

Amplify Your Health



NEW DATE!!
May 6th
6:30 pm @ Ascent

Stress Less Live More!

Reserve your seat by calling **303.343.8800** or **email us**.

Dinner Served!
Reserved Seating!
Kids Welcome!

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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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Greetings!

Statistics show that women live longer than men. They also show that women tend to set the tone for health and nutrition in their household. By adopting your own "healthy habits for life", you can make your golden years more enjoyable and also lay a great foundation of health for your family.

The following article provides you with simple steps toward a healthy life. If you'd like to take it a step further, schedule a nutritional evaluation for you or a loved one. Nutritional evaluations identify possible nutritional excesses and deficiencies.

Live Healthy!

Dr. Julie Marchiol, DC, FIAMA

Ascent Health Center 303.343.8800

PS: Reserve your seat for our **Stress Less Live More** special event. THE NEW DATE is May 6th, 6:30p at Ascent Health Center. Dinner will be served and kids are welcome!

Women's Wellness: Live Longer and Stronger!

Statistics show that women usually live longer than men. The truth is, your body has the genetic potential to live to 100 and beyond. Being prepared to age gracefully, healthfully and successfully has never been more important than now. Every day we are faced with choices that contribute to our quality of life both now and in the future. One of the most important steps you can take to begin to live longer and stronger is to . . .

Stop Killing Yourself!
 Heart disease, cancer, and stroke are the three leading causes of death among women. Interestingly enough they are also preventable by healthy lifestyle choices and routine check-ups. Mark your calendar so you won't forget mammograms, chiropractic visits, and other preventive exams. Here are some simple but important steps to ensure a long, strong healthy life:

Make Time for Regular Exercise
 Of the 10 million Americans estimated to have osteoporosis, eight million are women. Physical activity, especially weight-bearing exercise, directly stimulates bone building cells. Staying active also maintains muscle tone required for balance and mobility. Even moderate exercise done regularly can substantially reduce your chances of heart disease and cancer, and help keep your bones strong.

Make Your Self-Care a Priority
 Today women are busier than ever before. Demands are placed on them from every direction. More women are working and raising families, a dual role that invites incredible stress. These overbooked schedules tempt women to set aside self-care to handle other priorities such as families, careers, relatives, and communities. The lesson is simple. You can't take care of others unless you take care of yourself first, at least in matters of health. Schedule regular chiropractic visits to ensure a healthy nerve system and structural alignment. Make time for massages, take hot baths (with the door locked and the phone turned off), and consider a vacation getaway with only yourself. Make time to be healthy. Taking care of yourself will ensure that you will be strong enough to take care of others.

Eat in Color
 Naturally colorful foods are higher in antioxidants and other essential vitamins and minerals that help prevent heart disease, cancer, and other preventable diseases. Eating a diet that is rich in fruits, vegetables and low fat foods along with a moderate exercise schedule will help you maintain your weight and keep your mind and your muscles strong.

You are Sweet Enough!
 According to a US study, soda pop drinkers are two times more likely to develop kidney disease, diabetes and obesity. High fructose corn syrup, the main ingredient in soft drinks, increases your triglyceride level and your LDL's (bad cholesterol). The good news is that this is an easy habit to break! Replacing soda with water will not only prolong your life, but help your body detoxify itself along the way.

Lifelong Learning is Key
 Studies show that maintaining an active lifestyle increases health and quality of life. People in their seventies are earning college degrees, publishing books, and starting companies. Frenchwoman Jeanne Calment, who at 122 was the oldest person ever documented, fenced, cycled, and rapped! So go ahead - pick up a yoga mat, violin or paintbrush!

It's never too late, or too early to start making self-care and health-care choices that will ensure that each day will be your best, and encourage your family to do the same. You deserve it!

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.

EFA Sirt Supreme

(Supplies EPA, DHA and Omega Fatty Acids)

And
Multi-Daily Essentials For Life
 (Quality professional grade vitamins in convenient dose pack)



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