



# Ventura Chiropractic & Massage

~ *Holistic Center for Healthy Living* ~

Kristofer Young, D.C. & Joanne Young, CMT

3160 Telegraph Road, #103, Ventura, CA 93003 [www.Ventura-Chiropractor.com](http://www.Ventura-Chiropractor.com)

**658-0123**

**October 2013**

## October Vitamin Special

### Magnesium Glycinate

Reg \$33 ~ Save \$5.00 ~ now \$28.00

Many of you (our patients) regularly take, and benefit from Magnesium Glycinate. Most Americans are deficient in magnesium. High quality magnesium is used to relieve pain, stop cramps, relax muscles, improve endurance, treat anxiety, improve sleep, lower blood pressure, improve bowel regularity, and treat depression; to name a few.

Ready to feel better?

Quality at a great price!

~ One per patient. Not valid with other offers. ~



## Want Health for You & Your Family? Join Dr. Young's Wellness Support Group in 2014

### "Together Toward Health"

1. max 20 members - only 15 spaces left
2. meet one night every 2 weeks for 2 hours throughout 2014
3. commit to, and pay for the year in advance
4. \$20 per person per gathering
5. for those who want support in practicing health
6. for those who want to learn more about themselves and health

Read about it at: <http://www.ventura-chiropractor.com/wellness-support-group-2014/>

**Call 658-0123 to sign up!**

### CAN'T GET TO OUR OFFICE TO GET YOUR VITAMINS?

No problem!!! Order online before noon, and have your Metagenics products at your door in Ventura County the next day! (Also shipped anywhere in the US!)

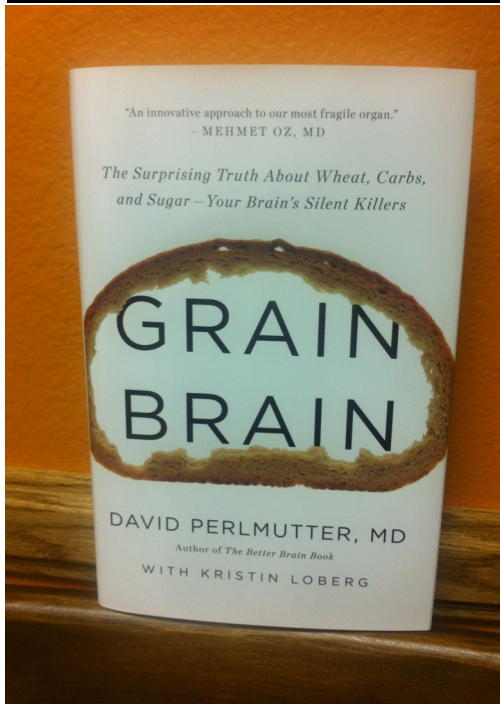
**Go to our website and search for "Metagenics". There you will find the link to the store! Use Coupon Code ALL30 to get our great prices!!!**

**FREE SHIPPING** if total order more than \$101. or if you sign up for a recurring order.

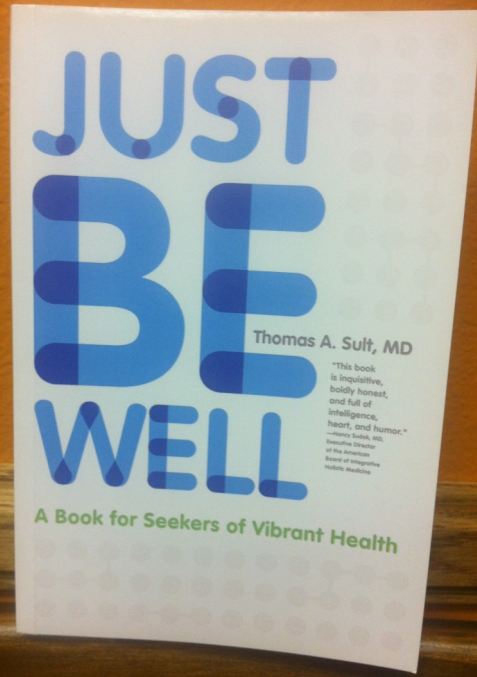
**GET YOUR** magnesium, fish oil, probiotics and all other Metagenics products!!!

