



Everything Spine With Us

Dr.
Thomas
Kopsch

October–November
2011

UPDATES & ADJUSTMENTS

Please check our new website: www.normandychiro.com and let us know your thoughts. We will have an electronic version of our newsletter available along with a current calendar showing upcoming events and Saturdays that we are open.

Adrienne, our massage therapist has new massage fees:
One Hr is \$45.00
Half Hr is \$30.00
She is available for massages during our office hours.

We are now carrying a line of supplements called Standard Processing that are food based. We have DVD's available along with literature explaining what is available.

Dr Kopsch is celebrating his 19th year in practice.

Patient Appreciation Day is still the first Wednesday of every month.

8th Annual Pumpkin Fest Week *Mark your calendar!*

We are excited to have the opportunity to celebrate our patient appreciation / Pumpkin Fest week with you again. This week is a fun week for us and we look forward to sharing chiropractic care with your friends, family, neighbors & co-workers. This year we will be doing donations a little different. We have picked a local charity to donate winter items too. It could be a gently used scarf, hat, coat, socks, gloves or boots etc... This donation will take the place of your co-pay that visit. If you don't have any winter item you can donate a cash or check donations is still an option.

We also will still be offering complimentary first day visits that include a consultation, exam, x-rays & initial chiropractic adjustment. In turn for that visit a donation to the charity is appreciated.

Our goal has always been to help introduce as many people to chiropractic as possible and improve others quality of living.

Introducing Adrienne—Massage Corner

The physical manipulation in massage has two major physical effects:

- Increase in blood and lymph circulation
- Relaxation and normalization of the soft tissue (muscle, connective tissue, tendons, ligaments), which releases nerves and deeper connective tissues

Improving Circulation

Massage is believed to improve blood and lymph circulation. This is probably due partly to the physical manipulation of soft tissue and partly to the chemicals released as part of the relaxation response.

Improved circulation can enhance the delivery of oxygen and nutrients to muscle cells. As cellular health improves, tissues function more efficiently. Efficient functioning leads to the removal of waste products and may increase the absorption of excess fluids and reduce swelling in soft tissues.

Dr. Thomas H. E. Kopsch. P.C.



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Pumpkin Fest Week: October 24-29, 2011

MONDAY:

Dr Ezhuthachan will lecture at **7:00 pm** about the benefits of acupuncture and detoxing. Dr Ezhuthachan has a holistic practice located at 1777 Axtell Rd., Suite 203 Troy, 48084, 248-435-6400. Adrienne will be doing complimentary chair massages from 3 -7 pm.

WEDNESDAY:

We will have a class at **7:00 pm** to demonstrate a toning & stretching routine that is easy to do anywhere. Pizza from 3-7 pm. Professional face painting from 5-7 pm by Lisa Marie. 248-730-4407

FRIDAY:

Adrienne, our new massage therapist, will be doing complimentary 15-minute chair massages. Call today to reserve your spot.



ALL WEEK LONG:

- Snacks & goodie bags for the kids
- Pumpkin patch so you & the family can pick out a pumpkin
- Informational packets on Standard Processing
- Bring in a gently used winter item (coat, scarf, gloves, hats, socks...) and your co-pay that day will be waived
- Daily drawing for gift bag (biofreeze, oil change etc)

Complimentary First Day Certificate

Give this certificate to someone that may need chiropractic care or to someone that is interested in knowing more about how chiropractic care works. With this certificate they will receive complimentary x-rays, exam and adjustment. In return we are asking for a donation to our "warm a heart" box. All items used for the wintertime will be donated to the Royal Oak Salvation.