

# 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*

# 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 the 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*



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# Weight Loss

*Wellness & Longevity Center*

*"Stepping  
Stones  
To Health"*



## *Custom Weight Loss*

Nearly 65% of all Americans over 20 years of age are overweight. Half of those (30.5% of the population) are obese. And 25% of children are either overweight or obese.

Excess weight problems go far beyond attractiveness and self image. Serious, debilitating, and life threatening health conditions are linked to obesity: heart disease, diabetes, and cancer. Even people with just 10 to 20 extra pounds increase their risk of serious illness.

### *Custom Nutrition Beats Fad Diets*

You've tried them all. Atkins. South Beach. You name it. You lose weight only to gain it all back, and more. Don't despair. The truth is that there are ways to lose weight and successfully keep it off without resorting to draconian measures, expensive and dangerous drugs or surgery.

Whether you're jump starting a weight loss program, trying to establish or maintain good eating habits, or both, the Wellness & Longevity Center's Custom Weight Loss Program is scientifically and medically designed to help you succeed while making dieting easy and fun.

Fortunately, we have made it easier than ever to win the battle of the bulge now, and stay fit for life with our two weight management programs:

### *Basic Program*

This program includes: complete functional medicine exam, blood chemistry plus fasting insulin and urine analysis, urine panel, metabolic profile and an intermediate report of findings. Approximate cost \$650. Cost of supplements and follow-up visits not included.

### *Ideal Program*

This program includes the entire Basic Program plus: food sensitivity testing, hair mineral analysis, neuroregulatory profile, and an extensive report of findings. Approximate cost \$815. Cost of supplements and follow-up visits not included.

*We decide together which program works best for you.*

## *Tests*

### *Complete Functional Medicine Examination*

The complete examination includes a thorough history, complete structural review, zinc tally test, salivary pH and an organ systems review.

### *Bio-Impedance Analysis (BIA)*

This computerized instrument is the most accurate way to determine your body fat percentage and lean muscle percentage, and the amounts of water inside and outside of your cells. This is crucial information for determining the proper diet for you. Furthermore, the actual cell vitality can be measured through the assessment of the intracellular and extracellular fluid ratios. We can also determine if your health program is producing greater cell vitality. Only the BIA has this capability.

### *Blood Chemistry Panel*

This very thorough blood test includes: a complete blood chemistry screening, blood typing, a cholesterol panel, a complete blood count, a thyroid panel, and a standard urine panel. This screens you for metabolic dysfunction, organic pathology, and also nutritional imbalances. This is an essential part of your evaluation. A separate sheet that lists all the tests that are done and their purpose is available.

### *Bio-Terrain Urine Test Panel*

The **Adrenal Stress Test** measures the amount of chloride displaced into your urine. Excess chloride in the urine is a reliable measurement of adrenal stress or adrenal fatigue. Adrenal stress is a major health challenge of the American population. The **Calcium Test** measures your calcium level to determine if it is adequate. Calcium is an essential mineral for many cellular functions as well as for healthy bone development. Next is the **Malabsorption Test**, which allows us to screen you for the presence of harmful anaerobic bacteria and bowel dysbiosis, a toxic condition caused by a decline in the population of beneficial digestive bacteria. Dysbiosis can lead to malabsorption, digestive disturbances, allergies, and inflammatory symptoms. The **Oxidative Stress Test** is 50 times more accurate than blood serum free radical tests. Free radical damage can lead to cell degeneration causing fatigue, allergies, arthritis, elevated cholesterol, and heart disease. The final test is the **Vitamin C Test**. Vitamin C is crucial to the health of the immune system, vascular and connective tissue, and is a powerful

anti-oxidant. Recent research has also placed vitamin C in the category of an anti-cancer nutrient.

### *US BioTek Food Sensitivity Test*

This food sensitivity test is a blood test that covers 96 foods for immediate (IgE) reaction and delayed (IgG) reaction. This is an important test as food sensitivities can contribute to food cravings, bloating, stomach pain, digestive issues, and weight gain.

### *Hair Mineral Analysis*

This test analyzes a sample of the patient's hair. It allows us to discover any long-term heavy metal toxicity such as aluminum, mercury or lead. Heavy metal toxicities can contribute to digestive problems, food cravings and other weight management issues. It also looks at trace minerals and how well the body is absorbing and utilizing them.

### *Neuroregulatory Profile*

This urine test gives us a picture of potential low or unbalanced levels of specific neurotransmitters that need to be present for proper brain function. Imbalances can contribute to food cravings and weight management issues.

*My life has changed since finding the Wellness & Longevity Center. I have lost over 65 pounds and I feel wonderful. The program Dr. Spore designed for me has really worked.*

*Roslin,  
Minneapolis, MN*

