

STAGECOACH FAMILY!

November | Fall 2021



*Happy Holiday
Season, everyone!*

*A few things to
remember before all
the celebrations
begin...*

*Be sure to reschedule if
you have adjustments
on these days!*

IMPORTANT DATES

Nov 16 - Dinner with Dr. B

Nov 22 - Friendsgiving Feast!

Nov 23-25 - Black Friday Sale

OFFICE CLOSED

Nov 25 - THANKSGIVING

Nov 27- Thanksgiving Weekend



Patient Spotlight!

Before visiting Stagecoach, **Claire** was diagnosed with *scoliosis*. She was told that it could not improve and that it would be "fine". Two years later she knew it was worse, so she was reevaluated and it had gotten worse! She knew her body was sending her signals with the pain and general discomfort she felt throughout the day.

After coming to Stagecoach and receiving chiropractic care, she is able to be **active in sports with no more pain!** She also has fewer headaches and is mentally feeling so much better now that she has less pain!



Claire

Product of the Month



Enjoy 10% off on our
IMMUNITY BUNDLE
all month! This includes:

1. Vitamin D
2. Vitamin C
3. I.M. Support (**NEW)
4. Zinc +

Dinner with Dr. Barker



Our *community dinner* is one of the BEST ways to refer people into the office. It is designed to introduce your friends & family to chiropractic & the 5 Essentials, as well as receive a nice free dinner.

Dr. Barker loves to educate the community through his story of how chiropractic changed his life!

TUESDAY

November 16th @ 5:30 pm
Three Bulls Steakhouse

Organic Pumpkin Spice Latte

1/2 cup organic coffee

2 TBSP organic pumpkin puree

1 + 1/2 TBSP maple syrup

1/2 tsp pumpkin pie spice

3/4 cup almond milk

1/2 tsp vanilla extract

1. Brew *coffee* and set aside.

2. In a saucepan over medium heat stir *pumpkin, maple syrup, and pumpkin pie spice*. Slowly whisk in *almond milk*. Bring mixture to a low simmer, then add *vanilla*.

3. Transfer mixture to a blender and blend until frothy. Add to coffee and *enjoy!*



Dr. Green's ARTICLE OF THE MONTH IMMUNITY

Did you know that the 2021 cold and flu season is predicted to be one of the worst in history?

This is the first time in history that we saw seasonal respiratory illnesses like colds, flu, and RSV begin in August. With the extra time experts fear that this season could be exponentially worse than 2020 and one of the worst ever.

Why?

This is the first time we are ever entering a cold and flu season following a season of *mass isolation of our communities*. Between the fear, isolation, and hypervigilance about even the slightest illness, we have just experienced the most mild cold and flu season in history. Cases of flu and deaths, according to the CDC, were the lowest on record. In a normal flu season the positive test rate is normally around 30%, in 2020 that rate was 0.2%.

What have we done the last 2 years?

We have lived in a perpetual state of fear. We skipped holidays, birthdays, graduations, sports, and even school. We feared our neighbors and our own families. For the first time in history we quarantined ourselves while healthy. We did all of this because the experts told us to. *Now those experts want us to do all of this forever, they want this to be our lives indefinitely.*

- Should we even trust those experts and the “science”?
- Experts told us we should “social distance” at 6 feet.
 - According to former CDC director Dr. Scott Gottlieb the data actually suggested 10 feet.
- Experts told us to wear homemade masks as the only way to be safe
 - Analysis of studies on masks show they have virtually no effect on transmission. (1)
- Experts told us the only effective treatment for a covid infection is a very expensive drug called Remdesivir.
 - Multiple studies show questionable, at best, efficacy. An early case series led to the treatment being stopped for kidney failure in 4 of 5 patients. (2)
- Experts tell us the only way out of this is to have virtually every person vaccinated
 - Best case scenario the vaccine produces an extremely narrow immune response to only a few genes on one small part of the virus’ spike protein. (3)

What happens when the virus inevitably mutates to *defeat this intervention*?
The experts won’t tell us that.

What should we do?

I think we all intuitively know that following the recommendations of the so-called experts does not lead to anywhere we all want to end up - vaccine passports, non-essential workers, etc. We need to take CONTROL of our lives. *We need to not live in FEAR.* We need to take actions daily to **STRENGTHEN our IMMUNE SYSTEMS**. We need to do the basics like eating well, moving our bodies, getting vitamin D, and ensuring our nervous system is connected to our body.

1. - <https://www.msn.com/en-us/health/medical/do-masks-actually-work-the-best-studies-suggest-they-don-t/ar-AANfurl>
2. - <https://www.sciencedirect.com/science/article/pii/S1201971220305282>
3. - <https://www.laboratoryequipment.com/575846-Simpler-COVID-19-Vaccine-Targets-Only-Part-of-Spike-Protein/>

