

WINTERSET FAMILY CHIROPRACTIC

Issue 2
JULY 2005

OPEN HOUSE

Winterset Family Chiropractic celebrated their 4th year of practice on Tuesday the 19th of April.

What a **GREAT** turnout we had. We set up tables in the parking lot and decorated each one of them. Placing a bowl of Chex-Mix in the center. Thank You Winterset Parks & Recreation for the use of the tables.

The Madison County Pork Producers prepared Pork loin sandwiches. Served by our Ambassadors were chips and the fix-en's.

Topping it off was Chocolate and White cake made by Donna Webb. We still hear compliments on the cake it was very well decorated and delicious.

We took many pictures of our special day, we had a lot of fun. Dr. Hoven was able to visit and have lunch with our guests.

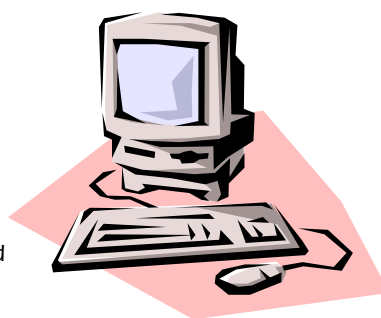
Dr. Hoven, offered **1 FREE adjustment** to all existing patients that day.

All **NEW** patients could schedule from April 18th–22nd and receive **FREE**: X-rays, Exam, Consultation and Report of Findings.

We ended up with **11 New Patients** (Welcome Aboard)!

Dr. Hoven was able to see **135 patients** the day of our open house! **FANTASTIC!!**

A **special thanks** to everyone who helped make our day a Success.



NEWS FLASH!!

ALLERGY SEASON

This is Allergy season:

Are you experiencing any of these Symptoms:

Sneezing

Runny Or Clogged Nose

Watering and Puffy eyes

Fatigue

Mouth Breathing

Itching Eyes, Nose and Throat

Headaches

Dark Circles Under the Eyes

Asthma—Wheezing and Coughing

Muscle Cramps

Each Spring, Summer, and fall, plants release pollen—tiny, powdery granules necessary for plant fertilization. These pollen granules which

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Special Points of

Interest:

**Dr. Hoven
will be back
in the office
on July
14th!!!!!!**

**Our New Summer Hours
will be:**

**Monday, Wednesday &
Thursday 7AM—6PM**

Friday 7AM—NOON

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FROM THE DOCTOR'S DESK

Dear All,

I want to thank you for your support while I have been out of the office. I owe a **BIG THANK YOU** to **Dr. Cale Banning** and **Dr. Rick Elbert** for helping in the office. I really appreciate their sacrifice.

I have been spending my time getting some home improvement projects completed, I have also enjoyed time at the pool and being with my family.

I have been behind the scenes doing some office work. I have been looking for ways to improve the office. Expect some changes, some more noticeable than others, when I return.

I also have been doing research on information that is important to me as a Chiropractor and studies that will interest you as patients. Watch for important health conscious information



A letter from the Doctor

On Chiropractic, Exercise, Stress Reduction and Diet.

I can not wait to get back into the rhythm of the office. As I return I want feedback from you, the patients on how your individual case is progressing.

If there is something you were told, or if one of the other doctor's adjusted a particular area, or used a specific table, or did something different that you felt was better, I would be happy to hear about it.

If there was something you did not like, I can learn from that as well. I want to make your health experience at Winterset Family Chiropractic as enjoyable and beneficial as possible.

Dr. Stuart Hoven

IT'S A BOY!

Yes!! Dr. Hoven and Collette have added a new addition to the family tree.

They now have what we call the "**Brady Brunch**"

On Thursday April 7th, 2005 at 4:09 a.m. a cute little boy named **Ezekiel Paul Hoven** was born weighing **8lbs. -12oz.** And **21 1/2** inches in length. He is welcomed home by his 2 brothers **Riley, Nikolas** and 3 sisters **Joceyin,**

Sydney, Kylene. All went well for Collette and Ezekiel. We had a guessing game in the office to guess the weight of the baby and the **WINNER** was **NANCY ALLEN.**

CONGRATULATIONS

To Dr. Hoven & Collette on their new arrival...

GREEN BASKET

We had a green basket in our office in March for St. Patrick's Day full of all kinds of green goodies.

Patients who had referred a new patient into our office could put their name into the drawing.

The **Winner** was **Vicki Fitch !!**

CONGRATULATIONS!!

POLLEN

Are transported by wind, enter human noses and throats, triggering seasonal allergic reactions for millions of people.

The most common pollen producers are plain-looking plants—trees, grasses, and weeds. Most people have very little contact with the large, heavy, waxy pollen grains of many flowering plants because this type of pollen is carried by insects, not by wind.

When you breathe in pollen, your immune system, which serves as the

These antibodies are generated by mast cells located in your nose, eyes, throat, and lungs. An allergic reaction starts when allergen molecules come into contact with these mast cell antibodies. The cells then release inflammatory chemicals, such as histamine, that cause many of the symptoms associated with seasonal allergies.

The General Breakdown of peak pollen seasons for the United States are:

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Trees— February, March, April, May

Grasses— May, June, July

Weeds- July, August, September, October

“CONGRATULATIONS JULIE PAGE”

The next time you come into Winterset Family Chiropractic tell **Julie** a “**Big Congratulations**”, she is now a **Certified Chiropractic Assistant**.

Every year we attend at least **5 Seminars** through a company called **Kats Management School for Chiropractic Assistants** It helps us learn more about Chiropractic and how to better educate patients on Chiropractic care.

There is a lot of preparing to take the Test to become a Chiropractor Assistant.

Requirements are:

Attend 5 Seminars

At least 1 year of experience upon taking the test.

The CA must present two papers in writing.

The CA must complete and pass a certification test during the Sunday Seminar.

Julie completed her 5 seminars and she turned in her 2 papers and she took the **TEST !! And she PASSED !!**

Congratulations Julie !!

On May 14th, 2005 in Overland Park-Kansas at the Convention Center **Julie** was presented by Keith Maule her

Chiropractor Assistant CA Diploma in front of hundreds of Dr.'s and other Assistants. She was also presented with a **T-shirt** that said **Survived & Certified**, along with a book.

“Your Best Life Now” by Joel Osteen.

We are all proud of you “Julie” at Winterset Family Chiropractic.



FLASHING NEWS!!!

Julie receiving her CA Diploma from Keith Maule.

SUPPLEMENTS:

These are helpful during the allergy season.

**Allerplex*

**Antronex*

**Cal - Amo*

**Drenamin*

**Fen— Gre*

We carry these in the office.



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