

THE SOURCE

A VERO NEWSLETTER



TIPS FOR STAYING HEALTHY THIS FALL...

We all know how quickly germs can spread, below you will find some things that you can do NOW to help make sure that your household stays flu-free this year!

- ★ Taking probiotics
- ★ A daily dose of Vitamin D
- ★ Eating fruits/vegetables with Vitamin C
- ★ Staying hydrated
- ★ A healthy diet
- ★ Staying active
- ★ Improving the air quality in your home
- ★ Getting enough sleep at night
- ★ Practice good hygiene

NEW PARTNERS IN THE COMMUNITY

We are thrilled to announce our new Partners In The Community program, where we have joined forces with local businesses to offer our Vero practice members exclusive deals and special rates.

The goal of these partnerships is to help build mutually beneficial relationships with local businesses and further promote the importance of health and wellness through neurologically-based chiropractic care!

CURRENT PARTNERS

- ★ Sheraton West Des Moines Hotel
- ★ Fresh Fit Meals
- ★ Batch Balanced
- ★ Raygun
- ★ Paint With A Twist Urbandale



LEARN MORE

BENEFITS OF HORMONE REPLACEMENT THERAPY (HRT)

Are you looking for a safe and effective way to feel like yourself again? Hormone replacement therapy is a treatment for many common and debilitating symptoms, such as exhaustion, foggy thinking, weight gain, fatigue, sleep disturbances, low sex drive, hot flashes, night sweats and so much more.

Replacing and balancing your hormones can literally restore your quality of life. The resolution of physical, mental, and emotional symptoms is the norm reported by our patients.



Benefits Commonly Experienced By Men & Women:

- Increased energy and stamina
- Increased lean muscle mass and strength
- Decreased abdominal weight gain
- Less fatigue
- Improved focus and memory
- Better sleep
- Improved overall sexual function
- Stronger bones
- Thicker hair
- Improved mood
- Less joint pain
- Resolutions of hot flashes and night sweats
- Fewer headaches

The overall benefit of hormone replacement therapy is restoring your sense of vitality, health, and overall well-being.



MEET DR. SCOTT

Dr. E. Scott Coyle is originally from Waterloo, IA. He graduated from Pepperdine University with a bachelor's of science degree in Sports Medicine. He then attended Palmer College of Chiropractic-West. After practicing in California for several years, he came back to Knoxville, IA in 1997, where he practiced until 2016.

1. *I love hiking with my wife. Recently, returned from visiting from 5 national parks in Montana & Canada.*
2. *Competed as a bodybuilder for 40+ yrs with 2 title's & finishing 12th at US Nationals in Pittsburgh 2014.*
3. *I'm actually an introvert, I gain my energy by solitude spending time in nature.*

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