

# Sign Up For The "Wellness Minute"

## Feeling Better... One Byte At A Time

Each week we send out an email with a short 3 - 5 minute video on a nutritional topic for you and your family. If you have any ongoing health challenges, or if you just want to have more energy.. watch the Wellness Minute each week. We want you to know that we're here to be your local wellness clinician and can help with all your health questions.

### Sample Wellness Minute Topics

- ✓ How To Relieve Breast Tenderness... In 5 Minutes
- ✓ The New "Flat Belly Diet" ... Why It Really Works!
- ✓ Natural Relief For Allergies
- ✓ How To KNOW Which Nutritional Supplements Are Right For You
- ✓ Which Eggs Are Best: cage free, free roaming, organic, omega 3???
- ✓ Men... A Simple Way To Increase Testosterone
- ✓ Natural Relief For Anxiety
- ✓ Should I Consider A Detox?
- ✓ Managing Blood Sugar

**To register** Just fill in your name and email address below and we'll start sending you the FREE Wellness Minute via email once a week. You can always unsubscribe later if you wish.

Please start emailing me the weekly Wellness Minute

Clinic or Doctor name GRUNEWALD CHIROPRACTIC CLINIC, LTD.

My email address is \_\_\_\_\_

Signature required \_\_\_\_\_

We will never sell, barter, or rent your email address to any third party. Period.

Fax this form to 815-466-0906