

Wellness & Longevity Center

At the Wellness & Longevity Center we believe every patient deserves the very best in health care that science can provide. We combine modern technology with old-fashioned caring. Chiropractic physicians deal with the cause, treatment and prevention of disease, particularly chronic disease. Chronic disease starts many years before the first symptom appears. The ideal approach is to prevent the disease crisis, which can result in pain, expense and disability.

The Wellness & Longevity Center's "Stepping Stones to Health" program is dedicated to the prevention of disease and the improvement of your real health, naturally. Our natural methods of treating your body will leave you feeling refreshed inside and out. Enjoy the benefits of more energy and less pain. The aim of this program is to assist you in living a healthier life.

Your optimal health is our goal. Choosing the right stepping stones to health is critical. We have several programs that you may benefit from. Some of our patients start small with a basic program to address their most pressing health issue. Others pursue a more comprehensive program. You tell us what your goals and concerns are and together we will arrive at a health program personalized to your needs.

*Effective Alternative
Medicine Treatments*



*Wellness & Longevity Center
Sandra Sporn, R.N., D.C., DABCO, DABCN, CCN, NMP
1530 W. Frontage Road (Valley Ridge)
Stillwater, MN 55082*

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*"Stepping Stones
To Health"*



Professional & Knowledgeable

Dr. Spore has maintained her license as a Registered Nurse in the state of Minnesota since 1968. She earned her degree as a Doctor of Chiropractic from Northwestern Health Sciences University in 1990 and has been in practice in Stillwater ever since. She has achieved Board Certification as a Chiropractic Internist and is also Board Certified in Nutrition, and earned her NMD (Naturopathic Medical Doctor) degree in 2002. She is Past Secretary/Treasurer of the American Board of Chiropractic Internists and is a member of the Council on Diagnosis and Internal Disorders as well as the Council on Nutrition. She is active in Midwest Chiropractic Internists Association and is past treasurer of that organization. Dr. Spore's passion is to work with people to help them improve their real health, naturally. Her Clinic logo reflects her philosophy of the four aspects of optimal health: the food we eat, the water we drink, the air we breathe and the thoughts we think. She strongly opposes the "one size fits all" approach to health care, believing instead in treating the individual, not the disease.



Dr. Sandra Spore

Stepping Stones to Health

- Nutrition
- Weight Management
- Heart Disease/Stroke
- Fibromyalgia/Chronic Fatigue
- Diabetes/Blood Sugar Imbalances
- Detoxification
- Menopause/Hormone Imbalances
- Food Sensitivities
- Intestinal Health
- Chiropractic

*Your journey to health starts now.
What steps do you want to take?*

"When I first saw Dr. Spore I was very ill and not sure what my problem was. I was trying to eat healthy foods, but I still experienced severe digestive problems. Testing was done and it was determined that I had a yeast infection and many food sensitivities. I followed Dr. Spore's recommendations to the letter and am now able to enjoy my passion of long trail rides on horseback. In addition to treating my yeast infection and identifying what foods I should not eat, Dr. Spore was able to keep my back in proper alignment. I am very grateful to her for her support in my recovery." —Ann, White Bear Lake, MN

"My life has changed since finding the Wellness & Longevity Center. I no longer use prescription medications, have lost over 65 pounds, and I feel wonderful. Dr. Spore's work here has really worked for me!" —Rosalin, Minneapolis, MN

"Dr. Spore has helped me feel so much better by testing me for foods that I am sensitive to. As long as I follow her suggested eating plan I feel wonderful. I have followed the supplement protocol she developed for me and am now off all prescriptions for high blood pressure, high cholesterol and low iron, to name a few. I have lost weight and have more energy. I have recommended Dr. Spore to many people and will continue to do so." —Rosie, Oakdale, MN



I 694	Co. Rd. 5	Washington Ave	Gredeley St *	To Downtown Stillwater →
1530 West Frontage Road (Valley Ridge) ↑				
I 694	Highway 36			
I 494				

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