

Amplify Your Health



**Attention Women!!
May 26th
6:30 pm @ Ascent**

Join us for
our seminar
discussing
Women's Wellness!

Reserve your seat by
calling 303.343.8800
or [email](#) us.

Dinner Served!
Reserved Seating!

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Greetings!

Thank you to everyone who attended our first seminar May 6th. Our discussion centered around stress. We also discussed how adequate nutrition, exercise and rest play key roles in wellness.

We realize that our life goals and our fast paced society nearly mandate stressful lifestyles, however our goal with this seminar was to provide you with small obtainable modifications to your daily routine that can help make the difference between bonking or running a good race in the "endurance race of life".

Please enjoy the following informational excerpts from our "Stress Less. Live More!" seminar. I welcome you to share this with your family and friends who may be challenged with stress and wellness.

Live Healthy!

Dr. Julie Marchiol, DC, FIAMA

Ascent Health Center 303.343.8800

PS: Attention all women! Reserve your seat for our next seminar on Women's Wellness, May 26th at 6:30p. Feel free to RSVP by [email](#), phone 303.343.8800 or during your next visit.

Stress Less. Live More!

There were a number of valuable take-aways from the recent Stress Less. Live More! seminar.

Real or Imagined Stress

To begin with, Dr. Marchiol explained that stress is presented in two forms, Real or Imagined stress. She further explained that by understanding our stress, we are more prepared to manage it in a healthier manner. Just as you would prepare for an interview, you can prepare for potentially stressful situations. Your preparedness can help get you through the situation with more grace and control without causing your body's natural defenses to over activate.



Fight or Flight



We've all heard of the situations where our "adrenaline kicked in" and enabled us to avoid a dangerous situation or perform beyond our normal expectations. This naturally occurring response is a function of our adrenal glands, where our body produces cortisol enabling us to "Fight or Flight". Dr. Marchiol explained that many of her patients visiting for fatigue or idiopathic pain and inflammation tend to exhibit signs of adrenal fatigue, a common finding among patients who are "on the go" all the time without providing their bodies with adequate rest, nutrition or exercise to stimulate growth and repair.

Stress Management Techniques

There are many simple stress relieving techniques available even for the busiest professional and/or parent. Breathing exercises, guided imagery, yoga and pilates are just some of the most common outlets for stress reduction. Each of these activities allows you to relax your body and mind often leaving you refreshed and recharged to return to your responsibilities.



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.

2009 Healthcare Benefits

We're pleased to examine your insurance benefits to see if they contribute to your care.

QUICK LINKS

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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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And

Multi-Daily Essentials For Life

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