

# “HABITS of HEALTH CLASS”

*Learn about*

*Health...*

*Wellness...*

*Lifestyle Changes..*

*Especially about how to*

*LOSE WEIGHT and KEEP IT OFF.*

*Every Wednesday 6:00pm to 6:30pm*

- ◆ Create wellness in your life, step-by-step, through nutrition, proper sleep, exercise, and stress management.
- ◆ Identify unhealthy patterns and triggers, and use the power of choice to stay true to your health goals.
- ◆ Cultivate the Habits of Health - that can gradually replace the habits that make us ill, overweight, and unhappy.



Before



## *A Patient's Testimonial on European Acupuncture*

Hi, Dr. Leavitt,

Hope all is well. Here are a few things that I have experienced after an ear acupuncture treatment:

1. I have peace within -- a calm energy.
2. I don't spaz out over small stuff.
3. I am able to focus and concentrate better.
4. I don't have a "scattered" feeling.
5. I am motivated towards life and my "things to do".
6. Depression, nervousness, anxious feelings and anxiety or feeling shaky inside is just not there anymore.
7. The feelings of despair or an "impending" fear or danger are not there.
8. The mood swings are not there.
9. After the treatment I experience a "floating on a cloud" type of peace.
10. Sometimes if I come in with an upset stomach or headache the treatment takes care of that.
11. It seems to create a "balance" within me.
12. I find that I am able to "stay in the moment" more. Am more patient and tolerant with myself and others.
13. I am able to "cope" with life and the events surrounding it.
14. My appetite is not "starving" but balanced. I don't feel the need for "comfort foods" or have cravings. Emotional eating goes. I eat less but enjoy what I am eating more.
15. Strangely even I find that I walk slower, not hurried feeling like I have to get somewhere fast and I even take smaller steps.
16. I am able to enjoy lie more!!
17. I am "cozy" in my skin ..... does that even make sense?! LOL!

I would recommend this treatment for everyone and anyone! Thank you!



CRABTREE CHIROPRACTIC CENTER, PA  
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Phone: (919)781-8830  
Website: [www.crabtreechiropractic.com](http://www.crabtreechiropractic.com)

**OFFICE HOURS**

**Monday - Friday**  
**6:00am - 6:00pm**

**Saturday**  
**8:00am - 3:00pm**



## Free Spinal Care Class

- Every Tuesday from 6:00pm to 7:00pm
- Free Spinal Evaluation
- **Free** for everyone

*Get informed and Stay Healthy!*

September Dates: 6th, 13th, 20th, 27th

*- There is a vast difference between treating effects and adjusting the cause.*



CRABTREE CHIROPRACTIC CENTER, PA

<i>Chiropractic</i>	<i>European Acupuncture</i>	<i>Therapeutic Massage</i>	<i>Weight Loss</i>
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<b>Dr. Chas B. Kubasko</b>	<b>Dr. Molly Leavitt</b>	<b>Brandy Allen LMBT</b>
<b>Dr. Marc A. Burr</b>	<b>Dr. Kyle E. Waltz</b>	

Dear Patients and Friends;

Have you noticed how a half gallon (64 ounces) of ice cream is now being called a “brick” and is only 56 ounces...but is being sold at the old 64 ounce price. Perhaps you’ve seen the same trend with hot dogs. What used to be a 10 count pack is now only 8. Again at the same old higher price.

Unfortunately, this can be seen at most places that offer therapeutic massage. Your “60 minute” massage includes the paperwork, consultation, undress/dress prep time etc. and the actual massage last about 45-50 minutes.

Not so at our office! Our “60 minute” massage means 60 minutes of **“HANDS ON”** treatment...for only \$60.00! And there are no reoccurring “membership” or “club” fees. Call today and schedule your appointment with Brandy and discover quality Therapeutic Massage...EVERY MINUTE OF IT!

Sincerely,

Chas B Kubasko

