

# 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*



*Wellness & Longevity Center*

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*Visit us on the web!*

*www.realhealthnaturally.com*

# Detoxification

*"Are You a Ticking  
Toxic Time Bomb?"*

## *Detoxification Program*

In our industrialized world, we produce more and more potentially toxic compounds that find their way into the air we breathe, the water we drink, and the food we eat. The body must rid itself of these dangerous substances by transforming and then excreting them through the lungs, skin, kidneys and bowels. Unfortunately, not all of them get excreted efficiently. Some are circulated back into the bloodstream and others are stored in various body tissues such as fat tissue. This is in part due to the increasing levels of toxins we are exposed to, and may be exacerbated by a lack of nutrients needed to fuel the detoxification process. Over the years, toxins can build up in fat, joints, the brain and various other tissues, potentially leading to a variety of health issues.

## *Stepping Stones to Health*

At the Wellness & Longevity Center we take systematic steps to find the toxin(s) affecting your health:

1. A thorough history, complete structural review, zinc tally test, salivary pH and an organ systems review.
2. Lab testing
3. Report of Findings
4. Customized Detoxification Program with nutritional and life style recommendations.

We offer two programs: basic and ideal.

### *Basic Program*

This program includes: exam, BIA test, malabsorption test, blood chemistries plus insulin, urine analysis and an intermediate report of findings. Approximate cost \$475. Cost of supplements and follow-up visits not included.

### *Ideal Program*

This program includes the entire Basic Program plus: hair mineral analysis, food sensitivity testing and an extensive report of findings. Approximate cost \$1,058. Cost of supplements and follow-up visits not included.

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

## *Tests*

### *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 effectiveness of the program. Furthermore, the actual cell vitality can be measured through the assessment of the intracellular and extracellular fluid ratios.

### *Malabsorption Urine Test*

This urine test allows us to screen for the presence of harmful anaerobic bacteria and bowel dysbiosis. Dysbiosis is a toxic condition caused by a decline in the population of beneficial digestive bacteria. This can lead to malabsorption, digestive disturbances, allergies, and inflammatory symptoms.

### *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.



### *Hair Mineral Analysis*

This test analyzes a sample of your hair. It allows us to discover any long-term heavy metal toxicity such as aluminum, mercury or lead. Heavy metal toxicities may contribute to digestive problems as well as diarrhea, constipation, fatigue, and joint and muscle pain. It also looks at trace minerals and how well the body is absorbing and utilizing them.

### *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 bloating, asthma, stomach pain, muscle aches, joint pain, chronic sinus infections and fatigue as well as digestive issues such as diarrhea and urgency.

*My wife and I were experiencing a lot of aches and pains, which was frustrating because we wanted to train for a marathon. Dr. Spore designed a detoxification protocol for us. Following the program, we were able to run 30 to 40 miles a week for five months. During the training and race itself, we both felt great and had no aches, pains or injuries. Even though weight loss wasn't a goal with this program it was an added bonus.*

*John, Franklin, TN*

*I followed the detoxification program that Dr. Spore recommended for me after some special testing and analysis. It was straightforward and easy to follow and I feel terrific.*

*Ann, White Bear Lake, MN*