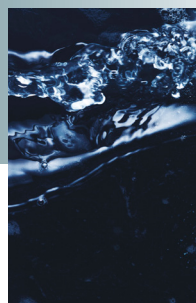
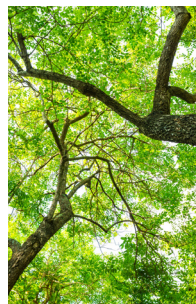
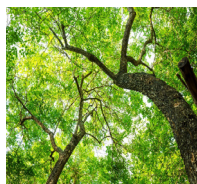




THE 5 ELEMENTS to Health & Vitality In Our WORK



Dr. Ramah Wagner
B.S., D.C, F.I.A.M.A., D.C.R.C.
FOUNDER & DIRECTOR



FIRE

Achieve Your Ideal
Weight & Fat Burning
for Energy



WATER

Energy Medicine &
Acupuncture



WOOD

Become Pain Free &
Well Adjusted



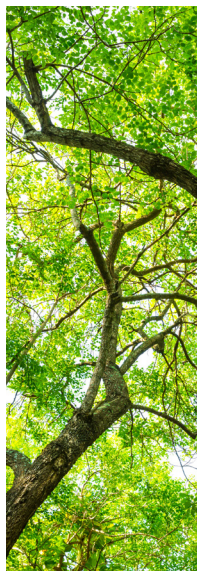
METAL

Maintain Spinal
Strength and Rehab



EARTH

Optimize Bloodwork &
use Functional
Medicine



WOOD Element:

Becoming _____ and

- ☐ Have your heart rate variability measured and see if your habits are leading you to health and healing or sickness and disease.
- ☐ Get your whole spine and joints adjusted by Dr. Ramah every 2 to 6 weeks based on your activity and stress level.
- ☐ Take daily vitamin D, high grade fish oils, chelated minerals (like calcium and magnesium), and methylated B-Vitamins to give back to the body.
- ☐ Take some hyperbaric oxygen treatments for increased oxygen to the body.
- ☐ Do brain-relaxation and entrainment treatments for 20 minutes a day.
- ☐ Learn to do breathe work and meditation to alter chronic stress on the brain and nervous system.

FIRE Element:

Mastering the Game of _____.

- 1 Get up and exercise first thing in the morning for 27 minutes with cardiovascular exercise. This is great to stimulate adrenals.
- 2 Check your cortisol and DHEA levels. If too low in DHEA and too high in cortisol (verify), have your adrenals reset at Wagner Chiropractic. We use acupuncture points with electrical stimulation and glandular supplements to rebuild your adrenals.
- 3 Order bloodwork and check thyroid for disease. Low thyroid causes tiredness and weight gain. Use natural supplements to support thyroid health and prevent thyroid disease.
- 4 Learn how to eat alkalizing foods and heal the inflammation in your body. Many diseases heal when we are alkaline.
- 5 Have your home green. Have your water and air checked for ongoing pathogens that insult the body and cause us to be in flight-or-fight mode which over time, causes us to be tired and bogged down.





METAL Element:

Do _____
without getting _____.

EXAMINATION

Get an Orthopedic and Neurological examination and a set of x-rays as a base line. Learn about your nervous system and where you have arthritis.

THERAPY

Do a short 6-week program of Chiropractic and spinal rehab, like passive physical therapy followed by active physical therapy to build up strength.

PASSIVE REHAB MAY INCLUDE:

- cold laser
- ultrasound
- Russian muscle stimulation
- edema reduction therapy
- acupuncture
- lymphatic massage
- trigger point therapy
- joint mobilization
- intersegmental traction
- manual drop piece therapy
- cervical vibration traction
- spinal decompression

ACTIVE REHAB MAY INCLUDE:

- physical therapy stretches
- physical therapy exercises
- vibration plate weighting
- core rehabilitation
- yoga classes
- Kinesio tape
- Scoliosis exercises on one side
- specific spinal isotonic exercises
- office posture training
- home activities
- joint supplementation

WATER Element:

Flip _____ into
_____.

APPLIED KINESIOLOGY

Muscle testing that can get your body's truth rather than your mind's story.

ACUPUNCTURE

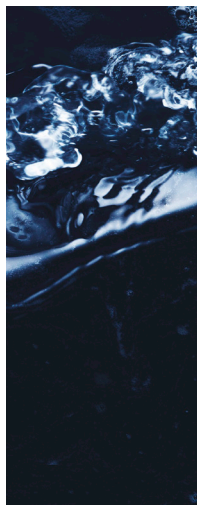
We use Electric Meridian Imaging (EMI) to measure some of the body's most powerful points to see excesses and deficiencies. Then a short treatment plan, usually up to 6 weeks of acupuncture is performed to alter energy for balanced chi.

NEURO EMOTIONAL TECHNIQUE (NET) & HEAL TECHNIQUE

Two powerful ways to process old memories and see the patterns that limit joy. These usually are 1.5 hours long sessions that are one-on-one with the Practitioner.

BRAIN-TAP

Brain entrainment headsets use ear laser points and eye lasers with guided visualization to retrain the brain for more productive thoughts and feelings.



EARTH Element:

Getting _____
from your _____.

- 1 Get your hormones tested and our office can run the through a functional medicine computer program to get you specific nutrition to bring you into optimal range.
- 2 Get your DNA tested for what you may need to prevent. SNP's are often linked to increased health risk, like cancer and cardio-vascular disease.
- 3 Get your brain tested for how your neurotransmitter levels are and work to balance and support good brain chemistry.
- 4 Pull out toxins with a detoxification program to help your body absorb the good stuff and let go of the bad. Pathogens like candida albicans (yeast) love to be where mercury is.
- 5 There are Glandular supplementation programs that can rebuild different organ systems that are weakened by disease.



WAGNER

Chiropractic

A Center For Healing

FREE
DOCTOR
CONSULT
& HALF HOUR
MASSAGE

*OFFER EXPIRES IN 6 WEEKS

INTRODUCTION BY:

Missie Jordan, Publication Editor for
Mount Dora Living & Leesburg Living Magazines

MEET THE CREATIVE TEAM:

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ABOUT DR. RAMAH WAGNER

Ramah Wagner was born into a family of natural healthcare experts. Her grandfather, father, and eldest brother all graduated from Palmer College of Chiropractic, "The Fountainhead of Chiropractic Medicine." Ramah knew she would become a chiropractor and practice in Florida as early as 13 years old. She spent years working in the field to realize that vision. In 2005, she opened Wagner Chiropractic in Eustis and patients stumbled through moving boxes in order to seek her care at her clinic. Ramah has written an Amazon Best Selling book on natural health entitled, "The Health of Business." She lectures people of all ages who want to live healthier and more fulfilled lives. Ramah travels and lectures nationally to thousands. She has written as a featured columnist for 2 years in the award-winning magazine "Healthy Living" and was the Health Editor of "Velocity Magazine" for over 4 years. Ramah continues to lecture and works in her thriving practice in beautiful Eustis, FL.

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Ramah J. Wagner, D.C. CH8955

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