



Pivotal Wellness

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What is Cranial Sacral Therapy you say?

Cranial Sacral Therapy is a series of light touches used to assess and manipulate the flow and rhythm of the bodies spinal fluid. This spinal fluid acts as the brains cleansing mechanism. By regulating this fluid we deepen the connection from the head through the spinal column and help regulate the bodies various systems. CST effects the nervous system, musculature, and also helps to locate any blockages. Once these blockages are found we can address them to promote overall health and well being.

CST benefits and helps reduce:

- **Chronic back and neck pain**
- **TMJ dysfunction**
- **Migraines/Tension headaches**
- **Stress-related illness**
- **Whiplash injury**
- **Chronic fatigue**
- **Insomnia**

-Just to name a few! Book with Jill today and experience the bliss!

Do you have a **flex account** that expires at the end of the year? Why not put it towards services, such as chiropractic, massage, or acupuncture and end your year with more energy, vitality, and wellbeing? You don't have to enter the New Year with those nagging symptoms!

THE DOCTORS OUT!

DR. ALAN	OCT. 15TH
DR. ALAN	OCT. 16TH
DR. ALAN	OCT. 19TH
DR. BRIAN	OCT. 10TH
DR. BRIAN	OCT. 17TH

FYI

DR. BRIAN WILL BE TEACHING GROSS ANATOMY (AND I DO MEAN GROSS..) AT CSU THRU OCTOBER ON MONDAY AND WEDNESDAY AFTERNOONS SO BE SURE TO CALL AHEAD FOR AVAILABLE APPOINTMENTS.

Welcome to Dr. Cathy Hollstrom. We are excited to have her offering our clients additional Chiropractic services as well as Homeopathy.

October 2009

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4	5	6	7	8	9	10 Dr. Brian Gone
11	12	13	14	15 Dr. Alan Gone	16 Dr. Alan Gone	17 Dr. Brian Gone
18	19 Dr. Alan Gone	20	21	22	23	24
25	26	27	28	29	30	31