**Office open: Monday~10-6 Wednesday~10-6 Saturday~9-4 Call us at: 658-0123**

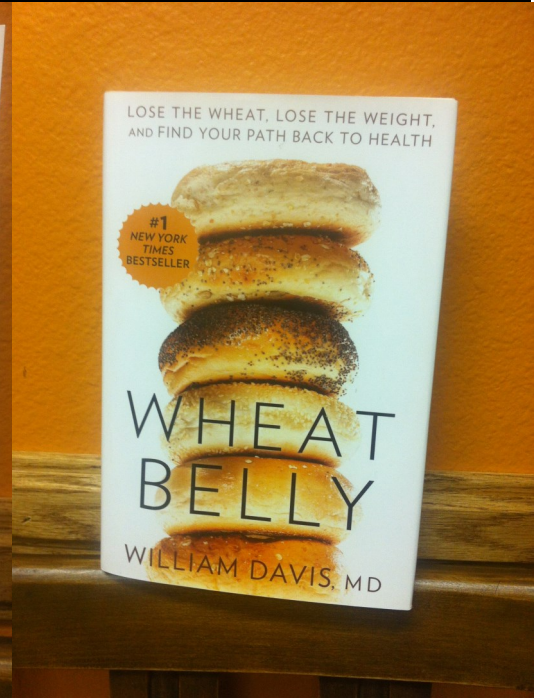
# Our Bookstore! ;)



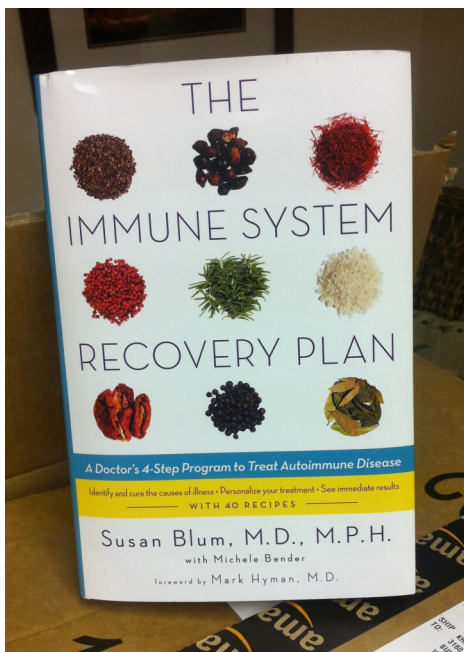
\$23.00



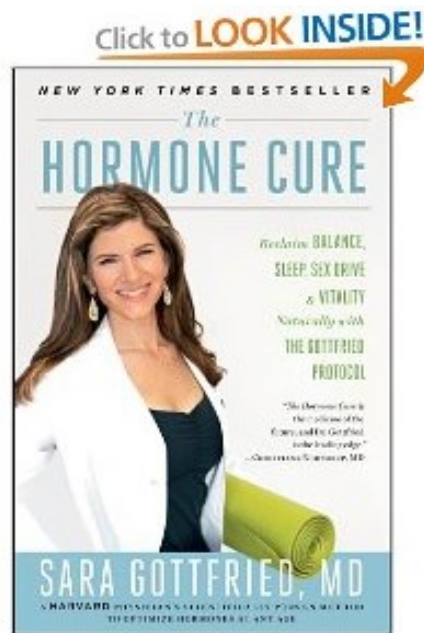
\$25.00



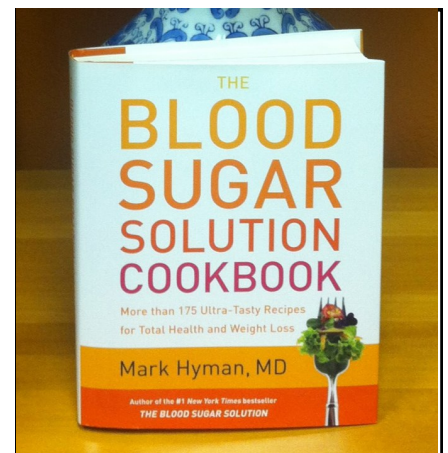
\$20.00



**Autoimmune Disease**  
Immune System Recovery Plan here in our office for \$25 (cover price \$27.99 + tax).



**Amazing Functional Med OB/GYN!!!** Buy **The Hormone Cure** at our office for \$25 total.



**Blood Sugar Problems?**  
The Blood Sugar Solution Cookbook is now available in our office for \$20 (cover price \$29.99 + tax). It is a delicious-food, and mostly gluten-free, dairy-free cookbook.