



# SUPPLEMENT SOLUTIONS

A new year presents an excellent opportunity to adopt healthy habits, and Clairpointe Family Chiropractic is excited to support you on your journey to well-being. We are pleased to introduce our new Supplement Solution program, which includes a **complimentary 20-minute consultation** with Dr. Shoe for all our current patients.

During this consultation, Dr. Shoe will review your health goals and current supplements, provide personalized recommendations, and assist you in creating an account on Fullscript. Ordering the recommended supplements through Fullscript will help you establish a consistent routine and ensure you stay on track with your supplement regimen. In addition, you will receive **10% off all orders through Fullscript** after completing your consultation for the following 30 days. Already ordering from Fullscript and taking supplements regularly? You can use the Supplement Soution consultation as a review and take advantage of the 10 % off offer.

## SCHEDULE YOUR APPOINTMENT TODAY!

Our Supplement Solution program is an excellent way to prioritize your health this new year. To schedule your complimentary 20-minute consultation, please call the office at (313) 886-8030, scan the code below, or speak with the front desk at your next appointment. Have a happy and healthy new year!



## SUPPLEMENT SPOTLIGHT

### Vitamin K2 w/ D3

Vitamin D is essential for maintaining good bone health and is also crucial for proper immune function. Research indicates that combining Vitamin D with Vitamin K2 creates one of the best absorbable forms of Vitamin D available. Vitamin K2 works in conjunction with Vitamin D3 to enhance the body's ability to absorb and utilize calcium more efficiently. It is particularly beneficial to take Vitamin D during the winter months when sunlight is less abundant to support immune function.



**\$5 off Vitamin K2 w/ D3**  
**Capsules and Liquid Vitamins**  
(In-House Sale Ends February 14th, 2025)

# SPILL THE TEA!



IT'S A GIRL! 

Congratulations to Dr. Nathan and his wife, Elizabeth, on their upcoming bundle of joy! Their baby is due June 14th, and we couldn't be happier for both of them. May your pregnancy be healthy and happy, and we look forward to meeting your new baby soon! Congratulations!



H C G Z B O O T S X  
 A L F R E E Z I N G  
 A A P W G A P X B B  
 D I C F R O S T O A  
 J R S N O W M A N L  
 U P M T S Q D S E A  
 S O U S S S R N S N  
 T I S N E L N O V C  
 M N C O P E A W U E  
 E T L W O D T I J F  
 N E E F I D H N O F  
 T S S L N I A T I N  
 F K C A T N N E N E  
 R I G K E G K R T R  
 O I L E F A S F S V  
 S N O W A N G E L E  
 T G V D R S H O E S  
 U S E Y M M Y M A I  
 H K S O S J B Q Z C  
 E J A N U A R Y C E

## Winter Word Search



### Word List

- Adjustment
- Balance
- Bones
- Boots
- Clairpointe
- Dr Nathan
- Dr Shoe
- Freezing
- Frost
- Frost
- Gloves
- Grosse Pointe Farms
- Ice
- January
- Joints
- Muscles
- Nerves
- Skiing
- Sledding
- Snow
- Snow Angel
- Snowflake
- Snowman
- Winter



Scan For Answers

## IT'S BACK!

Clairpointe's Foot Leveler orthotic special was such a big hit that we are bringing it back this March! These custom-fitted orthotics help improve spinal health and have other health benefits.

During March, we are offering **\$50 off one pair** and **\$75 off two pairs of Foot Levelers orthotics**. Ask the doctors at your next appointment to learn which orthotic style is best for you.



## REFERRAL PROGRAM

Share your chiropractic success with your family, friends, and coworkers, and **earn a \$25 credit toward your chiropractic care!** To receive this credit, your referral must mention your name and attend their new patient appointment. There is no limit to the number of people you can refer, so start referring today!

If you have a referral in mind, have them scan the QR code below to request an appointment. We look forward to meeting them!



\*\*This offer excludes anyone covered by Medicare or any other Government Health Care Insurance Program. Credit is not redeemable for cash, gift cards, or physical products.

## Healthy Recipes

Looking to try some healthy recipes for the new year? Check out Eat This, Not That's blog on "65 Best Healthy Recipes for Weight Loss." There is a little bit for everyone, including Breakfast Tacos with Bacon and Spinach, Chicken Scallopini, Bacon and Cheese Sandwiches with Pico and Guacamole, and more!



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