

THE SOURCE

A VERO NEWSLETTER



HAPPY

Valentine's DAY

FUN FACTS



The holiday is named after St. Valentine, a Roman priest who secretly married couples.



Richard Cadbury created the first heart-shaped chocolate box in the 1860s.



Red roses symbolize love, but pink means admiration and yellow stands for friendship.



The oldest known Valentine's message dates back to 1415 from a duke in the Tower of London.



"Lovebirds" aren't just a saying—these parrots form lifelong bonds!

HAPPY VALENSPINE'S DAY!

What is at the top of your Valentine's Day gift list this year? Are chocolates and flowers at the top? What about encouraging your special someone to start chiropractic care and sign them up for an initial appointment!

Chiropractic care is the gift that keeps on giving and has many long-lasting benefits. This care helps reduce nerve interference. It will help your special someone experience greater overall health and well-being. This leads to fewer headaches, better sleep, improved range of motion, and so much more.

Chiropractic care can help with a variety of health conditions such as digestive issues, fatigue, vertigo, and heart health! Studies show that there is a direct correlation between regular adjustments and better blood pressure and circulation.

This year, encourage your Valentine to come visit us!

WHAT IS REGENERATIVE MEDICINE



Regenerative Medicine seeks to replace tissue or establish normal function of organs that have been damaged by disease, trauma, or congenital issues using stem cell treatment.

COMMON SYMPTOMS:

- Osteoarthritis and Joint Pain
- Tendonitis and Tendinosis
- Degenerative Disc Disease
- Intervertebral Disc Tears
- Fractures (Broken Bones)
- Cartilage Injuries
- Plantar Fasciitis
- Muscle Strain Injuries
- Meniscus Tears
- Labral Tears
- Ligament Sprains or Tears
- Partial Tendon Tears
- Nerve Inflammation



Accelerates Healing



Eliminates pain and inflammation



Avoids the need for surgery



Enhances collagen production



Decreases Nerve Damage



Less invasive

UPCOMING DOC TALK

NEUROPATHY

AND KNEE PAIN

FEBRUARY 26TH | 4:30 PM

AT EITHER/OR IN DES MOINES

- ✓ Discover Proven Relief Options
- ✓ Understand the Root Cause
- ✓ Improve Your Mobility
- ✓ Improve Your Quality of Life

Practice members welcome with a non-practice member as a guest!

RSVP **HERE**



CONNECT WITH US



LEAVE A REVIEW

