

GALLOWAY WELLNESS NEWS

EVIDENCE-BASED FAMILY WELLNESS TIPS

FALL/WINTER 2020

FREE TO SHARE



CONTENT

Fall Salutations - 1

Always Available - 1

Can We Ship It? - 2

Just for You! - 2

CONCERNED ABOUT COLD/FLU THESE ARE AVAILABLE FOR YOU!

- Dr. Paige's Seasonal Wellness Kit
 - Save when you buy the bundle! \$99
- Sinustat Nasal Spray (a must have)
 - For inflamed or dry sinus passages. Aids pain, congestion, runny nose, and sneezing.
 - Great for the WHOLE family!
- CompliVir
 - Preventative and acute anti-viral care.

Fall Salutations

Hello again! While we still have plenty of warm weather ahead the glimpses of cool weather certainly make us appreciate the seasons upon us. We are advancing toward the end of this year. As we watch our environment turn inward to a period of dormancy we too move inward, a time of reflection, a time of closure, but also a time of togetherness. I can't be certain how all of our friends, family and patients of Galloway Chiropractic have felt about these last nine months but my family here at the clinic and at home have ridden this roller coaster at time with massive uncertainty, fear, and stress as well as grace, optimism, and hope.

The best time of the year is ahead, the time of family, whomever that is to you. I encourage you to enter this season with welcoming arms and embrace the last bit of this year together. As we enter this new year with greater fortitude as a community we are excited to offer you more than ever before. We have been investigating ways to connect with you all and make available greater personalized experiences. It is my passion to provide you with evidence-based solutions to help you achieve your wellness goals and here at the clinic we are doing just that. Stay tuned for these upcoming opportunities. We at Galloway Chiropractic would like to leave you with an old adage that we choose to abide by "Eat Good Food, Drink Good Wine, and Enjoy Good Company".

Happy Fall Y'all!



Just For You!

What can personalized lifestyle medicine do for me?

Dr. Paige is a Board Certified Clinical Nutritionist and is committed to offering you evidence-based solutions for your health. She has been rigorously researching and testing products and protocols that prove to be effective to help her patients promote their health as well as manage patients chronic illness.

Personalized lifestyle medicine meets you at the intersection of diet, exercise, and lifestyle intervention to determine the best course of action for managing and promoting the health of each individual patient. For these reasons Dr. Paige has chosen to offer FirstLine Therapy to our patients. FirstLine Therapy is an evidence-based, clinically designed operating system for implementing personalized lifestyle medicine.

Dr. Paige's 12 week personalized program is comprised of:

- 10 in-office nutrition consults
- Testing for Progress: Labs, BIA, Zinc, Iodine, and Axillary Testing
- Meal Planning
- Movement and Exercise Plans
- Check-ins from the office to help monitor your progress and cheer you on!

Can We Ship It? Yes, We Can!

Dr. Paige has set up online ordering portals for Standard Process and Metagenics. The direct to patient ordering programs allow you to order your supplements directly from us online and from the comfort of your own home. Your supplements will then be delivered to your address.

If you'd like to register for an account with Standard Process Patient Direct enter Dr. Paige's Patient Direct Code: WZRSZ3 at:

<https://my.standardprocess.com/Patient-Direct/patient-registration>

To order from Dr. Paige's Metagenics Online Store and receive the same benefits of the Patient Direct program above the go to:

paigewhitfield.metagenics.com

From there create a New Patient Account, add your products to your shopping cart, select the Automatic Refill option for additional savings and proceed to check out. If you happen to be prompted for a Practitioner Code it is: PaigeWhitfield .

Some of our folks still prefer things to be ordered the traditional way. We will always accept your call-ins, emails, or orders at the front desk. We prepare in-office pick ups as well as ship product from the office to you!

As we continue to mention, we want maintaining your wellness to be as easy as possible! We are always a phone call away to walk you through these steps as well as troubleshoot any problems that come your way.

