

Pivotal Wellness Newsletter



It is time for the Fall Colon Cleanse!

Your body needs some preparation for the change in seasons. This cleanse will effectively clear out toxins, reinvigorate the digestive system, and enhance the liver's ability to detoxify. All the ingredients work together to create a gentle yet very effective cleanse. Advantages of the cleansing include better absorption of nutrients from the diet. Cleansing can also increase your energy and contribute to a strong immune system.

JOIN US

**Dr. Alan will be giving a mini-talk
and taking questions on
September 23rd at 6:30pm**



Please pick up an Acupuncture Newsletter on our information table to learn about how the seasons affect your Qui (pronounced chi) and what to eat to nourish it!

Empower Fitness continues to offer motivating classes:

- Hot Moves: Sultry Dance class
- Transform Yourself, Express Your Health

She's also offering some September Specials!

Contact Lauren for more details:
Lauren@pivotalwellness.com

RockerBoard Classes

Dr. Brian Hollstrom will be giving a class on the use and advantages of the rockerboard. Come find out how you can benefit from this simple yet effective tool.

Classes will take place at Pivotal Wellness on:
September 8th and 22nd from 6 pm to 7 pm.
Reserve your place now!

FYI

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

Pivotal Wellness

5131 S. College Ave Suite B
Fort Collins, CO 80525
970.266.0003
970.266.8077 fax
www.PivotalWellness.com

JULIA HAS HAD HER TWIN GIRLS!

Sept 7th at 10:36pm!!

Baby A weighed 4lbs. 1 oz, and
Baby B weighed 4lbs. 4oz.
Both doing well, and beautiful
as ever!!

Warmest wishes for Julia, her
husband Jeff, Lucia Grace and
Olivia Ryan!



THE DOCTORS OUT!

DR. BRIAN	SEPT. 12TH
DR. BRIAN	SEPT. 25TH
DR. ALAN	SEPT. 28TH

September 2008

		1	2	3	4	5
6	7 <i>Labor Day</i>	8	9	10	11	12 Dr. Brian Gone
13	14	15	16	17	18	19 <i>Rosh Hashanah</i>
20	21	22 <i>Autumn Begins</i>	23 Colon Cleanse Talk @ 6:30pm	24	25 Dr. Brian Gone	26
27	28 Dr. Alan Gone <i>Yom Kippur</i>	29	30			