



*Livingston County Chiropractic and  
Weight loss Center  
Whole Body Medical Wellness*

## Product Spotlight Glucosamine -healthy joint function

One of the most frequently asked questions we get in the office is if there is anything you can take that will help keep your joints healthy. Ideally, we always like to emphasize a healthy diet that is loaded with lots of fresh vegetables. The nutrients in these vegetables help to combat inflammation throughout your body, therefore reducing pain and decreasing the chance of developing arthritis. Supplementation is also a great benefit to keep your joints healthy. There are two that we highly recommend, **Glucosamine Sulfate** from *Metagenincs* and **Glucosamine Synergy** from *Standard Process*.

**Glucosamine Sulfate** helps support healthy joints and other connective tissues by featuring *glucosamine*, a naturally occurring compound in all connective tissues.

**Glucosamine Synergy** combines *glucosamine*, *Boswellia serrata*, and *manganese* to help maintain healthy joint function.

### **Other Benefits of Glucosamine Synergy:**

- Maintains healthy connective tissue
- Supports the body's normal connective tissue repair process
- Supports joint health
- Contains many of the same ingredients as **Ligaplex II**, with the added benefit of *glucosamine* and *boswellia* for relieving discomfort in the affected areas after strenuous exercise.



Both supplements have shown tremendous results, if you feel that you could benefit from one, ask one of the doctors to help choose which is best for you.

### **Monthly Events**

**May 16 6pm**– Gut Health Talk with Dr. Airn here at LCCC. Please RSVP to reserve your seat

**May 18th**– Nurse Practitioner Nicole Lord and Whole Body Medical Wellness

**May 23rd at 6pm**– Essential Oils Introductory Class. Please RSVP to reserve your seat

**May 29th**-Office closed for Memorial Day





## What's the Buzz on Whole Body Medical Wellness and Nurse Practitioner Nicole Lord?



We are excited to be welcoming Family Nurse Practitioner, Nicole Lord and Whole Body Medical Wellness. Nicole is currently working as a Family Nurse Practitioner at Laurel A Walton, DO SC, where she is specializing in Obstetrics and Gynecology in Decatur. She is also an American Heart Association CPR, AED, and first aid instructor and is an adjunct clinical instructor at the University of Illinois.

We are constantly looking for ways to be able to provide additional services for the community of Livingston County. With the addition of a nurse practitioner, we will be able to provide services, such as: blood work, school physicals, trigger point injections, P-Stim (more natural way to help with pain) as well as a good base for your overall health care needs. *You do not have to be a chiropractic patient to schedule with the Nurse Practitioner.*

Nicole is looking forward to being a part of our wonderful community and being able to provide the best care possible for you. She truly believes in providing a full circle integrative approach to your health and wellness. Please help us welcome, Nicole Lord and Whole Body Medical Wellness.



Looking for a refreshing scent to melt away your stress?

Young Living Lavender Essential Oil may be able to help you with that.

**Lavender** is a fantastic essential oil that can be used topically, aromatically, and internally. These are some of our favorite ways to use lavender essential oil.

- **Bug Repellent:** The smell of lavender essential oil is potent for many types of bugs like mosquitoes, midges, and moths. Apply some of the lavender oil on the exposed skin when outside to prevent these irritating bites.
- **Sleep:** Lavender essential oil induces sleep which has made it a common recommendation for an alternative treatment of insomnia. It has such a relaxing impact on people that it can often replace modern medicine for sleep issues.
- **Nervous system:** Lavender essential oil has a calming scent which makes it an excellent tonic for the nerves and anxiety issues. Therefore, it can also be helpful in treating migraines, headaches, depression, nervous tension and emotional stress.
- **Digestion:** Lavender oil is useful for digestion because it increases the mobility of food within the intestine. The oil also stimulates the production of gastric juices and bile, thus aiding in the treatment of indigestion, stomach pain, colic, flatulence, vomiting and diarrhea.
- **Pain relief:** Lavender essential oil is known as an excellent remedy for various types of pains including those caused by sore and tense muscles, muscular aches, rheumatism, sprains, and backaches.