

# WINTERSET FAMILY CHIROPRACTIC

March 2005

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## “OPEN HOUSE” 4th YEAR IN PRACTICE!!

Winterset Family Chiropractic will be celebrating their 4th year in practice on **April 19th, 2005** in the office located at 115 E. Washington in Winterset Iowa. We are located in the same building as Genesis, Video Escape and Tan Me Too.

Come join us for lunch prepared by the Madison County Pork Producers between the hours of 11 am–1 pm take a tour of our facility and meet Dr. Hoven and the Staff, Julie, Jenn, Diana.

A little about Winterset Family Chiropractic. Dr. Hoven has been in Winterset for 4 years he offers the Gonstead Method of Chiropractic. He graduated from Palmer Col-

lege of Chiropractic in June of 2001. Now you may wonder what is the Gonstead Method? It is a very thorough, complete and specific in both analyzing and treating the spine. Dr. Hoven uses the 5 criteria to detect the presence of the vertebral subluxation complex:

- X-rays
- Instrumentation
- Static Palpation
- Motion Palpation
- Visualization

Dr. Hoven and his wife Collette have 5 children and a new arrival on the way!!



**SPRING IS COMING**

### EXCITING!!

We will have a basket in our office for you to put in your guess of what the “New Bundle of Joy” will weigh. One lucky winner will receive \$5.00 off your next purchase of supplements in our office..  
**GOOD LUCK!**

## CONDITION OF THE MONTH

### Joint Disease/ Osteoarthritis

One of the oldest, and most common types of arthritis. It is characterized by the breakdown of the joint's cartilage. Cartilage is the part of the joint cushions the ends of bones. Cartilage breakdown causes bones to rub against each other, causing pain and loss of movement. Most commonly affecting middle-aged and older people, osteoarthritis can

range from very mild to very severe. It affects hands and weight bearing joints such as knees, hips, feet and the back.

### SYMPTOMS:

- Gradual and subtle onset of deep aching joint pain.
- Worse after exercise
- Weight bearing
- Often relieved by rest
- Joint Swelling
- Limited Movement
- Morning Stiffness
- Grating of the joint with motion
- Joint Pain in rainy weather



**As of May 1, 2005 there will be a finance charge of 1-1/2 % every month on bills that are 30 days late.**



*“What the Staff knows about Chiropractic Care”*

## A NEW ADDITION TO OUR OFFICE

We have been doing some changes around the office. Some of you have probably noticed things have been moved around and a different look..

We have made a little children area in the waiting room with a few cute animal pictures that were specially made by our office manager Julie and husband Gene Page.

The children have noticed them right away. They have

their own little coat rack as well to hang their coats on.

We have added a community bulletin board for if you have something to announce feel free to hang it on the board.

We have our Winterset Family Chiropractic board as well make sure you read the information on it to keep updated on what is going on in our office as well as the ones in the patients room.

We are adding a

**NEW REHAB ROOM** this is were you will be able to work on strengthening the muscles and improving coordination, balance and proprioception. This will be a fun and educating new thing for everyone here at Winterset Family Chiropractic Rehab will be available in April.

## STAFF AT WINTERSET FAMILY CHIROPRACTIC

Most of you have met us here in the office. Just a little update on the office staff:

Julie Page is our office manager she has been with Winterset Family Chiropractic for 2 1/2 years.

“While working here I have had adjustments on a regular basis, I feel this is the best way to stay well. I have not had to

visit my MD for any kind of flu, cold, strep or other illness that seems to be going around. I believe that with good chiropractic care, the nerves are able to send the right message to the brain so that healing can occur.

During the last several months, I have had some problems that I have found out are due to my gallbladder.

The amount of pain I was in, caused me to finally go see a specialist who found my gallstones. Of course, I had to meet with a surgeon who wanted to remove my gallbladder immediately. Because I believe in the body being able to heal itself, I thought I would wait on that advice the surgeon gave me. With the help of Dr. Hoven’s adjust-

ments and his suggestion of several supplements ( which included a gallbladder flush), I have not needed to schedule surgery. My pain has gone away. I don’t know yet if I am “healed” but things are looking better everyday.

So don’t be afraid to tell Dr. Hoven anything about your health. If he can help, he will

do all he can! Wouldn’t be great if you could stop taking medications and possibly never need to have surgery, all because chiropractic helps your body heal itself”.

Julie Page

Jenn Sunderman is a Chiropractic Assistant and the Mar-

keting Director for our office she has been with Winterset Family Chiropractic for 8 months now.

