. Natural means nothing and develops a misconception of the food quality and source.



Your regular groceries are now offering some terrific organic brands. Some trusted organic brands include:

- Back To Nature
- Barbara's
- Snikiddy
- Eden Organic
- Healthy Handfuls
- Organic Valley
- Enviro Kids
- Horizon Organic
- Annie's
- Cliff Bar/ZBar
- Newman's Brand

Ingredients to avoid:

- Partially hydrogenated oils
- Transfats
- High fructose corn syrup

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.

## Take Your Pick...

Free children's exam

Free yoga/pilates class

Free 30 minute massage

Bring your children in during your next appointment for their own free exam. Or, enjoy a free yoga class, pilates class or 30 minute massage with your referral of a new patient to our office. (Gifts are processed following the new referred patient's appointment.)



Offer Expires: October 31, 2009.

## Save 10% On Supplements!!

STAY TUNED for our GIVING THANKS FOOD DRIVE beginning November 2nd.

Save 10% on our quality pharmaceutical grade supplements during our **GIVING THANKS FOR FOOD DRIVE** throughout the month of November.

Don't forget your non-perishable food items to donate to families in need of food and receive 10% off an individual supplement purchased the same day.

**Organic is best**, is our rule of thumb in advising our patients and our community on nutrition. As such, we encourage you to donate organic goods but we welcome all your gifts of food for

those need.

Thank you in advance for your participation!

- Ascent Health Center

Email Marketing by

