

The Spinal Column



All About Potential Family Chiropractic

"Where Your Body's Potential Is Our Priority"

June is Headache Awareness Month!

Free Class!
Thursday June 24th
6:00pm – 7:00pm

Come and learn some very important stretching techniques and different nutritional tips to avoid the common headaches as well as migraines.

Class is hosted by
All About Potential Family Chiropractic
Dr. Scott Hourigan and Tracy Franzen, LMT



What's happening?

- Monthly Lemmon visit July 7th 8:30am-4pm Please call 644-9074 for appointment
- Father's Day is June 20th. All fathers seen on Monday 21st will receive a free snickers bar.
- Headache awareness month and we will be holding a class on June 24th with tips on stretching and headache prevention. Call the office at 644-9074 to sign up.
- June 23rd is National Public Service day. Get out in your community and do something to help.

"A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken."

~ James Dent



Welcome To Our New Patients:

Brason M. – Spearfish, SD
Brooks M. – Spearfish, SD
Kortney K. – Belle Fourche, SD
Colten B. – Belle Fourche, SD
George R. – Spearfish, SD
Jamie J. – Spearfish, SD
Curtis J. – Keldron, SD
Clark B. – Belle Fourche, SD
Jason W. – Nemo, SD
Cory W. – Whitewood, SD
Nicole B. – Belle Fourche, SD
Anna J. – Spearfish, SD
Casey B. – Lead, SD
Tiffany C. – Spearfish, SD
Rhonda J. – Spearfish, SD
Isaac A. – Rapid City, SD
Jacob B. – Belle Fourche, SD
Sam F. – Belle Fourche, SD
Sharon D. – Sturgis, SD
Tiffany S. – Spearfish, SD
Nathan H. – Belle Fourche, SD
Liz B. – Upton, WY
Erika S. – Spearfish, SD
Noah B. – Belle Fourche, SD
Karen M. – Belle Fourche, SD
Jason B. – Belle Fourche, SD
Karen M. – Belle Fourche, SD
Savannah S. – Belle Fourche, SD
Annamae B. – Lead, SD
Sandra W. – Spearfish, SD
Rick S. – Whitewood, SD
Teena H. – Spearfish, SD
Jennifer S. – Newell, SD
Sherry M. – Belle Fourche, SD
Amy U. – Spearfish, SD
Priscella R. – Spearfish, SD
Jamie T. – Belle Fourche, SD
Kim C. – Spearfish, SD

Spotlight A Company

Would your company or office benefit from an in house chiropractic screening and/or chair massage clinic?

Contact Nichole at
644-9074 or email
nichole@allaboutpotential.com

E-Mail:

allaboutpotential@allaboutpotential.com

Web Site:

www.allaboutpotential.com

nutraMatrix Link:

www.nutramatrix.com/allaboutpotential

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allaboutpotential@allaboutpotential.com
with **no newsletter** in the subject line

It's Summer Time So Be Safe!

Your brain works hard for you everyday! So, put a helmet on it!

The best bicyclists, skateboarders and other fast movers know that anything can happen. Hit a rock, swerve past a dog and you could be head-over-handlebars. If you like recreational activities that involve wheels, concrete or asphalt, then protect your brain by wearing a helmet.

Helmets.....fact or fiction?

Fiction: Helmets aren't cool

Fact: Who says helmets can't be cool? When shopping for a helmet pick out your favorite color and decorate it to show your personal style.

Fiction: Really good riders don't need to wear helmets.

Fact: Bike crashes or collisions can happen anytime. Even professional bike racers and skateboarders get in serious wrecks. In three out of four bike crashes, bikers usually get some sort of head injury.



H2O Smarts

What do surfing, fishing, water skiing, and swimming have in common? They are all lots of fun...and they all take place in, on, or around the water! Water activities are a great way to stay cool and have a good time with your friends or your family. Take along these tips — and your common sense — to get wet, make waves, and have a blast!

- **Don't float where you can't swim** – keep checking to see if the water is too deep or you are too far from shore or poolside.
- **Don't dive into shallow water** – if you don't know how deep the water is, don't dive.
- **Keep an eye on the weather** – if you spot bad weather, pack up the fun and take it inside.
- **Watch out for the "too's"** – too tired, too cold, too far from safety, too much sun.



Specials, Promotions and Just Plain Fun!

We want to know what you are up to this summer. Send us pictures of you having fun in the sun and we will put them in the upcoming newsletters. Email them to allaboutpotential@allaboutpotential.com

Supplement of the month

Mention the newsletter and receive
10% off the supplement of the month!

nutraMetrix NutriClean

7 Day Cleansing and Detoxification System

The NutriClean® System — a colon and liver cleansing system — uses exceptional herbs and botanicals to detoxify, cleanse and purify the digestive tract and liver. In providing select nutrients and botanicals, the NutriClean system mildly purges the body of potential or accumulated toxins. This innovative, three-step process only requires a week to cleanse your digestive system. NutriClean has helped many people support their colon health by providing a cleansing system that helps combat the effects of poor diet and environmental toxins. The NutriClean system is a powerhouse of herbs, fibers and extracts that offers unparalleled digestive and liver support that can be customized by individual users.

This system contains three components:

HepatoCleanse – capsules cleanse the liver

Release Tablets – cleanse the gastrointestinal tract and enhance peristalsis

Fiber Powder – provides much needed fiber and beneficial bacteria to the colon

Benefits of nutraMetrix NutriClean

- Helps maintain digestive health
- Helps cleanse the colon
- Promotes healthy growth of beneficial bacteria in the colon
- Helps maintain proper levels of intestinal micro flora
- Helps maintain balanced bowels
- Supports healthy nutrient absorption
- Promotes liver health
- Helps to cleanse and detoxify the liver
- Antioxidant
- Helps cleanse the bowel
- Promotes a healthy digestive tract
- Helps relieve occasional constipation
- Supports overall health by helping to maintain normal cholesterol and blood glucose levels and promoting immune health



*These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure or prevent any disease.*

nutraMetrix®
ADVANCED NUTRACEUTICALS

Standard
Process
Whole Food Supplements Since 1929

NUTRI-WEST

Juice
PLUS+

Office Hours:

| | |
|--------|-----------------------|
| Mon. | 8am-5pm |
| Tues. | 8am-9am 1:30pm-6pm |
| Wed. | 8am-5pm |
| Thurs. | 8am-5pm |
| Fri. | 8am-Noon |

Dr. Scott's Days

Mon., Tues., Thurs., Fri.

Dr. Dawn's Days

Tues. PM, Wed. and
Thurs. PM

Massage Hours:

Tracy

| | |
|--------|----------|
| Mon. | 9am-6pm |
| Tues. | 11am-6pm |
| Wed. | 9am-4pm |
| Thurs. | 9am-6pm |

Marcy

Wed. 4:15pm-6:15pm



Congratulations Dr. Scott and Dr. Dawn

They are expecting their 4th
child in January of 2011!