

# Absolute Chiropractic & Wellness Center

~ Chiropractic, Nutrition, Massage, Rehab & Fitness, Acupuncture, Supplements, Orthotics ~



## Balancing Your Hormones



Your hormones all work together to create an environment of balance and harmony. An imbalance of one can affect them all resulting in variety of uncomfortable symptoms.

### WOMEN

**Are you Estrogen Dominant?** The increasingly popular phrase “Estrogen Dominance” doesn’t mean you have too much estrogen but that you may have too little progesterone relative to your estrogen level. There is an ideal ratio between the two (Pg/E2). You can have normal, even low levels of estrogen, but when you also have diminished progesterone levels, estrogen dominance results. Because estrogen is a proliferative (cell-growing) hormone, too much of it without progesterone to keep it in check, will cause problems. (See below for a list)

**Call today to get your hormones tested!**

### MEN

While accustomed to hearing about menopause and all of the symptoms that women experience, most men don’t realize that they too undergo a similar transition called Andropause. **Andropause, often referred to as “male menopause,”** is a decline in testosterone production that can begin as early as 30, depending on exacerbating factors. The gradual change in hormonal status can cause a variety of symptoms. (See below for a list)

Salivary hormone testing has been established as the best method for accurate analysis of your ACTIVE hormone levels. After testing, we can determine the best route to balance your body’s hormonal system.

*Do you have these symptoms?*

## Saliva Testing

Hormones we test with saliva

**Estrogen  
Progesterone  
Testosterone  
DHEA  
Cortisol**



**Saliva Testing is COVERED by most insurance companies!**

### WOMEN

Hot flashes  
Night sweats  
Insomnia  
Memory loss/foggy head  
Moods swings  
Low sex drive  
Fatigue  
Irregular periods  
Breast tenderness  
Increased skin wrinkling  
Weight Gain (in belly)  
Anxiety  
Fibrocystic breasts

### MEN

Erectile dysfunction  
Decreased strength  
Difficulty concentrating  
Low sex drive  
Night sweats  
Irritability  
Thinning hair  
Weight gain  
Fatigue

*\$36 per hormone (a 20% savings)*

# Natasa's Summer Swimsuit Specials

Summer is finally here and remember to listen your body, relax, enjoy the moment, drink a plenty of water and of course, come & get my massage!

*"Listening to your body can help prevent chronic injury."*

Need to fit into your new swimsuit, smooth out your skin, or add to your current exercise and nutrition routine?

**Swimsuit Specials (for July & August)**  
**\$65 for 1 hour (includes cupping)**

**Lypossage is a blend of *Lymphatic drainage with cupping massage, deep tissue, Myofascial release, percussion and effleurage.* Lypossage helps your body get rid of toxins left behind by a sluggish metabolism or poor nutrition or health.**

Zone 1 - stomach, thighs, buttocks

Zone 2 -arms, back, upper rib cage

Zone 3 -head, neck, face

**Each zone is \$35 (1/2 hour massage)**

**If combining 2 zones, \$65 (1-hour massage)**

**If combining all 3 zones, \$90 (1 & 1/2 hour)**

**Cupping massage is included in this treatment!**



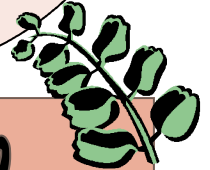
**Call today to schedule your Massage!**  
**206.285.1068**

## A Note from...



### Julie Ann

**Chronic back or neck pain? You don't have to live with it! Massage can help and is covered by many insurance plans. No insurance coverage? I offer **\$10 OFF** for new cash patients. Let me help you find the source of your pain and treat it. Don't spend another day in pain. Come in for massage treatment today!**



## Brandon's Corner

**WHAT IS MLT® and HOW DOES MANUAL LIGAMENT THERAPY WORK?**

Research studies at International Universities have revealed that ligaments are a significant source of acute, sub-acute, and chronic muscle pain and dysfunction. Other therapies normally just address the muscles and tendons. With this advantage, MLT is able to re-solve both simple and difficult injuries and pathologies quickly, with little or no discomfort to the recipient.

**WHAT IS A TREATMENT LIKE?**

This treatment involves the gentle manipulation of ligament and muscle tissue to relieve pain very quickly, literally within seconds! Because of the gentle manner in which it is applied, MLT can be used to treat anyone from children and the elderly to those who are wheel-chair bound. In fact, because MLT is a manual therapy and not massage therapy, it is performed with the patient fully clothed.

**Contact Brandon for an appointment, and for the month of AUGUST, receive your first 15 minutes of a 1-hour massage FREE!**

# *Gait Scan and Orthotic Special!*



## **Computerized Gait Analysis**

**for \$68!**

***(a 60% fee reduction)***

***PLUS***

**20% fee reduction for  
prescription orthotics, with  
or without shoes!**

***(Now through July 30th)***



***Call  
Today!***

**With a great collection of Summer shoes and sandals!**

***Foot Pain? Knee Pain?  
Hip Pain? Back Pain?***



### ***Why schedule for a Gait Scan?***

It's important to understand your feet have a direct impact on the rest of your body and support you with each step. A small abnormality in foot function can have a large impact on joints higher up in the body, causing pain and discomfort. A **Computerized Gait Scan** can detect any abnormalities and lead you to the proper care, whether it's custom orthotics or manual therapy.

#### **Schedule today if you:**

- \* have aches or pains in your lower extremity or problems walking
- \* are on your feet for long periods of time
- \* play sports to help prevent any potential injuries in your feet, ankles or knees
- \* have custom orthotics that need to be updated
- \* want to see how your feet have improved since receiving your custom orthotics and it's been more than 6 months since your last Gait Scan

