

SPECIAL POINTS
OF INTEREST:



- ◆ Thanks to our amazing patients for voting Dr. Hall #1 Best Chiropractor in El Dorado County Foothills! We truly have the best patients in the world and it is a pleasure to serve you!
- ◆ Follow us on Facebook!
WWW.Facebook.com/ConnectionChiropractic
- ◆ Check out our website for news and events!
www.DrEstherHall.com
- ◆ Refer a friend or family member and they will receive an exam at *50% off! (\$100.00 value)

*Not applicable for Insurance Patients

Cold Laser Therapy



We are so excited to offer cold laser treatments in our office as another way of getting lasting pain relief! Cold laser is a researched, proven therapy that uses focus light to heal tissue and decrease pain and inflammation. Our Erchonia laser is the only FDA approved

laser on the market, which means that they have poured millions of dollars into the highest level research studies to prove that the laser works. All of their FDA approved studies can be found on their website, www.erchonia.com. So how does a cold laser work? Our cold laser emits 40 billion photons at once, penetrating into your cells and increasing their energy. That increased energy causes them to make more ATP (the

driving force of all cellular processes) and increases cellular regeneration and cellular communication. These processes reduce inflammation, reduce pain, and increase blood flow.

There are many different uses of cold lasers, from reducing pain and inflammation to organizing scar tissue, and even speeding the healing process of a traumatic brain injury. Ask Dr. Hall today if you could benefit from cold laser therapy!

Is Your Cell Phone Dangerous?

The short answer to that question is we don't know. However, the simple truth is that cell phone radiation has not been studied well enough or for long enough to know the effect it has on our bodies. So in the meantime, let's reduce the amount of radiation that we are exposed to on a daily basis.

The R2L device reduces the amount of cell phone radiation that is constantly being emitted by your phone and absorbed into your body by up to 70%. Since we frequently hold our phones up to our head or keep it close to our bodies in a pocket, reducing the radiation being emitted reduces any potentially harmful physiologic changes within our cells. This can reduce our risk of certain cancers, inflammation, or cell distress in the area being radiated.

This device differs from other radiation blocking cases because in those cases, the

radiation is still there. The R2L device converts the radiation energy to light energy and emits it as harmless light. You know the device is working because throughout the day, the little red light on the device will be flashing. The device is small and not invasive. It fits on most phones and blocks radiation across all wireless communication bands, so it doesn't matter who your cell phone provider is. It can also be placed on top of most cell phone cases.

Ask us today about this simple and inexpensive way to limit your family's exposure to cell phone radiation. Available for purchase in our office for just \$29.99.



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5 Minute Smoothie Bowl!

You'll love this 5-minute smoothie bowl with just 3 ingredients! Satisfying, nutrient-rich, and naturally sweet! A healthy, plant-based breakfast or snack. Dr. Hall likes to add in a handful of greens!

Ready in 5 minutes

Yields 1-2 servings

Ingredients

SMOOTHIE BOWL

- 1 heaping cup organic frozen mixed berries
- 1 small ripe banana (sliced and frozen)
- 2-3 Tbsp light coconut or almond milk (plus more as needed)
- Scoop plain or vanilla protein powder of choice (*optional*)

TOPPINGS

- 1 Tbsp shredded unsweetened coconut (desiccated)
- 1 Tbsp chia seeds
- 1 Tbsp hemp seeds
- Granola (*optional*)
- Fruit (*optional*)

HOW TO MAKE THIS RECIPE

1. Add frozen berries and banana to a blender and blend on low until small bits remain
2. Add a bit of coconut or almond milk and protein powder (*optional*), and blend on low again, scraping down sides as needed, until the mixture reaches a soft serve consistency.
3. Scoop into 1-2 serving bowls and top with desired toppings (*optional*). I prefer chia seeds, hemp seeds, and coconut, but strawberries, granola, and a nut or seed butter would be great here, too!
4. Best enjoyed when fresh, though leftovers keep in the freezer for 1-2 weeks. Let thaw before enjoying.

Recipe courtesy of minimalistbaker.com