“Shortly after starting here I have started having regular adjustments and it has been amazing what I have learned. I never would have guessed a chiropractor could help or do more than just adjust backs. I have

## TSUNAMI RELIEF FUND WAS A SUCCESS!!!

In the month of February we had a special in our office "HAVE A HEART" we ran a special for all new patients to come into the office and receive:

- \*Case History
- \*Exams
- \*X-Rays
- \*Screenings

all at a value of \$125.00 for only \$20.05 to go to the 2005 Tsunami Relief.

And for our current patients for a \$10.00 donation to the Tsunami Relief they received a **FREE ADJUSTMENT** on February 15th. Our goal was to raise \$ 500.00 and Dr. Hoven would match what we raise. By the 17th of Febru-

ary we were at \$470.00, And by the 21st of the month we had raised \$ 600.00!

So a **BIG THANKS** to everyone who participated in our **HAVE A HEART** for the Tsunami Relief fund it was a **SUCCESS!!**

We also had a **TEACHER APPRECIATION** Week for a few of the area Schools we will be running this again for the next few months to get all the surrounding schools included.

We finished the month up with another special for the **POSTAL WORKERS** in Winterset and the surrounding communities to show Winterset Family Chiropractic appreciates all the hard work done by these special people.

## HOW TO BECOME A "AMBASSADOR" AT WINTERSET FAMILY CHIROPRACTOR

We have a new CLUB at Winterset Family Chiropractic. It is The Ambassadors Patient Club.

We have a Mission Statement:

**" WE EXIST TO EDUCATE PATIENTS, TO EDUCATE PATIENTS,TO EDUCATE PATIENTS"...**

**How to become a Ambassador:**

1. Keep 3 Referral cards with you and give to someone to come into the office and get the same good care you get from Chiropractic.
2. Attend 1 Health Care Class.

**The benefits of a Ambassador:**

1. Become a member of the Iowa Chiropractic Society Association.
2. Receive newsletters on legislative and regulatory issues that impact you, the patient.
3. A yearly Ambassador Dinner.

4. When you refer in a new patient you will receive our T-shirt of the month.
5. Help out with Functions that are held by Winterset Family Chiropractic.

### BASKETS?!

You may have seen a **RED** basket in our office up at the receptionist area. Many questions asked what is this for?

Well if you had referred a new patient to **WINTERSET FAMILY CHIROPRACTIC** you can put your name in for the drawing. Which the bas-

ket was filled full of Red, Valentine goodies Drawing was held on February 28th the winner was: Vera White

### CONGRATULATIONS!

We have another basket it is filled with **GREEN** goodies for St. Patrick Day so refer a patient in March put your name in the for the drawing

to be held on March 28th.

*"Join the rest of Winterset Family Chiropractic Ambassador's and Receive Recognition and Awards throughout the Year"*

**CONGAPLEX**

Is a supplement that we carry in our office. We have 2 sizes of bottles :

40 capsules for \$8.00

150 capsules for \$26.00

Kids Chewable Congaplex 90 tablets for \$ 10.00

Congaplex contains a unique blend of foods which are not normally found in products supportive of a healthy immune system. This supplement will keep you healthy it offers calcium lactate it is a very useful form of calcium.



MARCH 2005

WINTERSET FAMILY  
CHIROPRACTIC

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OFFICE HOURS:

MON- THURS. 8-6

TUE-FRI. 7-5

CLOSED ON WEDNESDAY

## STAFF (Cont.)

learned A chiropractor keeps your spine in line to keep you healthy, I never knew our spine controlled everything from Headaches, to hammer toe, painful joints, bedwetting, gallbladder problems, and many more things I could mention but the newsletter would go on forever.

I recently was in a automobile accident, I suffered major whiplash and trauma to my neck. and back. I thought I would never move again I was in so much pain I did not want to move much and when I did I felt like I was dying. I instantly began having Dr. Hoven adjust me and It was

amazing how I began to move and started to feel better. I suffered from headaches and nausea I hardly was up and doing anything.

Having check-ups with my MD and having all kinds of MRI'S and CAT SCANS surgery was mentioned and discussed.

After having regular adjustments that is not a option with me anymore for I am on my road to recovery and I think anyone with any kind of pain should see Dr. Hoven before having surgery or taking medications to help. It could just be your spine needs back in line. So don't be

afraid to call Winterset Family Chiropractic for any medical problem that could be going on in your life. You could just need a little adjustment to make things work right".

Jenn Sunderman

Diana Winkler who is our front desk receptionist always has a friendly smile and hello for everyone. Diana has been with Winterset Family Chiropractic for 8 months.

"All my life I wanted to help people. When Dr, Hoven hired me it gave me the

help people realize that Chiropractic is not just about cracking bones it helps you to bring life back into your body".

Diana Winkler